Black and Gold and Read all over

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The Archway sits down with Olympic bobsledder Lauren Gibbs

Hayley Wilcox Co-Editor-in-Chief

This past Thursday, Bryant welcomed Olympic bobsledder Lauren Gibbs to campus. After taking home Silver in the Winter Olympics in PyeongChang as the brakeman for Olympic vet, Elana Meyers Taylor, Gibbs is taking some much-needed down time and took the time to sit down with some students in the Bryant community to share her experiences and life lessons. Lauren spoke to us about her spontaneous entry into bobsledding, her educational experience obtaining her undergraduate degree from Brown University, her lessons learned from working in corporate America, and even got to show off her Olympic silver medal.

Not only did those in the Bryant community get to hear Lauren share her story, but The Archway was fortunate enough to have a private interview with the Olympian thanks to the gracious help of Associate Director of the Center for Student Leadership and Involvement, William Reddy. Considering our responsibilities to provide the most complete coverage for Bryant students, we were excited to gain a first-hand look at Lauren's experiences, and a glimpse at her personal life. News Editor, Christopher Groneng, and Co-Editor-in-Chief Hayley Wilcox sat down with Lauren for "the best interview she's ever had" and here is the conversation we had with her:

HW: So obviously it's really important that you come and speak to colleges and universities, so what makes you passionate about wanting to come to schools like Bryant and speak to colleges tudents?

LG: I just remember when I graduated I had all these ideas of what I was supposed to do but I had no ideas of what I actually wanted to do. I was a business major and my dad wanted me to go to Grad school. I remember everyone telling me that I could do anything I wanted and I could be successful in whatever I wanted, but I didn't know what that meant. When I pictured my future, it was just blank. I was in sales after college and I was good at it, I just didn't like it. I remember feeling that my parents and I spent all this money on my education and I'm wasting it! I think now, college is just so important. I think that it's also so important for students to have examples of success that aren't traditional because not everyone is looking to follow a traditional path.

HW: So, what would you say was that kind of ah-ha moment where you decided that you wanted to leave a six-figure salary and pursue your passion, pursue bobsledding?

LG: I wish I could say that it was that prophetic. I wish I could say I was that visionary. But it was a matter of me realizing that I really didn't like my job, and my friend actually told me 'you should bobsled'. And I have a rule for myself that any opportunity that is presented to me, I will see it out. So I went down to the training center, thinking alright I'll do it, maybe I'll bump into Michael Phelps, buy some cool gear or something! And then it kind of spiraled from there. From there on it just hooked! I figured my degrees in college will never expire but my ability to do something athletic might, so why not!

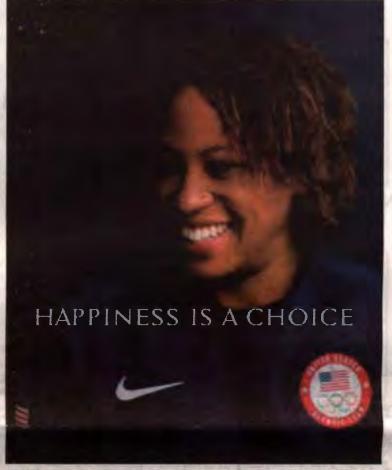
HW: Do you want to continue in the Olympics and bobsledding? How were the Olympics?!

LG: The Olympics were amazing! I didn't have any expectations that were unrealistic. As amazing as the Olympics are, it's still a business. All the Olympians, you know like Chloe Kim and Adam Rippon work hard at their craft and have been doing their sport for a lifetime, but I had been only doing mine for four. So, truly, I was honestly just going to experience what it was like to be an Olympian. I worked really hard to be able to call myself an Olympian, but I just wanted to take it all in and meet as many people as I could.

HW: What was that silver medal moment like for you? What were the emotions going through your head?

LG: You know it's funny because everyone always asks me about that moment. But in reality, I went in confident, I went in expecting to win a medal. I remember watching it back and just thinking, 'I can't believe the German team beat us by 0.07 seconds!' So just winning the medal was great. This isn't the popular answer, but I think people think that there are going to be these experiences in their life that are so life changing and eye-opening and there are, but they are always

the moments that you don't expect. You know, people always think that winning a silver medal is the coolest thing I have ever done, but in reality it's the people along the way and the journey I have had and



Gibbs competed in this year's Winter Olympics alongside bobsled vet Elana Meyers Taylor (Lauren Gibbs)

the support I've seen. It's so much cooler than Geraldine, that's what I call my silver medal.

CG: With that idea in mind, is that sort of how you would define success as well, is that you don't necessarily see it coming?

LG: Yeah I think for me, the biggest way to find success was to find something that embodied who I wanted to be as a person and something I was passionate about. I think success is about finding something you want to do every single day because life is short and if you are going to spend that much time everyday doing it, you might as well enjoy it.

HW: Do you think that there is balance between having a passion and having a career?

LG: I think that the misconception is that just because you find something you are passionate about, it doesn't mean that you aren't going to have to work hard at it. I think one of my favorite quotes that I've said, which I didn't even pick up that I said, is just 'work harder, work harder, stop complaining about having to work harder'. I think people are afraid to work hard because there is there underlying chance of failure, but success comes with failures. I think too that the world doesn't need one type of success. I think especially now, the world needs to practice kindness and openness. The world needs all kinds.

HW: So I have a quote from you that I think you said in an interview and you said you "compare riding in a bobsled to being in an airplane with really bad turbulence." So what is that like, you know, to be on an Olympic team with Olympians like Elana Meyers Taylor in such a high-paced, intense sport?

LG: It's funny you say that because my flight into Providence was full of really bad turbulence and when I stood up at the end of the flight I was like 'congrats guys, you could all be really good bobsledders because that's exactly what it feels like to be in a bobsled'. But it's amazing! But I have always looked up to Olympians like Jamie Greubel Poser and Elana Meyers Taylor. It's amazing how hard they push themselves. I used to think, how do they make it look so easy? But completing in the Olympics was the easiest thing I've done because all my hard work was over and lead up to that moment. It's so applicable to life. If you do all the hard work first, it's no longer hard work.

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Meet The Archway Staff

Black and Gold and Read All Over



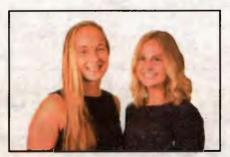
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Department of Public Safety Log

FIRE (BUILDING) Apr 02, 2018 Monday at 13:40 **Location: RESIDENCE HALL**

Summary: DPS received a call from a Housekeeping reporting an electrical plug that had caught fire. DPS activated the building fire alarm system and the building was cleared. Smithfield Fire Department responded. Bryant electrician fixed the faulty receptacle.

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED Apr 05, 2018 Thursday at 10:22 **Location: CHASE ATHLETIC CENTER** Summary: DPS received a call reporting a student that was not feeling well. EMS was activated One

person was transported by Smithfield Rescue to Fatima Hospital for treatment.

ASSAULT AND/OR BATTERY Apr 05, 2018 Thursday at 21:57

Location: RESIDENCE HALL Summary: DPS received a call an RD requesting an officer take a report of assault. DPS officers were dispatched to investigate.

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED **Location: TOWNHOUSE**

Summary: DPS received a call reporting an

Apr 07, 2018 Saturday at 03:18

following Party Safety Tips: · Know your limit & plan ahead.

DPS would like to remind everyone about the

· Eat food before and while you drink.

· Sip your drink (slow down).

Hospital for treatment.

· Skip a drink now and then and substitute with nonalcoholic drinks (another great tip is to have a glass of water with your drink, and sip on that between sips of your drink).

intoxicated female. EMS was activated One person

was transported by Smithfield Rescue to Fatima

· Beware of unfamiliar drinks

Continued from page 1

HW: What advice can you give to women competing in a career or field where it might be mainly dominated by men? What does it mean to be a strong woman in a sport or career or field of any kind?

LG: I just remember at 27 walking in my first day of work, wearing the wrong clothes, and being so much younger than everyone in corporate America, and walking into my first sales meeting, and our top sales rep asked me "how old are you?" And I said, "27, how old are you?!" He was 40! The point of that story is whether you're a man or a woman or whoever you are, there are going to be aspects of your job that will be difficult. I think it's not just about what's fair and what is fair. But at the end of the day, most things are unfair. If you ask any of the girls who competed for my spot in the Olympics, they'd probably tell you that it's unfair that I got my spot. But no matter what it is or who you are, you are going to have to work hard. You won't like every part of your job or even every job you have. Just because you start somewhere, it doesn't mean you have to be there forever. Take whatever you can from every opportunity and grow from there. You're never too good for any job, so take every opportunity and learn

HW: What do you think is the importance of going to college and having a degree and an education?

LG: I think it's kind of like the medal, right? I remember when I graduated, there wasn't this overwhelming sense of accomplishment. The piece of paper isn't what you should be looking to get out of college, it should be about growing as a person, taking time to be yourself and make as many friends as possible and experiencing it all. I think college is about having all of the experiences you can have.

Top tweets of the week

"A TOTAL WITCH HUNT!!!"

Donald Trump, 04/10/18 (@RealDonaldTrump)

"You guys, I get pretty jealous when I look at my News Feed too. I see everybody else experiencing something I can't: being exploited by me."

Not Mark Zuckerberg, 04/10/18 (@notzuckerberg)

"This nation needs a serious conversation about the proper role of these companies. Should Facebook, Google and Amazon be allowed to control so much of the internet? How do ordinary citizens benefit from the internet without seeing an invasion of their personal lives?"

- Sen. Bernie Sanders, 04/10/18 (@SenSanders)

"Trump's lawyer got raided which means Trump's lawyer's lawyer should probably play it safe and get himself a lawyer."

Stephen Colbert, 04/09/18 (@StephenAtHome)

"Yes Queens it's Friday and we're gorgeous"

- Jonathan Van Ness, 04/06/18 (@jvn)

"Okay you wench of a Monday, let's serve glamour even when we want to serve Postmates on the couch."

- Jonathan Van Ness, 04/09/18 (@jvn)

"#DearFriends I want to remind you that life doesn't happen to you it responds to you. So be clear and intentional about the response you want from life. That's the key to success! #Advice"

- Karamo Brown, 04/09/18 (@KaramoBrown)

"Interesting that most Syrian Christians are overwhelmingly against more US airstrikes in their country and believe they'll prolong this horrific civil war."

- Laura Ingraham, 04/10/18 (@IngrahamAngle)

Three wounded in shooting at YouTube's headquarters

Mike DeVito **Contributing Writer**



Armored police secure YouTube's headquarters following the shooting (Time

On Tuesday April 3, 2018 around 1PM a lone woman, Nasim Najafi Aghdam, opened fire on YouTube's headquarters in San Bruno, California with a 9mm Smith and Wesson handgun before turning the gun on herself and committing suicide. Three people were sent to the hospital due to injuries they sustained. As of now two have already been discharged, but the third remains in critical condition.

What would propel Aghdam to commit such an act? According to CNN, she was a YouTuber who was frustrated with some of the websites policies and practices, primarily related to censorship and revenue. She ran four channels in three various languages, Turkish, Farsi (Persian), and English; her content included art, vegan lifestyle, and fitness. She claimed that YouTube only allowed the channels they liked to become big and profitable and filtered her channels using age restrictions to keep them from growing.

According to CBS News and The New Yorker, in January, YouTube changed their monetization and advertising policies after criticism that some of the content on the website should be removed for being sexually explicit, portraying violence, and child abuse. Only channels with a minimum of one thousand subscribers month are now eligible for ad revenue. monetized YouTubers losing between 20-Aghdam to lash out against the company the way she did. The New Yorker quotes her saying, "people like me aren't good for big business," and "YouTube is ruining my

In addition, CNN also states that there were different reports on Aghdam's final hours. Her brother stated she disappeared and stopped answering her phone the weekend before the shooting. Aghdam was found by the Mountain View Police sitting in her car in an empty lot at 1:40 AM the Tuesday of the shooting. This worried her brother due to Mountain View's close proximity to YouTube, warning authorities, "She went all the way from San Diego to Mountain View, she might do something." Even with the warning the police let her go due to her calm demeanor and stated that she did not once mention anything related to YouTube during their twenty-minute interaction. This differs from what the Mountain View Police department told the press, saying, "At no point did her father or brother mention anything about potential acts of violence or a possibility of Aghdam lashing out as a result of her issues with her (YouTube)

As of right now all that is known about Aghdam's motives are from what she told family and shared in her videos. Her suicide makes it hard to truly understand what was going through her mind as she pulled the trigger on the innocent people at work. This act of violence has resulted in an outpour of condolences on twitter and four thousand "watch hours" per from all over the tech industry including the CEOs of Apple, Google, YouTube, These changes in policy resulted in and Amazon. As well as from President Trump, thanking law enforcement and 50 percent of income from the website. first responders for their swift response This apparently was the main reason for to the situation. The other result of the shooting was Twitter CEO Jack Dorsey, Uber CEO Dara Khosrowshahi, and Box CEO Aaron Levie calling for increasingly strict gun control legislation to make it so tragedies like this can stop happening.



YouTube employs being led out of their office building by police (The New Yorker)

Opioid crisis gains national attention after overdose spike

Bethany Haynes Contributing Writer

On Thursday, April 5th, our nation's Surgeon General, Dr. Jerome Adams, issued a national advisory about the growing opioid epidemic and how to help those experiencing an overdose. According to the National Institute on Drug Abuse, opioids are a class of drugs including heroin, fentanyl, and prescription pain relievers.

The Centers for Disease Control and Prevention, states that opioid usage has drastically risen since 2016 and has resulted in the death of over 42,000 Americans. The numbers have since been rising and are creating great concern among federal government officials. Now, for the first time in over a decade, Dr. Adams has put out an advisory in hope to reduce the death toll count.

The national advisory urges that Americans carry naloxone, a drug that can save the lives of those overdosing from opioids. According to CVS Pharmacy, naloxone is also known by the brand name Narcan. It works by blocking or reversing the effects of opioids allowing the victim to breathe normally again. It is non-addictive and comes in two forms, a nasal spray or a muscular injection.

The biggest side effect is opioid withdrawal that only some overdose victims will experience. Dr. Adams is encouraging that close friends and family members of addicts' start carrying the lifesaving drug in case of an emergency. He believes that with more people having it on hand, the survival rate of overdoses will increase as the majority of instances occur at home.

Naloxone can be bought at any CVS Pharmacy without prescription in 46 participating states, the exceptions being Wyoming, Nebraska, Maine, and Hawaii. If you are in a state where a prescription is required, reach out to your primary care physician. Then once obtained, learn how to use it and tell your friends and family where it is being kept. Dr. Adams states in an article posted by the Washington Post, that 95 percent of all insured Americans are covered to purchase naloxone making it easily obtainable.

However, "for those uninsured, Narcan can cost around \$80 per dose but the antidote is often available at little or no cost through local public health programs."

While the federal government hopes that this national advisory will help save lives, an article from the New York Times states that many local police, fire and health departments are concerned by the growing cost of naloxone. Increased demand is drastically raising

prices and using large amounts of their budgets.

Some cities may not be able to afford to keep a steady supply on hand resulting in naloxone needing to be rationed. This raises the concern of how do these departments decide who does and doesn't receive the lifesaving antidote when supplies are low.

The other major concern is that users and addicts will view naloxone as a safety net. People may become more willing to risk taking larger opioid amounts with a drug like naloxone easily accessible on the market. The fear of dying by overdose can lower and the opioid epidemic can then continue to grow. However, public health experts are dismissing the idea and do not believe this will become the case.



The opiod epidemic has become a national concern in recent months (The New York Times)

North Korea becomes open to talks about denuclearization

David Schmidt Copy Editor



North Korean soldier watches coverage of Kim Jong-Un and Trump (Time Magazine)

Recently, North Korea announced to Washington DC that it is prepared to discuss denuclearization of the Korean Peninsula. Prior to this announcement, South Korea had informed the United States in March that North Korea and its leader, Kim Jung Un were ready to meet with President Trump to discuss concerns regarding its nuclear program. Likewise, both United States and North Korean officials have communicated this to the Trump Administration. This has been a significant piece for the United States to consider opening a dialogue with North Korea. This announcement was directly made and disseminated to the United States by North Korea itself rather then a third party,

such as South Korea, thus the Trump Administration and others in Washington feel more confidence in involvement in such a discussion.

This comes as not a big surprise as the two sides have been working very hard on preparing the foundation for such talks. Likewise, both parties would not openly discuss the location and time of the potential meeting between the two countries.

However, there is some uncertainty with this announcement made by North Korea. The uncertainty pertains to what the north means when they state denuclearization. This is because many in Washington and academics wonder if this means a complete standstill in the North's weapons program or the elimination of its entire program. The New York Times noted "[t]here is still no guarantee that the talks will happen, or that Mr. Kim is prepared to discuss denuclearization..." specifically in the terms and aspects that the Trump Administration and Washington DC wants, which is the complete elimination of a nuclear program in North Korea. Additionally, many wonder as to what concessions the United States would announce to the North in reply to the elimination of its nuclear program. Thus, the situation is rather tough to conclude effectively with certainty.

Just knowing that both the United States and North Korea are making pushes to find a solution to the issue demonstrates that both are eager to try and plant the necessary seeds for constructive negotiations.

Both the United States and North Korea have been mutually working towards a summit in which the two would meet and discuss the nuclear program issue. Moreover, if the summit comes to fruition it would be the first such meeting between a sitting United States President and a North Korean leader. This meeting would be between two individuals that are of the mercurial and headstrong molds of leaders. Furthermore, South Korea announced its approval of a potential summit of the two countries [US and Korea]. South Korea has conceded to its people and the globe that it does not know as "...to what extent information is being shared between the two" that being the United States of America and North Korea.

Also, many have acknowledged that current US North Korean policy is somewhat of a sour apple for these talks since it "is centered on the imposition of crippling sanctions, backed by the threat of military action — what the administration calls its "maximum pressure campaign."

This potential meeting would be the first summit for President Trump's new national security advisor John Bolton. John Bolton is a former United Nation's Ambassador and is a North Korean Hardliner. Bolton previously reinforced with his support a pre-emptive military strike on Pyongyang's nuclear weapons program destinations.

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

Business

Trade war escalates between U.S & China

Alexander Dieker Contributing Writer

The first week of April saw a rise in trade tension between the United States and China. The two economic powerhouses have exchanged blows in the form of tariffs, with presidents Donald Trump and Xi Jinping proposing escalating commercial restrictions between the two countries. The events over the past couple months – dubbed a "trade war" by many news outlets – began in late January when President Trump imposed tariffs on goods heavily exported by China, according to the New York Times. What has ensued since then is a back-and-forth spat in which both nations have compounded restrictions on billions of dollars of exports.

The Trump Administration announced plans to put in place restrictions on \$50 billion worth of goods from China, in addition to imposing tariffs on steel and aluminum. In response, China levied tariffs on 128 goods from the United States. Last week, after the US officially proposed the restrictions, Jinping countered with a \$50b tariff proposal himself. Trump escalated the situation on April 5th by "considering additional tariffs on \$100 billion worth of goods in response to China's retaliation" (New York Times).

Trump's focus on restricting imports from China fits in nicely with his campaign mantra, "America First". In economic terms, this means putting American industry before that of free-flowing global trade. Adding more expenses to foreign-made goods may force companies to raise prices when shipping to the United States, or even convince them to stop shipping here in the first place. Besides steel and aluminum, Trump's proposed tariffs could cover products such as televisions, batteries and medical devices, according to the New York Times.

The innate problem that comes with protecting US companies from foreign competition is the potential for retaliation. CBS stated that China's proposed tariffs covering \$50 billion worth of US goods specifically target America's agricultural industry, such as pork, beef, and soybeans. This would severely hurt American farmers' ability to sell goods to China at a fair price, meaning that companies in the United States could be directly harmed by Trump's seemingly good-willed tariff applications on Chinese exports.

According to the Office of the United States Trade Representative, the United States exported over \$115 billion worth of goods to the People's Republic of China in 2016. If Xi Jinping decides to escalate his proposed tariffs even further, over half of America's exports to China could be heavily restricted. China's exports won't be affected as much under Trump's current plan, since the US currently imports four times as many goods from China as we export.

We are operating at a massive trade deficit with China. In a tweet last month, Donald Trump referenced our "Trade Deficit of almost 800 Billion Dollars" as "Bad Policies & Leadership." Entering into a commercial battle with America's biggest trade partner does little to ease worries over the very deficit Trump claims he wants to reduce.



Trade war between the United States and China has become increasingly tense. (FrontPage.com)

China's massive trade surplus isn't the only advantage the most populated nation has over the US. Last month, according to NPR, Chinese lawmakers reframed their constitution to obliterate presidential term limits. Because of this, Xi Jinping is set to serve as the country's leader indefinitely, which means that he is under no pressure to succeed in the short-term during this trade face-off. Trump, on the other hand, must show voters that his policies are getting results to stand a chance of re-election in 2020.

Many of the states that voted for Trump in 2016 – Iowa, Indiana, Kansas, and Nebraska to name a few – are heavily dependent on their agricultural production. If the trade war reduces their means of selling to China, we could see a revolt in the form of votes during the 2018 midterms and 2020 election. Adversely, if China rolls back proposed tariffs to American goods, the US economy could flourish without as much foreign competition. However, as of now it seems neither leader is willing to pull any trade punches.

When Donald Trump tweeted that "trade wars are good, and easy to win," he made his intentions clear to everyone around the world. China has not backed down to the administration's threats, and the stock market has taken a major hit after the tariffice escalations, according to CNN Money. Trade wars often take years, if not decades, to expose their true ramifications. Much of America's success in the automobile industry is a product of a trade war between the US and Europe over chickens in the 1960's. Will this quickly-escalating war of commerce between the two most powerful nations take time to play out, or will we begin to see massive changes to the market in the coming years?

Donald Trump continues to criticize Amazon

Danielle Caci Business & Marketing Director

President Trump's latest Twitter attack on Amazon, one of the world's largest e-commerce companies, has caused their stock price to drop drastically. Instead of striking back like they have in the past, Amazon's recent response is nonexistent. They feel silence is the best way to deal with an attack that they view as a true barrage on the Washington Post and its CEO Jeff Bezos, according to Politico.

Being one of the richest men in the world, Bezos net worth is largely contributed to by Amazon's stock price, so a drop in stock due to the tweets also costs him billions of dollars. Trump's recent tweets claim that Amazon is scamming the U.S. Postal Service and using them as their "Delivery Boy," harming their business. He believes that Amazon is taking advantage of the reduced shipping rates they receive from the Postal Service. Additionally, he has made allegations that the USPS loses \$1.50 for every package it delivers.

The Postal Service however, is benefiting from its deal with Amazon as it counteracts its decline in business due to the convenience of email. Economists have proven that the subsidies are better for the economy and agree that Trump's lashing out is doing no good. He is misleading the public to believe that Amazon is setting the country back "billions of dollars," as indicated by Vanity Fair.

The Twitter war did not end there as Trump also accused Amazon of paying "little or no taxes to state & local governments causing a tremendous loss to the U.S." and is "doing great damage to tax paying retailers." He has reached the conclusion that Amazon is holding taxes overseas and wants to force them to bring foreign profits back to the states and pay taxes on them.

The New York Times has come to Amazon's defense making it clear that they have been collecting



Trump continues to criticize Amazon's history of shipping subsidies and tax avoidance (entrepreneur.com)

state taxes in California since 2012 and currently collects taxes in all perinate states. Yearly reports filed with the Securities and Exchange commission show that Amazon's total income-tax has increase from \$177 million in 2014 to \$957 million in 2017.

The U.S. Chamber of Commerce is displeased with government officials like Trump using the power their position grants them to attack American companies, and Neil Bradley who is the executive vice president and chief policy officer of the chamber emphasizes that an incident like this "undermines economic growth and job creation," as cited by the Times. Amazon's stock

has since recovered but following the tweets it dropped about five percent as investors faced the threat of Trump breaking the company apart or raising the its taxes.

"Only fools, or worse, are saying that our money losing Post Office makes money with Amazon. THEY LOSE A FORTUNE, and this will be changed." Trump is ignoring the analysis by his own economic advisors and is threatening Amazon with antitrust action. His advisors do not find Amazon at fault and the company knows this battle is not truly centered around itself, which is why they have decided to lay low with the hopes that these accusations will blow over.

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Bryant's Archway Investment Portfolio

Weekly news:

Calum Daly
Archway Investment Fund Executive Committee:
Reporting Chair

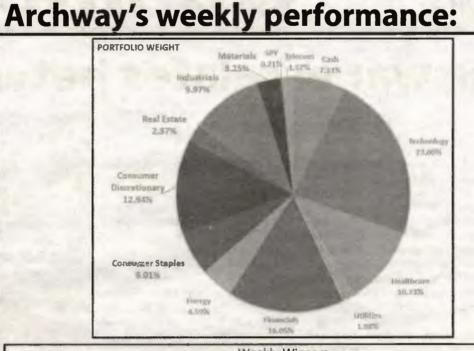
"With a balance of \$1,248,374.31 to begin the week, the fund finished with a change of 1.40% and a week end Fund Value of \$1,265,834.49.

Being a benchmark fund we look to the S&P 500 to evaluate our performance. The S&P realized a return of 1.37% putting the Fund's alpha as .03%.

Our holdings Valero Energy Corporation +6.68%, D.R. Horton, Inc. +5.17%, Fortinet, Inc. +5.24%, SPDR S&P Telecom ETF +4.38, and Thermo Fisher Scientific Inc. +4.12% were this week's fund winners."

Weekly Fund Performace				
Week Ago Fund Value	\$	1,248,374.31		
Current Fund Value	\$	1,265,834.49		
Weekly Change		1.40%		

All prices updated as of 04/10/2018 at 6:00pm



		weekly winners		
Rank	Ticker	Name	Return	
	1 VLO-US	Valero Energy Corporation	6.68%	
Ye.	2 DHI-US	D.R. Horton, Inc.	5.71%	
150	3 FTNT-US	Fortinet, Inc.	5.24%	
	4 XTL-US	SPDR S&P Telecom ETF	4.38%	
	5 TMO-US	Thermo Fisher Scientific Inc.	4.12%	
		Weekly Loser		
Rank	Ticker	Name	Return	
	1 LUV-US	Southwest Airlines Co.	-3.29%	
	2 UNP-US	Union Pacific Corporation	-3.17%	
	3 GD-US	General Dynamics Corporation	-2.66%	
	4 ANTM-US	Anthem, Inc.	-1.13%	
	5 EQIX-US	Equinix, Inc.	-0.74%	

Zuckerberg goes to D.C

Alyssa Coyne Contributing Writer



Mark Zuckerberg faces questioning over data sharing (Forbes)

Facebook, one of today's most popular social media platforms, is under review for harvesting data for over 50 million of their users. Mark Zuckerberg, co-founder and chief executive officer of the company, is being held responsible for the leak and being put under pressure to change the way the company operates the information of the users. This all came about when a British company, Cambridge Analytica who was working with the Trump presidential campaign in 2016 as a voter profiling company, was able to retain information on users and used the leaked information to try and manipulate voters by putting out political advertisements and Russian propaganda.

Zuckerberg faced pressure from the public and politicians, both in America and England to go to Washington D.C. to share his side of the story. He is due to talk about how the company allowed the hack to happen, what knowledge there was about the hack, and what actions are going to be taken to ensure that an event like this will not happen again. Even though at first he was reluctant; his court date the Facebool Other characteristics and England being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to Washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washington D.C. to share his side being more controlled to go to washi

is set for the near future. Other officials were set to take the place of Zuckerberg, but after facing pressure from the public, Zuckerberg took it into his own hands to go to the trial, and to defend his company. According to CNNMoney.com, Zuckerberg's appearance should lead to other CEO's from companies such as Twitter and Google to face the court, due to their lack of data privacy, similar to this case. All three are expected to be seen in court in April for a hearing on data privacy, and how it can be adjusted in the future to protect all customers using the platforms.

What does this now mean for the future of Facebook? The current policy states "We collect the content and other information you provide when you use our services, including when you sign up for an account, create or share, and message or communicate with others.

This can include information in or about the content you provide, such as the location of a photo or the date a file was created. We also collect information about how you use our services, such as the types of content you view or engage with or the frequency and duration of your activities." Zuckerberg has taken it upon himself to make drastic changes to the popular social media platform to ensure the safety of the users.

Although Facebook officials say they have had plans to roll out new regulations, that will have pushed closer due to the new data privacy rules that will take place in Europe, and gain the trust of users back. The new General Data Protection Regulation, starting on May 25, 2018, creates protection of the user's data all across Europe. This new regulation states that it will have "a wider scope, more prescriptive standards, and substantial fines," according to the Facebook business website.

Other changes that will occur will include being more careful about individualizing each account, which involves giving away personal information to outside companies.

They also intend to be more cautious about letting companies like Cambridge Analytica, hack the company and invading the privacy of the users.

Innovation in Supply Chain Technology

Emily Katz Supply Chain Writer



Supply chain technology continues to advance (industry forum)

Innovation in supply chain technology leads to more efficient processes and higher customer satisfaction. By adopting technological advancements, companies can stay ahead of their industry competitors and eliminate areas of operational inefficiencies. As Supply Chain Digital says, "digitization has reshaped business models," allowing for increased visibility and responsiveness in supply chains.

Artificial intelligence is a type of technology that is becoming more popular in the sales department. This technology is used by Clari, a start-up company that has built a predictive sales tool. One feature of this predictive sales tool is called "Opportunity-to-Close solutions," a type of risk-analysis that helps determine which sales leads have the most potential to produce sales. As of right now, this analysis only uses data that is located inside of

the company, but with technological advancements and innovation, Clari hopes to expand the analysis to include internet data as well. In this case, AI helps sales processes become more efficient due to its ability to predict and forecast orders and revenue targets.

Another business process that is adopting innovative technology advancements is reverse supply chains. For example, FedEx has developed a Returns Technology tool that increases visibility of the journey of products from customer to warehouse. By using this technology, FedEx can study return behaviors and can make more informed decisions when improving the returns process for customers.

In addition to reverse supply chains, the retail sector has also begun to use advanced technology to provide higher value to customers and to drive higher revenues. In retail stores, virtual reality and augmented reality have become more popular to enhance customer experiences. Through these technologies, customers can visualize and even interact with products before purchasing. By personalizing the shopping experience, companies can decrease customer doubt when deciding between products and can help customers to feel more confident in their purchasing decision.

Through technological advancements and innovative practices, companies can increase supply chain efficiency and drive customer satisfaction. Companies must always be on the lookout for the next technological trend in order to stay ahead of their industry and gain first mover advantage.

Sports

Loaded lineup has Bryant Bulldogs baseball looking for 7th straight title

Jack Ipsen Contributing Writer

Since their arrival in the Northeast Conference in 2010, the Bryant Bulldogs baseball team has dominated the competition, winning seven regular season titles including three trips to the NCAA tournament. This year, the expectations are no different. Led by senior captain Mickey Gasper and redshirt freshman Ryan Ward, the Bulldogs are looking to win their 7th straight regular season title, potentially culminating in an NEC Tournament Championship and a berth in the NCAA tournament that alluded them last year.

After two tough losses in the NEC tournament last year to Sacred Heart and Wagner, the Bulldogs came into this year with the utmost motivation to rebound. Going into the year the team stared down one of the toughest non-conference schedules in recent program history. The team opened its season in Tucson, Arizona to face a perennial powerhouse in the University of Arizona. The following week they went south to Auburn University where they faced off against a top 25 ranked team along with a potential number 1 selection in this year's Major League Baseball draft. It was a tough start for Bulldogs as they lost their first six games of the year, but they were able to bounce back the next weekend in Cary, North Carolina where they were victorious against rival Boston College and Niagara University.

The team then embarked on a ten-day spring break road trip that began at the University of Maryland and ended in a series win against the University of Delaware. The Bulldogs look to continue their success in conference play as they take on LIU Brooklyn



Mickey Gasper has been a leader for the buildogs this 2018 baseball season.



Bryant's offense has been on fire to start the season (David Silverman/ Bryant Baseball Twitter)

this coming weekend.

Coming into the season, expectations were high for the Bulldogs' loaded lineup. Led by senior Mickey Gasper, a potential Top-15 round draft pick, and Jimmy Titus one of the most highly touted shortstops in the country, the Bulldogs had one of the most feared lineups in New England. Unfortunately, the team lost Titus to a season ending injury during a loss to Arizona in February, but ever since, redshirt-freshman Ryan Ward has taken complete control of the Bulldogs' offense. He has already racked up three NEC Rookie of the Week nods and has reached base safely in his last 20 games. Ward is batting .382 with 4 home runs and 20 RBIs out of the leadoff spot. Junior Tyler Panno has continued his hot start as well, batting .297 with 5 home runs. Sophomore James Ciliento has been lock down in right field this season and has contributed at the plate with a .352 average including a ten-hit weekend at the University of Maryland. The Bulldogs currently lead the NEC in hitting and look to keep the bats hot as the season continues.

The road ahead for the Bulldogs begins in Brooklyn for a four game set against the LIU Blackbirds before a mid-week matchup in Stoors, Connecticut against rival UCONN. The Bulldogs return home to Smithfield next on April 18 for a game against Quinnipiac and a four game series with Sacred Heart. With 32 games remaining, the Bulldogs look to their senior leadership and young talent to carry them to a 7th straight regular season title

Kenny Massa garners NEC Player of the Week honors

Bryant Athletics

Bryant University men's lacrosse graduate student Kenny Massa (Huntington, N.Y.) has been selected as Northeast Conference Player of the Week for the week ending April 8, as announced Monday by the NEC office.

Massa posted a 13-of-15 (.867) showing at the face-off X in Saturday's 8-3 win over Wagner that clinched a spot in the NEC tournament for the Black and Gold. Massa won all five face-offs he took in the fourth quarter and collected 11 ground balls in Bryant's fourth-straight win.

For the year, Massa ranks second nationally in ground balls per game (12.00) and third in face-off percentage (.707). The Long Island native has had the upper hand on face-offs in 10 of 11 games this season and is one of just four players nationally with a single-game face-off percentage of .950 or better, going 23-of-24 in the March 10 game against Drexel. The NEC weekly honor is the second this season for Massa.

Bryant is 6-5 overall and 4-0 in the NEC entering Saturday at 1 p.m. when the Bulldogs travel to Philadelphia to face Saint Joseph's. The game can be seen on NEC Front Row. Bryant is receiving votes in both the USILA and Inside Lacrosse polls this week.

Follow Bryant University men's lacrosse on Twitter and Instagram to get an inside look at the program.





Massa's superb play this week earned him NEC Player of the Week (BryantBulldogs)

Bryant's James Ciliento and Ryan Ward take home NEC weekly honors

Bryant Athletics

Bryant University baseball teammates James Ciliento (Mahwah, N.J.) and Ryan Ward (Millbury, Mass.) have been named the Northeast Conference Player and Rookie of the Week, respectively.

Ciliento picks up his second weekly honor of the year, while Ward is now a four-time rookie of the week winner.

Ciliento accounted for 12 runs batted in during Bryant's NEC series victory over LIU Brooklyn. The second-year Bulldog recorded at least one RBI and one run scored in each of the four road games. For the series, the Garden State product hit .500 (8-for-16) with three doubles, two home runs, three walks, 12 RBI and seven runs scored. He struck out only once over 21 plate appearances and slugged 1.063. He exploded for a six-RBI performance in the finale of the four-game set. Powering Bryant to a 20-2 series-clinching victory, Ciliento went 4-for-5 with two home runs, two walks and three runs scored. He wasted little time in setting of the fireworks display, launching a two-run bomb over the right-field fence two batters into the contest. Ciliento reached base safely three times in the series opener on Friday, an 11-1 triumph for the Bulldogs. He recorded an RBI single and later came around to score during Bryant's four-run second inning that broke a scoreless tie. He gave Bryant some breathing room in the seventh inning of Game 2, connecting on a two-run double to bump the lead to 5-2. Ciliento walked, scored and drove in one run during the series' third game, a 7-6 setback.

Ward has spent much of his redshirt freshman season raking at the top of the Bryant batting order and the Bulldogs' recent trip to Brooklyn yielded similar results. Adding to his league-leading hits total, the 5-foot-11 outfielder batted .588 (10-for-17) with six doubles, two walks, three steals, four RBI and eight runs scored during a four-game road set at NEC rival LIU Brooklyn. Ward, who leads the conference with 49 hits and 12 doubles this season, reached base at least twice and scored at least one run in each of the four road contests. His second-inning RBI single opened the scoring in Game 1 and the rookie went on to add a sacrifice fly in the eventual 11-1 triumph. Ward, who finished 3-for-3 with a walk, led off Game 2 by singling and eventually coming around to score the first run in Bryant's 7-2 victory. After recording a pair of two-baggers during a 7-6 setback in the first half of Saturday's double dip, Ward smashed three doubles in the triumphant nightcap. His lone single during the 4-for-6 performance came leading off the eventual 20-2 win. Ward has now hit safely in 14 straight and reached base safely in 24 straight.

In addition, junior Steve Theetge (Syracuse, N.Y.) was named an NEC Prime Performer. Theetge allowed one run on five hits, walked three and struck out a career-high nine in



James Ciliento (above) was certainly deserving of NEC honors (BryantBulldogs)

the series opener at LIU Brooklyn. He has now recorded three-straight quality starts and a team-high four on the year.

The Bulldogs are back in action on Wednesday afternoon when they travel to regional rival Connecticut. First pitch is scheduled for 3:00 p.m.

Men's Lacrosse squares off vs. Wagner

Luke Finneran Contributing Writer

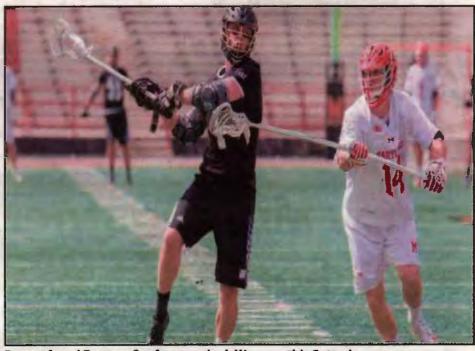
On Saturday, April 7th, a North East Conference matchup between the Bryant Bulldogs and the visiting Wagner Seahawks took place at the Bryant Track and Turf Complex, with the beginning whistle sounding at 1:00 PM. This was a key matchup, as the Seahawks (0-3) were looking to spoil Bryant's chances at the NEC Regular Season Championship, as the Bulldogs were in the driver's seat of the conference at 3-0.

The game started as a defensive standoff, with Bryant posting the only goal of the quarter with a tally by Jake Buonaiuto, a redshirt sophomore, early into the contest. With the second quarter underway, Andrew Streilein, the leading point scorer for Wagner, opened up the scoring for the Seahawks. He would find the back of the net two more times before the first half was over, giving Wagner a 3-1 lead. Goalies for both teams both made great saves to keep this defensive battle close, allowing only four goals total in the first 30 minutes of play.

53 seconds into the second half, Tom Kennedy, a senior and captain, kick started the Bulldogs by scoring a goal by going down the right side of the field and sneaking the ball past the Wagner goalie low. This brought the Bulldogs within one, and the contest would remain at this standstill until only a minute was left in the third. Kevin Quigley, a junior, scored the equalizing goal, which was then followed by Trevor Weingarten, a sophomore, only 43 seconds later for the Bulldogs to take the first lead of the contest.

The Bryant Bulldog domination would continue into the fourth quarter, as Kyle Cornell, a senior and captain, scored a mere 15 seconds into it allowing the Bulldogs to take the margin of their lead to two. Later in the quarter, two quick goals less than 50 seconds apart by Cam Ziegler, a senior, and Buonaiuto allowed Bryant to push ahead to a 7-3 lead. This was Buonaiuto's second goal of the contest and he led Bryant for scoring on this day. The last goal of the contest was scored by Matt Heldberg, a junior, who scored for the Black and Gold with only 6:39 remaining. The Bryant defense held strong as they kept the Seahawks from moving the scoreboard the entirety of the second half, and deflected multiple opportunities from the opposition.

The defensive strength came from the goal keeper on this day, as Kevin Beimfohr stood tall in the net and made 11 saves. Strictly in NEC play, Beimfohr has played very



Bryant faced Eastern Conference rival, Wagner, this Saturday w(Bryant Bulldogs,

well allowing only 7 goals against per game and has a .622 save percentage, among the top in the conference. To keep the stranglehold on the Wagner team, the faceoff specialist Kenny Massa did a fantastic job keeping the possessions in favor for Bryant, winning 13 of the 15 total for the contest. Massa has been spectacular for the whole length of the season thus far, with a winning percentage of .707 which ranks him 3rd in the country.

The Bryant Bulldogs travel to Philadelphia next weekend to take on the St. Joseph's Hawks, while Wagner travels to Fairfield, Connecticut to play Sacred Heart.

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!

Week's Best Tweets

"@_BryantBaseball's James Cilento, Ryan ward take home NEC weekly honors"
- @BryantAthletics

"@BryantSoftball's Monroe named Co-NEC Player of the Week"
- @BryantAthletics

"Attention Bryant Student-Athletes!
We are now accepting applications for the 2018-19 Student Athlete Advisory Committee E-Board!
Deadline: April 25th. Apply online!"
- @BryantSAAC

This Week's Scores

Baseball Game April 6th Bryant 11 LIU Brooklyn 1

> Bryant 7 LIU Brooklyn 2

> April 7th LIU Brooklyn 7 Bryant 6

> Bryant 20 LIU Brooklyn 2

Women's Lacrosse April 6th Bryant 22 Central Connecticut 3

Men's Tennis April 7th Bryant 6 Connecticut 1

April 8th
Bryant 7
Quinnipiac 0

Men's Lacrosse Game April 7th

Bryant 8 Wagner 3

April 6th Bryant 7 LIU Brooklyn 2

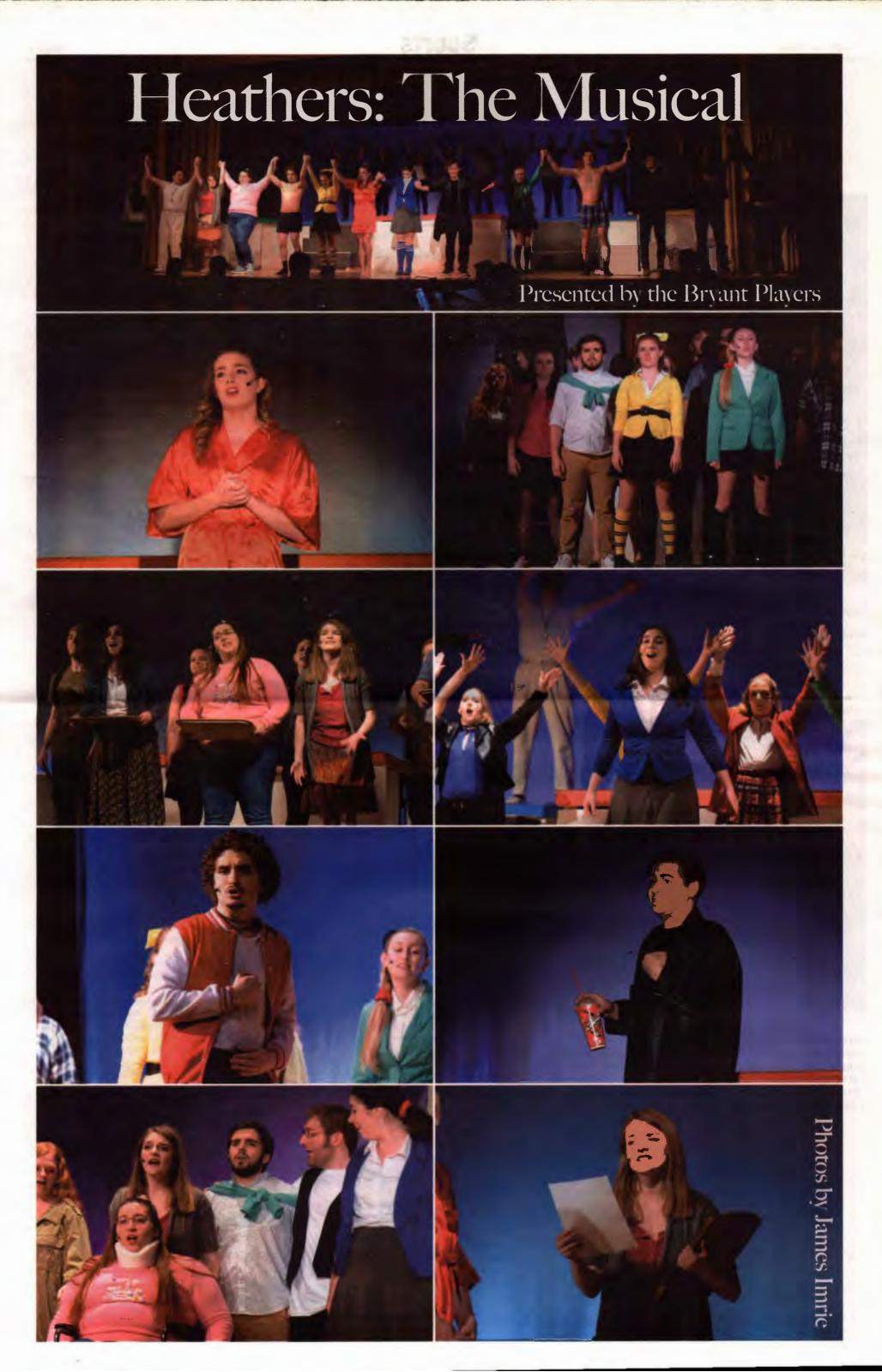
April 7th LIU Brooklyn 7 Bryant 6

Softball April 7th Bryant 5 LIU Brooklyn 1

LIU Brooklyn 8 Bryant 8

> April 8th Wagner 7 Bryant 3

Bryant 12 Wagner 4



Opinion

Seedling of homogenous hope: how the world community can come together

Ryan Harris **Opinion Section Editor**

The year is 2037. Here, in America, it is the same old same old; the economy has its ups and downs, American poverty and hunger still exists to an extent, and neat, little knickknacks defined as innovations circulate every once in a while. However, in a forsaken land not too distant, the times also have not changed too much. Under a pitiful tree lies the lone survivor of a family; her title still fresh as the starved, feeble corpse of her son lays in her arms. With an inability to release her anger due to lack of energy, emotions fester in her head as cloudy tears trod her labored face. Marked as a third wheel of the big picture, she has known this life since the day she was born. At one point, there was hope, there was worry, and there was action. The Earth Charter was supposed to turn a new leaf, but supporters of the Lifeboat Ethics used it as tinder to keep themselves warm.

Nevertheless, the year is still 2018 and for America's future's sake, by upholding the Earth Charter, global peace can be outright instilled, the inalienable right to live can be manageably kept for all, and economies can be situated to grow larger than ever before. A thriving future to look forward to involves the Earth Charter.

Wherever peace does not exist within the world, it undoubtingly affects America; be it through trade, relations, media, or even terrorism. According to Craig Jenkins, a professor of sociology and political science at Ohio State University, food is often used as a method of control by political leaders or by warring factions in countries without stable democratic governments. As food distribution is used as a device of manipulation by such entities, people who wish to live another day or provide food for their families are then willing to do what needs to be done to make that happen. Also, seeing how a study from the same source saw that 53 out of the 137 developing countries found that high levels of child hunger was linked most to high levels of internal war and violence, political repression, high levels of arms trade, and population pressures, global hunger is a serious threat to world peace. Military is not always the option, as seen with the amount of conflicts that do not disappear, but aggravate, in response to military interaction. The most effective way to deal with the lack of peace is to deal with its foundation: one aspect being the lack of food.

If feeding the world does result in global peace, then America has the ability and desire to follow through with the cause. In fact, vast amounts of Americans wish to feed these hungry nations in order to allow them to live; a God-given right. According to the World Public Opinion Organization, the majority of Americans are supportive of efforts to alleviate hunger and poverty and they, in reality, overestimate the amount they believe the government gives in foreign hunger aid. Accordingly, though Americans want to feed the starving stomachs of the world, there may be some concern that we do not have enough food. However, we all know that Americans waste tons of food every year. If efforts from American's support for alleviating world hunger went to making sure excess food reached needy plates, feeding the hungry could be very manageable.

As it seems it is possible to support other nations, there are economic benefits to providing aid now. Allison Kaminaga, a professor of economics at Bryant University, has explained before that if developing countries can grow through the aid of food, then that would be beneficial for America's, and participating, economies. If hunger



A plant sprouting through harsh conditions (Steemit)

is alleviated in these developing countries, she says the workforce and the people will be healthier and more productive. Also, with less focus on where the next meal would be coming from, countries can work on their own expansion and development. With an increase in those countries' development, the market for American products becomes larger and American consumption can increase from their production. Also, as innovation may lack in developing countries due to a small market or inadequate resources, then other innovations can spawn throughout the world if the countries can become more developed. By helping them now, we may allow enormous growth to the economies of the world.

The United Nation released "The Earth Charter" in 2000, to bring forth a sustainable global society founded on respect for nature, universal human rights, economic justice, and a culture of peace, as stated in the preamble. The Earth Charter associates the current methods of production and consumption with environmental devastation, the depletion of resources, and a massive extinction of species. Within its conclusion, the Earth Charter calls forth every entity, from human to institution, to collaborate to meet the charter's goals. In return, the Earth Charter proposes that the result would be that of a sustainable global community which it seeks to achieve.

One opposing viewpoint of alleviating global hunger is the Lifeboat Ethics. Through the use of its metaphor of a lifeboat, a solution is proposed to focus on one's own wellbeing before worrying for another nation. A commonality between Lifeboat Ethics and the UN's Earth Charter is that they both support sustainability. Ultimately, a lifeboat has a limit, leaving others left out so Lifeboat Ethics are moreover for America's benefit while longer be sent to a life of starvation based on their origin. the Earth Charter is for the world's benefit. With a focus on American sustainability, the Lifeboat Ethic's approach tends to emphasize America's economic wellbeing and political sovereignty. Throughout Hardin's plea, Lifeboat citizens of the world.

Ethics seem to be the most rational and essential mode of

For how rational and essential Lifeboat Ethics is, its whole argument lays on the basis of an analogy of a lifeboat. Basically, a lifeboat is a temporary, makeshift vessel meant to rescue those who were aboard a sinking ship. However, what's the next step? Do you teach the people drowning how to survive like you, a lifeboat inhabitant? Or, do you wait in that stranded lifeboat for a savior as you will surely starve at sea sooner or later? Either way you look at it, the Lifeboat Ethics' perspective of the analogy is obsolete. A better perspective would be that America and developed nations are situated on land, and the hungry, developing nations are the ones at sea trying to find their way to land. America wants to help these people; to bring them to land so they can be productive themselves. This is what the Earth Charter is intended to be; to invest in and inform the world. Based off selfless initiatives, the Earth Charter is doable, purposeful, and mutually beneficial. This situation is not a zero-sum game. By America helping provide these less fortunate countries with the resources and knowledge they need, the world would look forward to a new era. Such an era would have bountiful products, vast innovations, less conflicts, and the assurance of lower

The solution would then be obvious: America needs to institute the Earth Charter into our way of life. The Earth Charter is not just about giving food or helping other countries out. It is about action and progress. Helping developing countries create self-sustainable food options along with giving the vital resource of food aid will provide the result we all can look forward to. Soon, one would no We can plant this seedling of homogenous hope for if our roots are not corrupt, our supplies are allocated correctly, and care is provided, then we have done our duties as

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

Submit articles to archway@bryant.edu expressing your opinion

Elevating academics at Bryant University

Michael Roberto **Professor of Management**

Over the course of the past year, I have researched and visited many universities as my oldest daughter has conducted her college search and application process. I've learned a great deal about the different priorities of institutions and their leaders. Some schools value academic excellence and intellectual rigor, while others seem to treat coursework and research as almost an afterthought. The best institutions have a commitment to intellectual development that begins with the Chair of the Board of Trustees and permeates the university community.

My experience at Bryant over the past twelve years has been a very rewarding one. We have grown our reputation, prepared students well for career success, and cultivated a warm and caring community. However, we have not made elevated academics as the utmost priority, and we have not celebrated academic excellence in the ways that many top notch universities do. On many occasions, our institution seems to celebrate accomplishment in many other endeavors much more vigorously and publicly than we do academic achievement. To take the next step forward as an institution, we must change our ways.

What could we do to prioritize, reward, and celebrate academic achievement much more prominently here at Bryant University? Here are a few ideas:

1. We should construct a prominent display of academic honors and achievements by our students and faculty. In my twelve years here, no such display case has ever existed. My colleagues and I have been calling for one for years. Meanwhile, we have built beautiful trophy cases for athletic achievement. The faculty advisory team requested an academic achievement display during the design of the AIC. We are still waiting and keep hearing that such a display is in the works. Why has it taken twelve years? Our students regularly win national and regional academic competitions, and our faculty earn outside awards and honors. These should be displayed publicly.

2. We should display prominent publications by faculty and students in a prominent location on campus. For instance, at William & Mary, the campus tour stops in a beautiful lobby where every single student research publication over the past few years is displayed in glass cases. Similarly, prominent publications by faculty are displayed on

3. Does the community know the names of the students who have been inducted this year into the Omicron Delta Kappa Leadership Honor Society (or other academic honor

societies)? We should proudly announce these names and celebrate these students. At some schools, I witnessed large displays with the names of students who had achieved these types of recognition.

4. The faculty teaching award is announced at a faculty meeting to close out the academic year. No students are present at this meeting. The website rarely mentions the recipients of this honor. We should announce the outstanding teacher at Bryant in a public forum where students can celebrate this achievement with their favorite

5. Graduates of the Honors program should be celebrated in a much more significant

6. Financial fellowships should be more broadly accessible for students conducting research in collaboration with faculty members.

7. The fellowship program supporting unpaid internships should be expanded significantly. Nearly every school I have visited has a much more extensive program than Bryant.

8. University leaders should announce via email and/or social media and celebrate the students who win major academic competitions such as the National Financial Plan

9. We should have a dedicated website focused on intellectual thought leadership by Bryant faculty. Many universities have a website that regularly features columns, interviews, and videos highlighting the research work that their faculty (and students)

10. We should celebrate and recognize in a public manner the recent graduates who achieve admission to top graduate schools around the country.

11. The university recognizes academic achievement through awards at commencement. Why wait until graduation to honor outstanding students? We should institute several major academic awards for first years, sophomores, and juniors.

12. Tweets from senior administrators should celebrate academic achievement as often as they do athletic success or other successful activities on campus.

I'm quite sure that many students and faculty colleagues share my desire to elevate academic excellence as a priority at Bryant. If you have other ideas for how to support, recognize, and celebrate academic achievement, I hope that you will share them. Please email me with your ideas, or better yet, share your ideas on this subject directly with President Machtley via email or Twitter. I look forward to hearing from a diverse array of campus voices. Thank you very much!

A major problem in education involving the study of government and politics

Michael Jennette **Contributing Writer**

One of the biggest problems with our school systems is the severe lack of education when it comes to perhaps the biggest entity in our lives: The United States Government. Only 60% of high schools in the U.S. require students take some sort of civics course, and only 25% of students that participate are considered proficient by the National Assessment of Educational Progress. It is completely unacceptable that learning about the country we live in today is given less of a priority than learning about the one that existed 250 years ago. Basic knowledge of how the political system works can avoid many problems and prevent irresponsible legislature from passing without the public batting an eye.

Picture this: you're a Representative in Congress and your district is split almost evenly between both parties. A newly proposed bill comes across your desk. The bill proposes big cuts to education, healthcare, and vital public services. It goes against everything you stand for, and without these services the economy in your district will begin to falter. Seems like an easy call, right? Just vote against it and move on. However, there's one major problem. The bill includes a tiny cash bonus for a few former veterans and the bill is titled the "Rewarding Our Heroes Act". The major detrimental cuts are barely mentioned or publicized by the media. Social media rallies behind the bill solely because of the title and what the media tells them. If you vote against this bill, you will be portrayed as a traitor to our soldiers by your opponents and voted out of office. If you vote for it, your opponents will point to the crumbling economy and you will be voted out of office. All because the constituents you are trying to serve are unaware of the real contents of the bill, due to lack of unbiased education on how Congress and other aspects of government operate.

We're all taught about the three branches and how they're supposed to be balanced, but that's not even scratching the surface. The relevant laws and cases that have shifted the balance of power back and forth are nowhere to be found in the classroom. From Marbury vs Madison to Citizens United vs The FEC, the process of



Voters and citizens should educate themselves more on the government and politics (Darryl Parks)

education. This leads to the spread of false information and the manipulation of facts that leads the American people to believe laws like the PATRIOT Act are great landmark pieces of legislature that will progress America further, rather than an act that all but strips any right to

shaping the law is lost on many today due to this lack of privacy that Americans once had. The USA's creation as a democratic republic was a monumental occasion and shaped the world today, but it extends beyond what was written in the 1780s. It is constantly evolving, and we should be more vigilant in teaching our children about that evolution and how to be a responsible citizen.

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

Variety

What to do when the gym is inaccessible

Thomas Maranian Variety Editor

Whether it's excessive work or simply not feeling up for it, you may have found yourself in the predicament of not being able to go to the gym. Or if you simply want to avoid the gym altogether, you are in luck. To ensure you don't miss out on hard earned progress, there are several exercises you can do no matter where you are. The best way to use the following exercises is in an interval circuit, but you could also focus on just one or two of them, depending on what muscles you are training on a particular day. Keep in mind that when performed correctly and in a consistent routine, and combined with a consistently healthy diet, bodyweight workouts may allow you to be in better shape than some people that go to the gym constantly. Also keep in mind that this guide will require absolutely nothing but your body. No equipment, no gimmicks, and no lies.

The king of all bodyweight exercises is the burpee. It is a full body exercise that involves just about every muscle group – arms, abdomen, chest, quadriceps, hamstrings, and back. The way it works is you start with a pushup and then immediately bring your feet in to your chest, stand up, and jump. From there, you get back onto the ground and repeat the process. If it seems easy to you, you are mistaken. This single exercise is by far the most effective for burning the most calories per minute. Depending on your bodyweight and your metabolic rate of burn, you may be able to burn anywhere between 8-14 calories per minute. As you'll come to find out, this exercise cannot be sustained forever. Your overall endurance and muscular strength will determine how long you can last before your legs feel like jello.

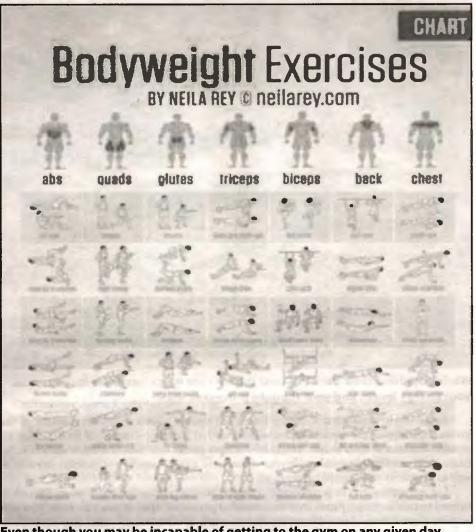
Next comes the pushup. No need to explain this one in detail. What you need to know is a lot of people tend to cheat reps for this exercise. Your physique will thank you later if you do them properly. Why is it so effective? It also happens to work a great many muscles at the same time. A great challenge for some is the one handed pushup. This can either be easy for people or it can be incredibly hard. If you've been at the fitness game for a long while, you should be able to consistently get them down. Test yourself and find ways to take your training one step further.

The plank is perhaps one of the best core exercises to strengthen your abs, improve posture, and reduce back pain. There are countless variations to the plank, ranging from the full plank, elbow plank, side plank, etc. For now, those three will be the focus for the purpose of this article. The full plank, in essence, requires you to use your hands to hold yourself up in a position you would be after doing one pushup. To clarify, the position at the top of a pushup is where you want to be. Instead of going down and up, you stay up and hold it. The elbow plank is the same concept, only you are holding yourself up on both elbows. The side plank can be done either on one elbow or one hand, in a position that you are in a sideward position and your feet are together. Be sure to embrace your core at all times of this exercise for the full effect. If you are new to the plank, start out with 30 second holds as your goal. More experienced plankers can hold anywhere from two to ten minutes.

The squat may be a feared exercise in the gym, but using your bodyweight only is not so bad. It also allows to focus more on form, which a lot of people tend to get wrong with a 200-pound bar on their shoulders. For the bodyweight version, start with your feet in a shoulder width stance and your hands clasped together in front of you. Lower down on your knees until your thighs are as parallel to the ground as possible. Make sure your knees stay over your ankles and press your body into your heels. Allow your lower back to arch slightly but do not let your back round. Stabilization is key. Return to the starting position while keeping your core tight. Go for 20, 50, or 100 reps per set. Whatever you are capable of.

Do not forget about the sit-up. As much as people may say to refrain from doing them, when performed correctly, they are very effective at strengthening your abdominal muscles, and in particular the rectus abdominis.

Looking for more cardio focused exercises? You will of course want to stick with the burpee most of all, but you have other options. As already mentioned, these exercises will not require any equipment. You do not need a jump rope to be able to get the same



Even though you may be incapable of getting to the gym on any given day, there are countless exercises for each msucle group that only require your body weight (Pinterest)

Of course, there is always the option to go running. Whether it's high intensity and short distance with resting intervals or longer distance with fewer to no rests, you can burn up to 15 calories per minute. Nature is there for a reason. You could go around campus, on the track, or around town. That's the beauty of the outdoors. You never know where you'll find yourself. Running along a beach will definitely give you the extra grit to keep going.

Just because the gym may be inaccessible for a day does not mean you have to skip working out altogether. Be creative with your workouts. Who wants to run on a treadmill anyways? If the weather happens to be nice enough, do some training outdoors. Focus on working out and not your phone. Stick to circuit training and take it as intensely as you can. The more intense, the better the results.

Think back to hundreds of years ago. They did not have gyms in medieval times and yet people were often in better condition than today. Your body is the best tool to your success. Who knows, you may find bodyweight exercises to be more challenging and adventurous than weights. Lastly, as always, the journey can be interrupted at any time of the week. How do you choose to make up for that?

Get involved with Recyclemania today

Daniel Giacomuzzi Contributing Writer

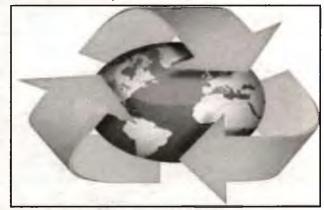


E-waste Recycling Drive 2018 (Daniel Giacomuzzi)

nationwide recycling challenge for universities, called Recyclemania. Bryant has made impressive national rankings in the past and only continues to go further and stronger in the competition each year. Here at Bryant we run three major events to support our overall score, the e-waste Recycling Drive, the Green Office Clean Out, and the Office Supply Exchange. This year, Bryant University decided to team up with the town of Smithfield in the e-waste Recycling Drive, and the results were astounding. Bryant diverted 43,340 lbs. of electronic waste from landfills through our collection, recycling and donation processes. Along with helping to divert waste, we are able to help our community. Kevin Fisette from Goodwill sent along a letter of thanks for the donations and wrote: "This is certainly a tremendous help to us, as the revenue that we realize from the sale or recycle of these donated items will directly fund our job training programs for Rhode Island youth and adults with disabilities and other challenges to employment. Since 90% of the people we serve, live at or below the poverty level, these partnerships play a crucial role in our work to help these individuals to finally break out of the vicious cycle of poverty and begin to move forward with their lives!"

Bryant just recently wrapped up the green office exchange, through this event we diverted 5,700 lbs. from landfills in old or no longer needed office supplies.

Every year Bryant University participates in a convidence of the power of the power



Help create a more eco-friendly environment (EnergieProvincie)

Cold vs hot showers; the pros and cons

Thomas Maranian Variety Editor



While both have their benefits, cold showers are much healthier for your skin, your energy levels, and your thought processes (Imgur)

Some might argue that stepping into a hot shower after a night's rest is one of the greatest feelings in the world. Others will argue that stepping into a cold shower after an intense workout is even better. You might simply prefer one over the other on a regular basis. Disregarding personal preferences, there are a great number of benefits to each, as well as concerns you should be aware of.

Let us begin with the pros of cold showers. Staying under the water when the nob is turned to cold is no easy task over an extended period of time. If you can do it, you will acquire a great deal of self-discipline and strength of will. It may come as a surprise to you that cold showers are very good for your health.

After getting out of bed in the morning, the body and mind need some time to fully adjust. Taking a cold shower will act as a catalyst. You will be more alert and sensible,

and feel able to conquer the day's challenges. Chances are you will have a lot more energy throughout the day, and you will be able to sleep better at night.

The cold temperature will stimulate muscle growth and recovery after working out. It also will allow for easing of pain and soreness in your muscles. A hidden tip to vour overall health and nutrition is that cold showers will actually promote weight loss if combined with a well-balanced diet. This may be your go to from now on if you are serious about getting in shape. Because your body readjusts to the cold, it constantly needs to warm itself up and thus, will burn energy (calories).

Cold water aids in strengthening your hair as well as your skin. Overall, it is a lot less drying on your body. It is much safer to stick to cold water for long term benefits. You will look a lot younger for your age if you stick to it on a regular basis.

Unless you are feeling cold already, there are not many negatives to taking cold showers. However, if you have health concerns like heart disease of high blood pressure, it is not recommended to take cold showers. Instead opt for cooler ones. The initial jolt from the cold temperature could potentially be enough to risk heart attacks or stroke if these are your situations. If these do not apply to you, all the power to you.

Now for the pros of hot showers. They allow for a comfortable way to start or end the day, and they are a lot easier to manage over the cold. Hot showers after shoveling a Nor'easter storm will definitely warm your bones back to normal temperature.

Taking a hot shower after a stressful day can release the oxytocin levels for relief. This is perhaps one of the most effective ways to counter stress and anxiety. Headaches and fatigue can be fought with the hot temperature. If you have a stuffed up nose, opt for the hot. The steam that builds up in the shower with the hot water will help to alleviate the nasal blockage.

As for the cons, there are three very distinct ones that may make you think twice before turning the nob all the way to hot. Dry skin is a huge issue for many people. And of course, the best time you might think to take one is during the winter. The winter is prime time for dry skin due to the dryness in the air. When you take a hot shower, it actually aids in the destruction of the skin and will eventually cause it to crack and scrape. Think of the body in terms of hydration.

Next is the damage it does to your hair. If you have medium to long length hair, you will notice it more. In general, hot water causes hair to dry out. It also makes breakage easier to happen. Using hair products like gel and pomades after a hot shower can further damage your hair. People always wonder why they go bald later in life. Here is the reason.

This last consequence may be somewhat of a surprise to you. If you tend to get itchy or red skin throughout the day, it is likely due to hot showers. Immediately after you come out of the shower, if you notice either of those symptoms, it is a clear sign to lower

There is one last piece of advice to emphasize. Whether you are planning to take a hot or cold shower, do not set it all the way to one end right away. Start off right in the middle and ease your way to either side. Going from one extreme (room temperature) to another (hot or cold) can lead to sickness. Be sure to take proper care of your health now so that later on in life you do not face many problems common to older folk.

Now that you have the pros and cons, you can conclude that the pros of cold showers outweigh those of hot ones. Although it may be a lot harder to consistently shower in the cold, it is only going to help you in the long run. Your overall health is effected more by the small things in life you typically overlook.

#ThanosDemandsYourSilence: Infinity War as the new addition to Marvel series

Michael Jarosz Staff Writer

Avengers: Infinity War directors Joe and Anthony Russo are not taking any chances with spoilers and reviews being leaked to the public in what's to be a powerful culmination of Marvel heroes that could shatter box office records. It's already surpassed the previous Black Panther in ticket presales, meaning that it could very well become the highest grossing movie of all time before it's even out. That said though, no one wants to get spoiled ahead of

Recent reports have come out that there will be an embargo on critic reviews for the film until the 23rd of April. That is not any cause for alarm though, as it clearly means that no one would be allowed to reveal film spoilers tour, the Russo brothers shared a message on their Twitter about who will no longer be with us after this film.

"We will not screen the film in its entirety until character deaths from the film! Stay tuned!

the Los Angeles premiere shortly before the film's global release. Everyone involved with the film has worked incredibly hard for the past two years maintaining the highest level of secrecy. Only a handful of people know the film's true plot.

We're asking that when you see Infinity War, in the coming months, that you maintain that same level of secrecy so that all fans can have an equal experience when they watch it for the first time. Don't spoil it for others, the same way you wouldn't want it spoiled for you."

directors also #ThanosDemandsYourSilence as a method of coaxing their fans to be quiet, or else the Mad Titan, played by Josh Brolin, will come after you. I personally love this little nod to the fan base as it shows a vast appreciation to the people excited to finally see this film. But while we may not have until the week it comes out worldwide. Before their press room to talk about spoilers, we can definitely speculate

Next week, I'll be speculating about potential 27th of April (MovieWeb)



Thanos will be a force to be reckoned with come the

FRI 67%		AM Clouds/PM Sun	10%	W 10 mph	55%	*
SAT APR 14	68°L	Partly Cloudy	/ 10%	NE 12 mph	62%	*
SUN	431	Rain	/ 60%	ENE 15 mph	55%	*

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Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

MBIPL

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THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's

Answer:

Jumbles: DITCH RIVER ALPAÇA EATERY He knew he'd fallen in love at first sight at the marathon when his - HEART RACED



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