

The Student Voice of Bryant University since 1946



The Archway

www.bryantarchway.com

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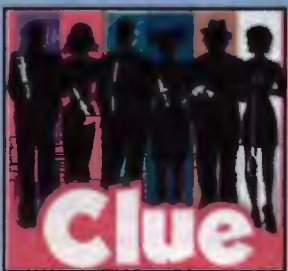
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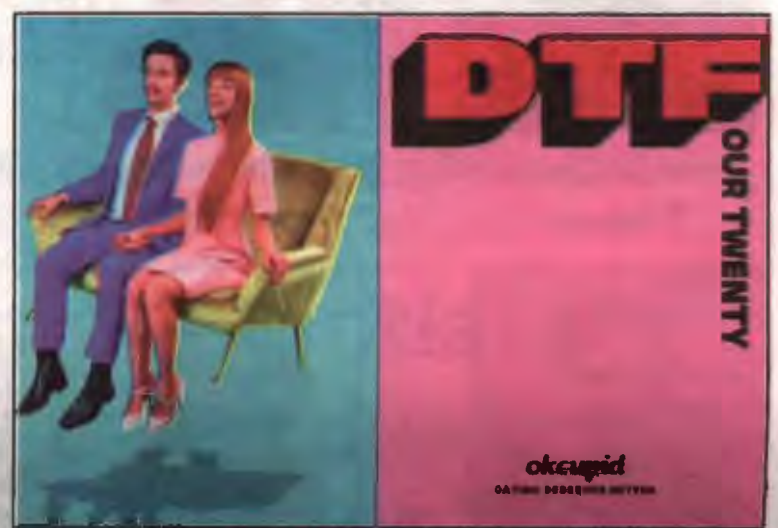
OkCupid's advertising campaign raises eyebrows in the online dating world

Nathaniel Brown
Staff Photographer

When building a relationship with someone, what are you truly down for? Are you down to fire up the kiln or Farmers market? The society in which we live in today is more dynamic than ever before and it's changing. The way technology created a new avenue of interaction has evolved. To be more specific, dating culture has been transformed with the use of technology. There are many dating sites, such as Tinder, Bumble, Zoosk, eHarmony, Blackpeoplemeet.com, and Coffeemeetsbagel. These dating platforms and the influence from mass media has promoted a "hook-up culture"; casual sexual actions between two people. This created a domino effect where teenagers and young adults worldwide have become fixated on sexual activities with another partner. The expectations in a relationship have been engulfed with the term "DTF." When you hear the acronym "DTF" what comes to mind? Everyone knows it means "Down to Fuck" no one expected that those three letters for a split second would capture the attention of millions in a more positive light. People taking their eyes off their phone screens to snap a picture of these 3 letters. All the eyes of commuters in the city that never sleeps were captivated by this new DTF wave.

OkCupid is one of many dating platforms which redefines the hookup culture through using humor and creativity. They launched their new campaign where each ad featured a new version of the acronym, "DTF" in the subways and streets of New York City and many other cities. "Created by Wieden + Kennedy New York under the brand's first CMO, Melissa Hobley, the ads recast DTF—typically meant as a derogatory term for women who are "down to fuck"—into new interpretations that represent what single people might really be looking for in a relationship." The ad drew praise from women who felt that dating should be more than just hooking up.

Many supporters felt that they had stories to tell, passions to share and things to talk about rather than the temporary fulfillment of sexual interactions. Emphasizing the beauty of truly getting to know the person for who they truly are and not what they look like. The ad promoted diversity, the beauty of being different and accepting others for who they are. It resulted in an overall 50% boost mention of OkCupid. Although the ad had a lot of acceptance and praise there was also some backlash.



One of the posters for the DTF campaign (OkCupid)

The entire campaign was rejected outright by the Chicago Transit Authority. New York City's Subway rejected the ads featuring headlines "Filter out the Far Right" and "Four Twenty." The ads that referenced politics, drugs and sexual metaphors saw some backlash from opposing parties. OkCupid's "DTF" advertising campaign promotes lesbian sex, prostitution, drug use, and promiscuity that will be open to the eyes of millions including children," some critics said. Regardless of those critics, the ad served its purpose to create a buzz around its brand by integrating social matters in their campaign in this generation that is the beauty of marketing and creating a message by tapping into current controversies. Any publicity is good publicity because the only thing worse than being talked about is not being talked about.

By using phrases that stimulate chatter whether they are provocative or a sensitive topic, OkCupid capitalized on popular slang to help send their message and increase brand awareness. They gave their users the power to recreate their own dating life and make the relationship fulfilling for both partners. This allowed people to rethink their expectations in potential relationships. So, are you down to build a home or just get a 1-night motel rental?

A letter from the editor: the masthead

As many of you may have noticed from last week's edition, the paper's masthead has changed. I'm sure you were all wondering why, as our all too recognizable cast iron archway that sits at the center of our campus was replaced by a seemingly ambiguous stone archway that you would be hard-pressed to find here. However, there is a reason behind this change.

That ambiguous stone structure was once the most identifiable landmark at Bryant, but in time long-passed. Before Bryant moved to Smithfield, it was situated next to Brown University in Providence. While the archway that we know today is a remnant from that campus, its significance on the old Providence campus (which was sold to Brown upon the move to Smithfield) was virtually nonexistent. The stone structure, however, (known at the time as the South Portico) was the archway that all who came to Bryant knew about. It was under the South Portico where students of the past would gather during inclement weather and sunny days alike to talk about the happenings on campus.

This tradition stands in stark contrast to the tradition that explains the purpose that the cast iron archway serves to current Bryant students, who are afraid to pass under it for superstitious fear of not graduating. The former tradition, too, served as an inspiration for one particular campus organization in finding its name. That organization, which was founded in 1946 and whose paper you're currently reading 72 years later, is The Archway.

Yes, the true namesake of this newspaper is not the archway that we all know and collectively fear, but is in fact the South Portico of the main academic building on Bryant's Providence campus. So while that stone archway may no longer be in Bryant's possession territorially, we do still possess it symbolically. And even though it had been lost in time, we are more than happy to rediscover it and honor its salience to our paper and to our institution's rich, intricate history.

Happy reading,

Christopher Groneng, Editor-in-Chief

Meet The Archway Staff

Black and Gold and Read All Over



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Christopher Groneng
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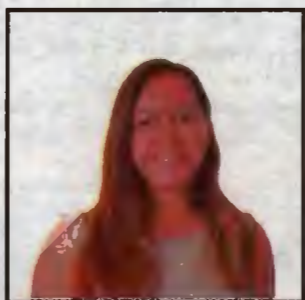
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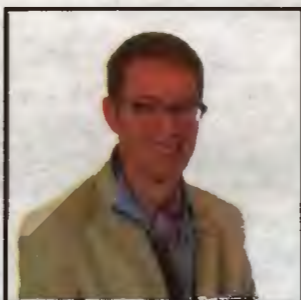
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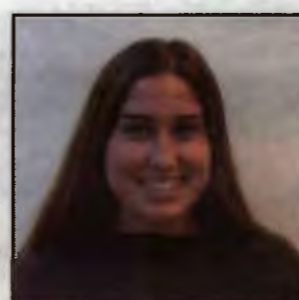
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Department of Public Safety Log

EMT CALL EMT CALL / MEDICAL SERVICES
RENDERED Oct 09, 2018-Tuesday at 18:36
Location: CHASE ATHLETIC CENTER
Summary: DPS received a report of a student with a dislocated shoulder. EMS was activated. Patient was transported to Fatima Hospital by Smithfield Rescue #3.

EMT CALL EMT CALL / MEDICAL SERVICES
RENDERED Oct 10, 2018-Wednesday at 22:37
Location: RUNNING TRACK
Summary: DPS received a report that two athletes have collided on the turf field; possible head injuries. EMS was activated. All parties conscious and alert. Patients will be going to the hospital via POV.

VANDALISM Oct 11, 2018-Thursday at 07:59

Location: ALL CAMPUS AREAS
Summary: DPS received a report of a letter on the sign at the beginning of campus had been vandalized

EMT CALL EMT CALL / MEDICAL SERVICES
RENDERED Oct 12, 2018-Friday at 11:59
Location: Coventry House
Summary: DPS received a report of a person having a seizure and spitting up blood. EMS was activated. Patient was transported to Fatima Hospital by Smithfield Rescue #2.

EMT CALL EMT CALL / MEDICAL SERVICES
RENDERED Oct 13, 2018-Saturday at 01:40
Location: Scituate House
Summary: DPS received a report of a student with an

intoxicated person that is coughing up blood. EMS was activated. Patient was transported to Fatima Hospital by Smithfield Rescue #3.

(MVA) MOTOR VEHICLE ACCIDENT Oct 13, 2018-Saturday at 21:01
Location: GENERAL PARKING C
Summary: DPS received a report of a 'Hit and Run' accident. The suspect vehicle pulled out of the space and moved further down the lot and parked. Smithfield Police was notified and is responding.

Hurricane Michael wreaks havoc in the Gulf, Panhandle

Madison Hahnen
Contributing Writer



An American flag drapes over rubble from Hurricane Michael (Reuters)

Every week, it seems that we wake up with the news that there is another hurricane destined to touch down somewhere soon, and often, it seems the east coast of the US has been getting the worst of the US storms.

Just recently, North Carolina was hit by Hurricane Florence, but now Florida is the newest victim in the season of hurricanes, being hit by Hurricane Michael last week. Michael proved to be more devastating than expected, as thousands of authorities and volunteers are now down in Florida searching for missing people who did not evacuate during the storm. Florida authorities say that it could be weeks before all missing persons are found, as the search through rubbles to find them has been going on since it was safe to step outside again.

Emergency crews are currently trying to ease the minds of hundreds of relatives looking for their loved ones, although the task may be harder than it seems. The fire department says that it could take weeks to search for the missing residents they have received calls about, but they are doing anything they can to find them, alive.

Crews have been using bulldozers to remove the rubble and are clearing highways blocked by the wreckage. Since there is no power and cell phone service is very limited, crews are going door-to-door to see if any missing victims are trapped in their homes, which have become isolated areas.

Students who are in the area attending school have also found themselves in

a sticky situation. Bay District Schools Superintendent Bill Husfelt told WNBB "It's not going to be a normal school year. There's nothing normal about where we are right now." The school district has about 26,000 students without a place to go and get an education every day. The schools are not safe enough for the children to enter. Officials are trying to find alternative ways to send these students back to schools and ensure there will be plenty of psychological aid for them, as going back will be very hard for these young kids. Husfelt encourages parents to continue to read to their kids to make them feel as comfortable as possible and try and keep as much normalcy as possible.

A lot of people who have been following all the recent storms have been asking why they keep happening the way they are; fast and impactful. Experts say that Michael, and other storms like it, have come from climate change. The planet has become increasingly warm, which has caused several changes in the environment. One of these changes has affected storms, causing them to produce more rain, and the storm surge has been the worst it's been in the past 100 years because of the rise in sea levels. Climate Central, a scientific research group, says that hurricanes are expected to intensify more rapidly in the coming decades.

The latest reports say that more than 435,000 people are still without power, and the death toll is at 18 but could continue to climb.



Panhandle shorelines littered with hurricane debris (Reuters)

Tweets of the week

"Is it really possible that Bruce Ohr, whose wife Nellie was paid by Simpson and GPS Fusion for work done on the Fake Dossier, and who was used as a Pawn in this whole SCAM (WITCH HUNT), is still working for the Department of Justice????? Can this really be so?????"

- Donald Trump, 10/16/18 (@RealDonaldTrump)

"The murder of Jamal Khashoggi as described by the Turkish press is an atrocity. We must get to the bottom of this, and if the Saudis killed Mr. Khashoggi, those responsible must be held accountable."

-Sen. Susan Collins, 10/17/18 (@SenatorCollins)

Trump negotiates new trade deal with allies, ditches NAFTA

David Schmidt
News Copy Editor

Recently, President Trump and his Administration successfully negotiated the United States-Mexico-Canada Agreement, or USMCA, which is the new regional trade agreement that will if passed through the Senate will effectively replace NAFTA, which is the original regional trade agreement for the US, Canada, and Mexico.

This deal has found some unusual support from labor, especially from the Mexican labor force due to the proposed hike in wages. This is due to a clause that states that at minimum 40% of an automobile must be manufactured in a factory that workers make at least \$16 an hour in order to circumvent any potential U.S. import tariffs. Likewise, this would essentially equal out to be five times increase of the average Mexican auto manufacturer worker's wage of 3.14 per hour. However, many experts are skeptical that this clause will come anytime soon. Mexican Economist Luis de la Calle voiced his opinion by stating, "carmakers in North America already largely conform to the 40 percent rule. The companies that don't can opt to pay a 2.5 percent tariff to export the car to the U.S... My bet is that, in the short term, some will just choose to pay the 2.5 percent. For the others, we will have to see what happens". Furthermore, the USMCA has a period of transition for the activation of this clause, therefore, it would not be automatically applied. Additionally, the mechanism for the monitoring of automobile worker's wages has not been fully worked out either therefore is the optimism coming to early on this clause. Moreover, both Luis de la Calle and others have voiced that this clause is meant to protect the cars of yesteryear and not the future, which will likely be electric and have the global software.

However, there is some hope for the Mexican autoworker as there are other clauses in the USMCA that will hopefully

reform Mexico's aging labor laws and shady labor union practices. The reason being is that the Trump Administration pushed several provisions, which make the signatories of the agreement to enact strict labor legislation (laws). Some of these provisions are the safeties for independent unions and the enforcement mechanisms for these labor laws, and if a country doesn't comply then the United States will impose sanctions on the country for the failure to do so. Moreover, the deal also includes clauses on topics such as transparency and anti-corruption guidelines.

One of the major reasons for the increase in Mexican autoworkers salaries is because of the known wage gap between the auto manufacturers of the United States and their colleagues in Mexico has significantly widened when NAFTA was supposed to decrease the gap between the two. Furthermore, many Mexican labor lawyers have expressed confidence in the USMCA's labor provisions due to the fact that for several years Unions have been tied to pro-industry "protection contracts" and thus not truly protectors and advocates for the worker, but rather an industry puppet to get the laborers on board with the company and what not.

Yet, all three of the negotiation parties need to get the agreement approved by their respected legislatures. Yet Mexico's new Congress with the incoming of new left-winged National Regeneration Movement party has already begun passing many of the mandated labor provisions set in the USMCA, and constitutional reforms ordered by other trade pacts that Mexico has entered into. Mexico's President-Elect Andrés Manuel López Obrador who takes office in December ran on a pro-labor campaign campaigning for aiding in the increase in the Mexican workers' standard of living and has also selected pro-union leader Luisa Maria Alcalde to be the new labor secretary thus it's being predicted that the USMCA will find comfort with the new Mexican leadership.

Bryant's Veterans Professional Network keeps busy during the fall semester

Dennis Cosmo
Contributing Writer

Every military veteran studying at Bryant University should be in the Student Veterans of America (SVA) Membership Network. If you are a brother, sister, or a loved one of a current service member transitioning out of the military you should also be in the Member Network as well. Real opportunities for student veteran success are communicated through SVA almost weekly. Internships, Fellowships, additional scholarships, tours of the Google Campus in Cambridge, MA, and even leadership training. For the past seven years, SVA has run a program to groom authentic leadership qualities in tomorrow's leaders of industry and civics. In September I had the good fortune to attend my second Student Veterans of America Leadership Institute in our nation's capital, Washington, DC and represent Bryant University. This selective, discussion-led event assembled 100 student veterans from all branches of the military, including the honorable Coast Guard. SVA was also honored to welcome a member of the Australian Student Veteran Association for the first time bonding the allied nations in not only the warrior ethos but the pursuit of knowledge and careers after military service.

The intensive program included pre-travel online work dealing with the psychological phenomenon of "Imposter Syndrome". This was a major theme in the 2017 Leadership Institute held in Dallas, Texas. Veterans are proud of their experience and service, capable in many challenging situations, and thrive in rapidly changing environments. They are high achievers and producers. But they can also feel inadequate too. When the 2017

cohort met each other there was a sense of "I don't deserve to be here". Sharing stories of trauma, difficulty, resilience, and grit set everyone in awe of their peers.

The achievements in classrooms, on campuses, in houses of the legislature, and communities made the cohort do a lot of introspection and feelings inadequacy in comparison to the young man to the left and the young woman to the right. SVA President and CEO Jared Lyon were quick to dispel that by instilling the fact that each and every single attendee were purposely chosen, selected, and BELONGS in this hallowed space. This simple act of leadership set a tone of excellence and pride. The 2018 cohort was quick to move past the imposter syndrome and capitalize on the electric environment of high-achieving student veterans.

The first organized activity after checking in to the hotel and taking professional headshots was a service project. Strangers from Alaska, Hawaii, Maine, Florida, Australia, and of course two from Rhode Island (Bryant and Brown) came together. With humor and vigor to student veterans stuffed teddy bears, filled care packages with toiletries, and braided paracord bracelets for service members currently deployed in hostile areas from where many of the cohorts recently returned.

The work benefited Operation Gratitude, a non-profit supporting deployed service members with creature comforts and tokens of appreciation from the States. This ice-breaker event got people to communicate, task organizes, and form work groups. The group exchanged names, experiences, and laughter. Doing this in the first few hours bonded strangers and reduced social anxiety. After inspirational opening remarks, a social mixer followed and we broke into our 25-person cohorts

for more formal introductions which went well into the first night.

The next day we were provided a tour of the Eisenhower Executive Office Building in The White House complex. Strict Secret Service screening would have intimidated most but this group of former warfighters, most with Top Secret clearances and combat experience, joked to themselves and made light of the situation, and Agents, like only military veterans can do. In the Eisenhower building, we were treated to four guest speakers. Some from Prudential Financial's Veteran Initiative. Prudential funded airfare, meals, lodging, and programming for the entire event demonstrating their belief in student veterans and their leadership potential in the modern business environment. Other speakers included policymakers and advisors from the President's Veterans Council. This included the former Commander of the 82nd Airborne Division, Lieutenant General Kellogg.

The next few days we were broken into our cohorts for in-depth discussions and reassembled as a whole class for meals and panels from great influencers. At the center of the event was each individual's introspection into their core values. This serves as our foundation; our bedrock. Every challenge that is placed in front of us or hard decision is weighed against our values. Our decisions, words, and actions (or lack thereof) are outward portrayals of our true values. It is easy to be given a list of values and select what sounds best or what one thinks others want to hear. But this exercise was a real test. Be authentic. Be true to yourself. The next exercise was to choose characteristics that best represent us.

Again this is a little challenging and recalls to mind the Johari Window. This is a matrix of what is known and unknown

to the self as well as what is known and unknown to others. We all have varying beliefs, values, and thoughts. We have ideal selves that we imagine we display in the public arena but more often than not are blind to what others see in our character. We put on a façade to hide qualities we are conscious of but do not want others to see. The real test is choosing the honest values we hold true to ourselves and how they mirror the characteristics someone intimate and someone tangential would label us as. Do they correlate?

Then our values are clear and guide our behavior and leadership correctly. Do our chosen values sound different from the characteristics people describe us as? Then the mirror-self and actual self-care not aligned, and we have not clearly defined our values to ourselves. People recognize authenticity. And in this example, more introspection is needed. This was the heart and soul of the Leadership Institute: Genuine, authentic, values-based leadership.

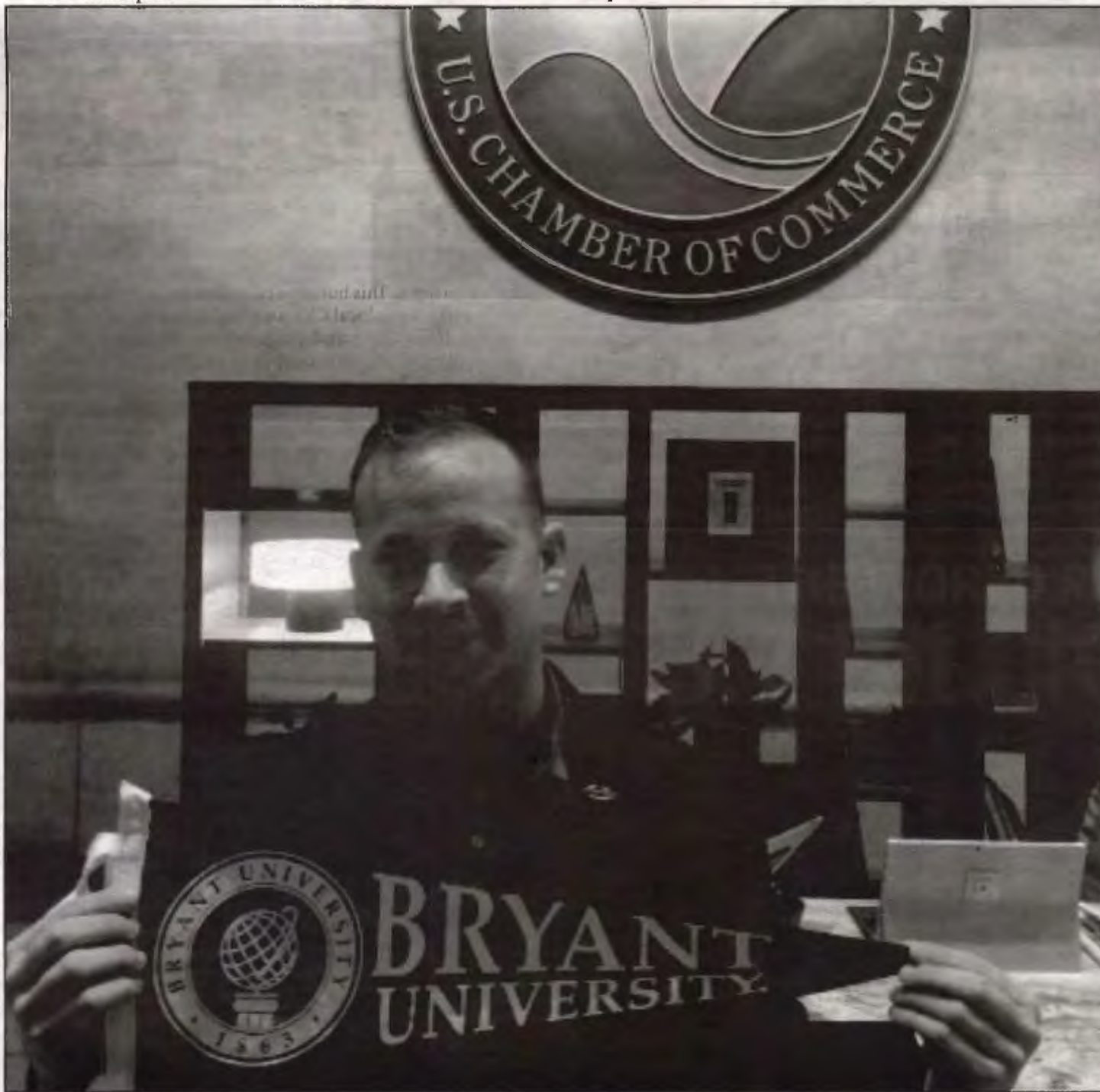
Do our chosen values sound different from the characteristics people describe us as? Then the mirror-self and actual self-care not aligned, and we have not clearly defined our values to ourselves.

The guest speakers and panels all related one way or another to this and professional development. Every person on the stage was better than the last. People you not only wanted to connect with on LinkedIn or for mentorship but sincere human beings you wanted to be around the other 362 days of the year. Speakers talked about setting personal goals like reading a book a week for a year to stimulate their neural plasticity while being an active listener to their three-year-old child. A Congressional Medal of Honor Recipient recalling the same petty anxieties in a college classroom we are all familiar with while Congressmen review his actions and valor in Washington, DC to determine if he should be awarded our Nation's highest decoration. Coming back to center and the true value of leadership is what the 2018 SVA Leadership Institute is all about. While continuously challenging ourselves and raising the bar, we must always remain humble and be a servant-leader. The energy and optimism were electric. Being surrounded by peers with the same struggles but maybe different dreams were reassuring. No doubt friendships were made.

There was a sense and desire to return to our Universities and campuses with a renewed purpose. On the last night, there was a tour of the monuments in DC. The war memorials were particularly poignant for this group of veterans. But I don't think there were many that would disagree that the highlight was visiting the Dr. Martin Luther King Jr Memorial.

This hallowed monument seemed to calcify all the lessons and discussions during the Leadership Institute into one impressive visual. Dr. King, a true values-based, servant leader put words to action and risked everything to bring people together so that they, not him, could reap the reward. His leadership wasn't narrowed to a battlefield. His leadership was in the heart of a Nation so that it could heal and grow to prosper united and not segmented. He recognized the value of each person contributing to the end goal. His vision can be felt at the monument. And it was felt in the Leadership Institute in 2018.

The lessons learned from the Leadership Institute were directly applied to the founding of the Bryant Veterans Professional Network. We are a values-based, professional organization open to all Bryant students passionate about helping military veterans and strengthening the community. We meet Tuesdays at 5 pm in the ROTC/Veteran Lounge located in the lower level of the Koffler Center. Come and visit us soon.



A member of the BVPN visits that US Chamber of Commerce (Dennis Cosmo)

Facebook: a big website with an even bigger problem - not the first time

Alexa Silvia
Contributing Writer

Facebook has faced many concerns with privacy in recent weeks. Not only did it receive criticism for its new video chat devices that are installed in homes, it is also being criticized for a fault in its security system. This allowed hackers to gain access to 14 million user's personal information including birth dates, hometowns, and recent searches on the website. Facebook user's learned of this situation on October 12, 2018. As a result, Facebook is losing its consumers trust. Hackers were able to gain consumer's information through a security flaw in its "View As" tool, which allows users to see their own profile how other users see it. However, this tool has currently been disabled. The identification of the hacker is unknown.

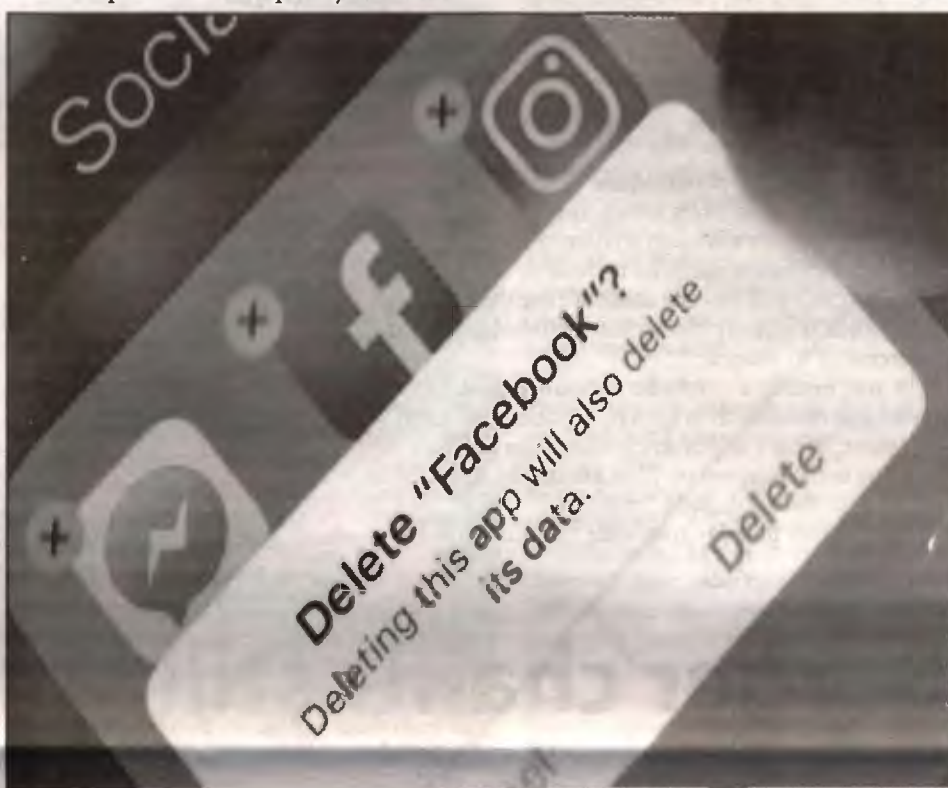
In this recent Facebook hack, those 14 million users that had their information stolen were not the only users affected. An estimated 50 million accounts were also affected in some way without the users of these accounts even realizing it. It is predicted that the breach may cause further problems until the issue is resolved and the website is secure again. In order to solve the issue with security and privacy, Facebook is working directly with the FBI to investigate further and give those using the online social media site a peace of mind after experiencing this invasion of privacy. The investigators have determined that the individuals behind the data breach used their own accounts to start stealing access tokens from their friends and then moving on to friends of friends. While Facebook is in the process of discovering who exactly initiated the latest attack on users, further information is due to be released as this investigation progresses.

Additionally, the government has become involved in the search for the individuals or the group behind this recent attack as well as establishing new guidelines for not only Facebook but other social media sites. In each country where users have been affected, these countries are being monitored and the statistics found in each one will be pooled together to contribute to resolving the problem. For users of Facebook, the company encourages consistently updating privacy settings. It is also important to check all other social media accounts to make sure they have not been affected as well. Multi-factor authentication, or the use of many ways of securing online accounts, is the key to protecting private information related to anything on the web.

When it comes to the user's protection and privacy, accepting friend requests from strangers and simply adding individuals because you share mutual friends may also be related to accounts being hacked. Without users being aware of connections to other individuals on social media sites, their information can be easily accessible and open to data harvesting or other sorts of hacking. It is still unclear how Facebook intends to

reassure its users of the site's security and the protection of their personal information.

This is not the first time that hackers have accessed Facebook user's information and it may not be the last. In April of 2018, 87 million users were affected by a data breach. In the meantime, while the largest social media website in the world continues the investigation of this incident, users are able to determine whether or not their accounts were affected by the most recent data breach. Facebook has promised to update the public on any information that they should share when it is gathered from the investigation which may help regain Facebook user's trust. However, this most likely will not occur until the problem is completely resolved.



Many users have already had their last straw (iStock)

CVS merger with Aetna means big win for insurance cuts

Alexandra Heim
Contributing Writer

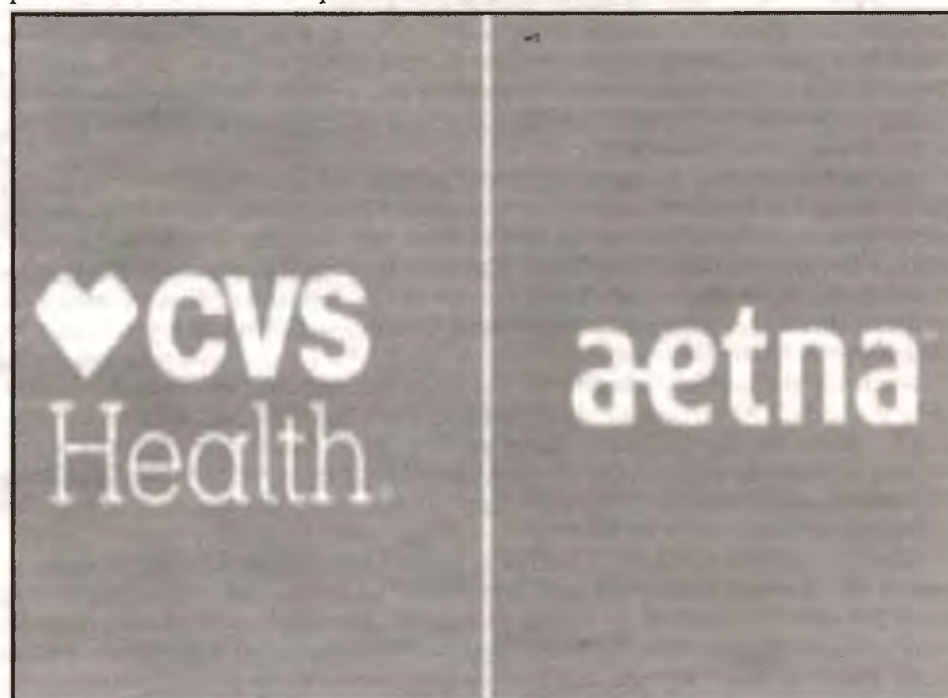
The Justice Department has announced that the CVS Health chain has been approved of its \$69 billion antitrust with health insurer Aetna. Once the deal has been closed it is estimated that CVS will cut costs by \$750 million each year, starting at the end of the second year of the deal. Following the merger, CVS Health President Larry Merlo spoke after the merger was announced, saying "CVS Health and Aetna have the opportunity to combine capabilities in technology, data and analytics to develop new ways to engage patients in their total health and wellness." As the transition of the businesses continues, Aetna's chief executive Mark Bertolini will be joining the CVS board. After merger has been done, it is projected that not only will the companies cut health care costs, but also encourage the 22 million Aetna insurance subscribers to take up walk-in clinics within CVS. These walk-ins will be offered at a reduced price of medical services and will provide more precautionary services and screenings at its facilities; moreover, patients with diabetes will now be able to monitor blood sugar levels, preventing them from visiting doctors charging more expensive prices. CVS will not only be able to provide its customers with lower prices of their drugs, but it could also plan to grant exclusivity to Aetna customers to access drugs at their local stores.

This merger is the second largest recent health care deal approved by the DOJ last month, first being the approval of Express Scripts, the nation's largest pharmacy benefit manager, being bought in a \$52 billion deal with health insurer Cigna. The shares of both companies, Aetna and CVS, have risen by 1 percent as of Wednesday of last week, a week where the market was not only going over restructuring itself, but the market was sharply lower as well. In order to control the amount of power CVS has over the Medicare insurance market, the companies were required to sell Aetna's Medicare Part D, their prescription drug plan business. Without this sale, CVS would own more than 30 percent of shares in those drug plans, something the Trump administration has been attempting to deal with.

The administration has been putting pressure on the "middlemen: of the health care industries, claiming that they are increasing the cost of prescription medication for its consumers. They are mostly cracking down on Pharmacy Benefit Managers, one in which CVS has a large business with by the name of Caremark. President Trump has signed two bills to place some form of control over the PBM's and their practices. The bills would prohibit pharmacists from allowing patients access to the cheapest prices of

their drugs. With the enactment of the bills, it will significantly cut back profits made by PBM, but with the merger of CVS and Aetna in the works, CVS will regain all profit lost through Aetna.

Companies are considering changing their traditional business models in order to compete with Aetna and CVS. The traditional line between insurance companies and providers has been crossed through these mergers regarding how they become responsible for paying for care as well as delivering it. This business can allow customers to avoid the expenses of hospital costs and travel to their local CVS for a medication regimen for much cheaper, allowing them to be less for flu shots and much more important for treatment and physicals, competing with fellow health care insurers. This merger is believed to be put into effect in the fourth quarter of 2018.



A merger that is sure to shake up the healthcare industry (CVS-Aetna)

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Elon Musk to buy \$20 million in Tesla shares as 'investment' amid SEC settlement

Levi Sumagaysay
MCT Campus

Elon Musk will buy \$20 million of Tesla stock, according to a filing Wednesday that laid out details of Musk and Tesla's just-approved settlement with the SEC — but which noted the stock purchase was a CEO investment and "separate and apart from the settlement."

Musk and Tesla must each pay \$20 million to settle fraud charges stemming from the Tesla CEO's tweeted declaration on August 7 that he had "secured funding" to take the electric-car maker private. That turned out not to be the case, and the SEC said the take-private speculation, which lasted for a couple of weeks, hurt investors.

The filing with the Securities and Exchange Commission also reiterates other parts of the settlement, including that Musk will resign as chairman of Tesla's board within 45 days of the settlement documents' filing. The settlement was approved by a judge Monday.

"In three years, the Board will be able to reappoint Elon to resume the role of Chairman of the Board if such reappointment is approved by a majority vote of stockholders at such time," according to the filing. Before Musk agreed to the settlement, the SEC had sought to remove him as CEO.

Within 90 days of the settlement documents' filing, Tesla must add two new independent board members. The company must also form a board committee of independent directors to make sure it is complying with the settlement — including implementing "controls governing Tesla and its management's public statements regarding Tesla."

And specifically about Musk — source of the \$40 million tweet — Tesla must: "Further enhance controls with respect to Elon's public communications regarding Tesla and to pre-approve any such written communications that contain, or reasonably could contain, information material to Tesla or its stockholders."

Tesla's CEO will buy the stock during the next open trading window, according to the filing. Musk is already the largest shareholder in the Palo Alto company, holding about 20 percent of its shares.

"It was mainly a symbolic announcement," said Garrett Nelson, Tesla analyst with investment research firm CFRA, Wednesday. "Obviously it's equal to the amount of the settlement. What's important is that there will be a new chairman, and certain measures are going to be imposed on Elon Musk which should help curb the erratic behavior we've seen in past several months."

Tesla shares initially rose after the filing but are down about 2.8 percent to \$268.85 Wednesday.



Elon Musk pondering upon his recent decisions (Reuters)

Burger chains still lag on antibiotic policies

Geoffrey Mohan
MCT Campus

Consumer groups scorched nearly every fast-food burger chain in the country for continuing to buy beef raised using antibiotics in ways that make them less effective on humans.

Only two small but up-and-coming chains, Shake Shack and BurgerFi, received A grades in an annual report card issued Wednesday by a coalition of five consumer and environmental groups. Wendy's received a grudging D-minus for sourcing 15% of its beef from a supplier that has reduced use of one antibiotic, tylosin. The remaining 22 top burger chains failed.

Overuse of antibiotics by both the food industry and human medicine has led to the proliferation of drug-resistant superbugs that kill 23,000 people in the U.S. and increase healthcare costs by \$20 billion annually, according to the Centers for Disease Control and Prevention. A 2007 study, for instance, showed that use of tylosin in poultry flocks left strains of campylobacter bacteria that were resistant to a human equivalent of the drug.

This year's Chain Reaction food report marks a pivot for the coalition of national consumer, environmental and health groups known as Keep Antibiotics Working, which had previously highlighted progress in eliminating antibiotic use in poultry. Over the last decade, pressure from consumers and activist shareholders, as well as market competition, has pushed major poultry companies toward raising flocks without routinely administering antibiotics.

Perdue Foods halted the use of antibiotics in 2014 and was soon followed by Foster Farms, Tyson Foods and Pilgrim's Pride. Sanderson Farms remains the only top poultry company to buck the trend, even as 40% of its shareholders this year backed a proxy measure to curtail the use of antibiotics. "Once Perdue offered it and consumers bought it and the fast-food chains went for it, the rest of the companies followed," said Jean Halloran, director of food policy initiatives at Consumers Union and a contributor to the report.

Following the lead of Panera Bread and Chipotle Mexican Grill, industry leaders such as Chick-fil-A, McDonald's, Burger King, Taco Bell, KFC and others instituted broad policies limiting antibiotic use in poultry. Those trends help explain a sharp reversal in antibiotic purchases by the food animal industry — the U.S. Food and Drug Administration reported a 10% annual drop in 2016, after sales had risen 11% in the previous five years.

The beef and pork industries, which have stopped using antibiotics solely to enhance growth of otherwise healthy animals, have balked at further limits. They argue that using low doses preventively — mostly in younger, low-weight animals — can avoid more widespread application if illnesses break out. Eric Mittenenthal, a spokesman for the North American Meat Institute, said beef producers work closely with veterinarians "to ensure that antibiotics are used judiciously."

"Sometimes this means using antibiotics for preventative purposes, but those decisions are made by health professionals and may reduce the amount of antibiotics that would be used if an entire herd got sick," Mittenenthal said.

"The beef industry promotes the judicious use of antibiotics to keep potential risk of developing antibiotic-resistant bacteria extremely low," the National Cattlemen's Beef Assn. said. Last year, the FDA tightened its guidelines to require veterinary "oversight or consultation" for measures "considered necessary for assuring animal health," including administering antibiotics. Those guidelines leave a substantial loophole, activists say.

"A veterinarian can prescribe for months on end for extremely large numbers of animals," Halloran said. "We're not opposed to treatment of sick animals, but that's not the way antibiotics are used."

After faintly praising McDonald's with a C-minus in last year's report, the groups flunked the fast-food titan this year because of lingering concerns that McDonald's has not set firmer deadlines to eliminate antibiotics in its beef supplies. McDonald's has said that it is committed to more ethical and judicious use of antibiotics but that curbing their use could conflict with its broader animal welfare goals.

"Treating sick animals is consistent with the company's long-standing commitment to animal health and welfare," the company said in a written policy. "Engaging farmers, producers and veterinarians in the responsible use of antibiotics is key to achieving our vision of preserving antibiotic effectiveness for both humans and animals."

McDonald's shift away from antibiotics in its U.S. poultry supply chain, which began about three years ago, was a turning point for the industry given the fast-food chain's enormous footprint and influence. McDonald's also had announced it would buy only eggs raised in facilities that don't confine chickens to small cages.

The U.S. Public Interest Research Group, which has spearheaded the antibiotics campaign, plans to focus consumers' attention on McDonald's, as it previously did on KFC's owner, Yum Brands, which pledged to go antibiotic-free last year. Consumer Reports said its polling shows that 60% of respondents would pay more for a burger if it were certified to come from cows that were not fed antibiotics. A vast majority of those polled also said they favored making companies reveal the names and quantities of antibiotics they use on animals.

Halloran said the fact that Shake Shack and BurgerFi are growing rapidly shows there is a high market potential for antibiotics-free burgers. BurgerFi CEO Corey Winograd said to adhere to his company's policy of serving beef free of antibiotics, steroids, growth hormones, chemicals or additives means it purchases from the top 1% of the beef supply. He said the "A" grade his company received "came as no surprise to us." About 1 in 5 drug-resistant infections in humans comes from food and animals, according to the CDC, which has pushed for more conservative policies on antibiotic prescription by both veterinarians and physicians. The CDC also found that 1 in 3 prescriptions by physicians is not needed.

2018 Chain Reaction IV Burger Chain Scorecard



Many top burger chains are failing in this regard (U.S. Public Interest Research Group)

The Archway interviews former Boston Celtics player and sports commentator Brian Scalabrine

Varun Arvind
Contributing Writer

On October 13, 2018 Brian Scalabrine visited Bryant University to answer some questions from Bryant students and parents. Before that started, however, The Archway was able to catch Brian Scalabrine for an interview. This interview was conducted by writer Varun Arvind and Editor-in-Chief Christopher Groneng. We would like to thank Scal and the rest of his staff for this opportunity.

Varun Arvind: You grew up in California and spent a lot of time playing for the Nets, Bulls, and Celtics, but you seem to come back to Boston a lot. And you are an analyst for CSN. So, what about Boston is attractive to you?

Brian Scalabrine: That's a good question. Well, first-of-all it is my work. So, this is where I work, and I don't have the ability to go back in the offseason. They want me to come back if there are trades, free agency, so nowadays with the NBA, it's a 24/7 thing. But, let's take it one step further from that. I grew up in California and moved to Seattle when I was 12, but the thing that really separates Boston is their nice ability to work hard, take education seriously [sic]. I have kids, so I definitely want the schools to be a certain level. And then, they also know how to relax and understand that life is long, and you have to make sure that you have great balance. So, when I think about all the places I've lived, I coached for the Warriors, I lived in northern California, Seattle, Chicago, New Jersey, here, I think this has the best sense of balance with the focus on education, the working hard from the adults, and the ability to relax and still understand that there is good balance in life. And that's why I chose here.

Varun Arvind: When did you first hear the name, "The White Mamba," and have you had any negative experiences with it?

Brian Scalabrine: No, the name, I sort of came up with the invention based off when Kobe came up with the commercial where he jumped over the car, [sic] which he never did. He was like two feet to the side of it, optical illusion, right? He had this shoe, and I always wore his shoe, 1.0s, so his 2.0s came out, I went on and made some on Nike IDs, I was allowed that with my Nike contract [sic]. So, I made the White Mambas 1.0. I walked on the team plane, and Stacey Keane, who was the commentator for the Bulls, I slapped them down on the table and I said, "White Mambas 1.0." She was like, "You're the White Mamba?" And I'm like, I'm definitely the White Mamba [sic]. And from there, within a week, there was giant heads of mine running around the arena [sic], the White Mamba t-shirts out in the parking lot, it just like completely blew up. I embraced it - he embraced it. So, you gotta [sic] have, that's like my job now, I gotta [sic] be the guy that drives home nicknames [sic]. That's what I do.

Varun Arvind: You were obviously on the 2008 championship team. Does the culture that you saw then remind you of the culture that Brad Stevens has created?

Brian Scalabrine: Very different. Very



Brian Scalabrine speaking at an FnF event (Christopher Groneng)

different. This team [2019 Celtics] is all about their work, they're all about, give me some time here [sic]. They're all about their work. They're all about growing. They're all about the process. They're all about doing it the right way, every single day, right [sic]? The other team [2008 Celtics], was just the most competitive group of guys I've ever been around. Practice was competitive. Cards on the plan: competitive. Dice games in the locker room: competitive. Who can lift the most weight, money on the line [sic]. Who can swish a free throw, a thousand dollars [sic]. It was a group that was focused on - you can be focused on growth and like I want to get better and you can also be focused like getting better, doing it that way too [sic]. Me and Ray Allen would go up and we would race a mile on the treadmill for a thousand dollars. I mean like it was like that everywhere you went, every time you were around the guys and I think that sort of pushed that team, this relentless pursuit to be the best at whatever you want to be the best at. This team, I think they grow more organically, thinking each person takes it upon themselves. It is a very, very different mindset and I've never been a part of a culture like that. I don't think I ever will be now that I'm retired, and I don't know whether I'll see a team like that as well.

Varun Arvind: What do you think about the Jimmy Butler situation in Minnesota? It is a crazy situation.

Brian Scalabrine: Sure. So, let's put it in your perspective, right? Let's just assume that you're sitting here, right? You're the top dog at the newspaper, but Chris is the up-and-comer. What if they give Chris all this money and they gave you, "Hey we're only going to pay you two years," verses, "We just gave Chris five years," [sic]. You know like last year, they could not win without him. So, they need him to win. And I think basketball is about winning, right? So, Glen Taylor, for him to give those guys money and not Jimmy Butler money, I

think Jimmy was upset by that. So, if you're not going to pay me, then trade me [sic]. The only thing I have beef with Jimmy is he hit him [Glen Taylor] in a bad way, right, four days before camp opens up. It's unfortunate. I think it is partially Jimmy's fault, partially, mostly, Glen Taylor's fault. I would pay him five years, I'd give him the full max, right. You can't do that until next year anyways or I'd just keep my mouth shut. I'd lie to him, "Hey, I'm going to give you five years," and then I have no intention of doing that, but I'm definitely not telling him I'm not giving you the five years [sic]. So, when you look at all that, and I think players have the right to pick and choose where they want to go, but I do think he should be practicing and playing with his team. He is getting paid. I think 19 Million dollars this year.

Varun Arvind: What is your favorite game that you've watched or played in?

Brian Scalabrine: All-time?

Varun Arvind: All-time.

Brian Scalabrine: Game five against Detroit was such a memorable game and the moment and like that way I played during that moment [sic]. But I had a game where I had 29 points, 10 boards, 7 assists against the Warriors. That was the funnest [sic] I've ever had playing basketball. It was like a different type of—and that was like a random game in February, right [sic]. But, that game was so intense. Those were both when I was with the Nets. Jason Kidd was like a really close friend of mine. He kind of looked out for me, so it really helped me. For anything at that level, like the margin for being good to not good is like small. So, Jason really helped me with just my confidence of taking me to that level of being a rotational player.

Varun Arvind: What do you think about super teams in the NBA, like the Warriors?

Brian Scalabrine: Yeah, I don't mind it because it's all based on salary cap. There is a salary cap in place, right. I think moving forward, you'll start to see less and less of it. There's like the super max contract and stuff like that. I'm all for it. I'm all for Anthony Davis leaving New Orleans and coming to Boston and creating another super team. So, until they open up one-year salary slots to a maximum contract where there's no limit on it, like really if Lebron hit the open market [sic], he could probably make about 70 million dollars and there's a few guys that can do that, but they limit those guys. By limiting the top players, you're always going to have the ability to create super teams.

Varun Arvind: Who do you think will win the 2019 NBA championship?

Brian Scalabrine: Oh man, right now, I think it's the Warriors. I wish I thought it differently, but just by watching the Warriors this year, they have to go really sideways for them not to win. They're so good.

Varun Arvind: I think the Celtics definitely have the deepest bench of any team in the NBA.

Brian Scalabrine: No question.

Varun Arvind: I think this year, because Lebron is not in the East, they definitely have the best chance of going to The Finals.

Brian Scalabrine: So, it's interesting right [sic], the best player in the conference, arguably, I think Kevin Durant is the best player in the West [sic], but maybe Anthony Davis is the best player in the West.

Varun Arvind: Besides Lebron.

Brian Scalabrine: I'm saying in the past year. Lebron, the last eight years, who has been the best player in the Eastern Conference, has gone to the NBA finals. Kevin Durant, the only year that he lost, was the one time he had the Warriors on the ropes, and he was the best player in the Western Conference. So, usually the best player in the conference usually ends up making it. This might be a unique situation where the best team will go and if I had to rate, would you say, Giannis, Kawhi, if healthy, Embiid, and Kyrie [sic]. Would you put them in that order, or differently?

Varun Arvind: I would honestly put, I'd have to say Kawhi.

Brian Scalabrine: Kawhi, one?

Varun Arvind: Kawhi one. I'd say Giannis. Then I'd say Kyrie. And Then Embiid.

Brian Scalabrine: Interesting.

Continued on page 8

Continued from page 7

Varun Arvind: Just because Embiid, he just isn't 100%, like people thought he would be out of college.

Brian Scalabrini: Give him some time. This might be the year where he is the best player in the Eastern Conference.

Varun Arvind: But based off of last year, they're still limiting him to like...

Brian Scalabrini: No back to backs.

Varun Arvind: He's been playing more, but this year I think he'll definitely take that step forward.

Brian Scalabrini: If he takes a step forward, he's gonna [sic] be the third best player in the Eastern Conference. Anyways, we'll see. Will the best team go? I do believe the Celtics will go. You know, a lot of people are picking the Raptors.

Varun Arvind: That really depends on how—who's their new coach?

Brian Scalabrini: Nick Nurse.

Varun Arvind: Yeah, it really depends on how he manages to create the bench. The Raptors also had a really deep bench.

Brian Scalabrini: They were awesome last year.

Varun Arvind: Yeah, they were. It really depends on how he makes Kawhi—it depends on Kawhi's play honestly.

Brian Scalabrini: I do agree. If Kawhi is like what he was two years ago, the Raptors have a good shot. But, Kyle Lowry and Serge Ibaka, they might take a bigger step back. You know it's a long season. We'll see.

Varun Arvind: In all seriousness, what was your daily lifestyle as a player and what did it take to make it and stay in the NBA?

Brian Scalabrini: Pretty much, from the time I was like 17 years old, I played before that, but pretty much from the time I'm like 17 [sic] all the way until I'm like 30, like every drill, everything I can do to become a better basketball player, I wake up every day thinking, "How am I gonna [sic] be better today?" I don't take a shot for granted. The seriousness that I had to operate on just to make it, just to like hang on to the NBA, is kind of mind-blowing. And, I was a little delusional in thinking like every day I prepared that today was the day I was gonna [sic] play. Every day. So, I'd like to get my rest and everything like that. Now once the season was over,

for sure like you'd go hang out and see friends and whatever. It's such a level, my margin for error for being bad is so small like out of the league and in the league [sic], right, that I just took every moment as an opportunity to improve.

And that's how it was for a long time, and that's why when I finally retired, that was hard for me because I could sort of go into broadcasting [sic]. I don't have to be at my tip-top shape, thinking every single moment is gonna [sic] be it for me, I can kind of wing it, right. So, I lost that edge and that intensity, and I'll never be able to live life like that again. Now some people would say that's probably a good thing like living that stress [sic], but we call it living on the mountain top, right. I'm living on the top of Mount Everest and if I like slip and fall, I go all the way down, you know. I'm not living in a valley, which now I kind of a little bit closer to that [sic]. I can get tripped up, and fall and pick myself back up, I'm not gonna [sic] go tumbling down into some ice cave or something like that.

So, where I feel like I'm way more at peace with myself right now, but at the time man, imagine every single day, you're going against guys who are just so much better than you. The type of attention to detail you have to have, I almost felt like I could not mess up a play. I had to know all five positions. I couldn't mess up an assignment, but it was what I live for, it's what I wanted to do.

Varun Arvind: I just have one last question, who do you think will be the rookie of the year?

Brian Scalabrini: This year?

Varun Arvind: This year.

Brian Scalabrini: I'm leaning towards Luka Doncic, but one of my favorite guys is, and I actually think he would fit in well with the Celtics, is Wendell Carter.

Varun Arvind: He plays for the Magic?

Brian Scalabrini: No, he went to the Bulls, it was Mo Bamba who went to the Magic.

Varun Arvind: Oh, that's right.

Brian Scalabrini: But I think Doncic will win. Trae Young looked good, but he's gonna [sic] get stats. But I think Doncic. If I had to pick one, I'm picking Luka.

Varun Arvind: Just because he's already had experience.

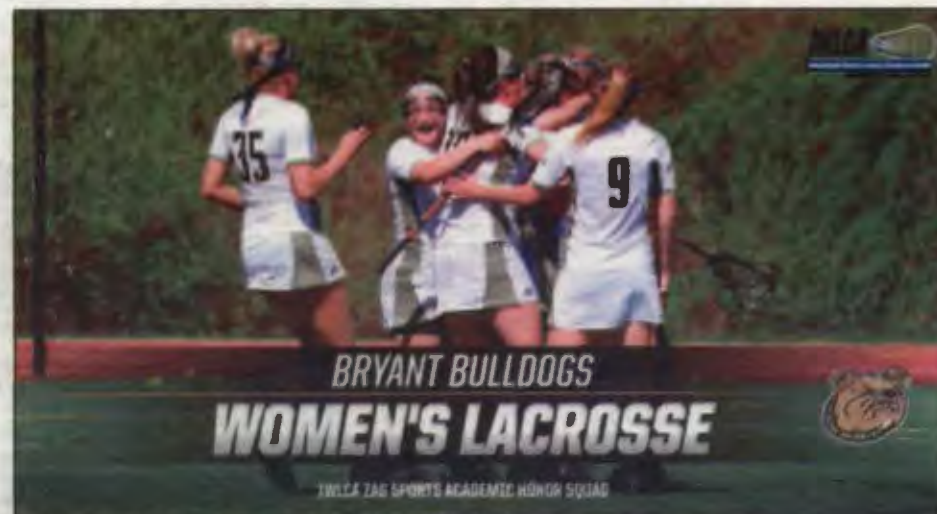
Brian Scalabrini: Yeah, he's been all-pro since he was 16 years old.



Scalabrini answering a follow-up question from Arvind (Christopher Groneng)

Women's lacrosse enters growing year in exemplary form

Megan McCarthy
Contributing Writer



A Bryant Women's Lacrosse team spotlight (Twitter)

The 2018-2019 marks a new year for Bryant University's women's lacrosse team. Not only did they lose 11 impactful seniors last year, but they also lost their head coach, Jill Batcheller, along with their two assistant coaches, Maddy Leshner and Kelsea Donnelly. All 11 seniors had an impact on the team with experience and energy. All three coaches left Bryant to continue their coaching career at Drexel University. Senior Lauren Britton says, "as sad as it was to see the former coaching staff leave, the team is really anxious and excited about what is in store for the future of our program with this new coaching staff." Not only does this year's team have to adjust to losing so many important players, they also have to adjust to new coaches. On top of that, Head Coach Brianna Roche, has still not made it to campus to meet the Bulldogs because she is having her first child on the other side of the country.

Some may think this will be a learning year for the Bulldogs, but Britton thinks otherwise, "after losing 11 seniors as well as our entire coaching staff, some may think we have the odds stacked against us. That could not be any more wrong. Our team is young and hungry. Our new coaches are giving the program a totally whole new look and helping us discover and unleash our potential more and more every day."

The lacrosse team is currently being coached by Assistant Coaches Jess Antellimi and Jeff Chase. They have started the year off great with the team. "Coach Antellimi and Coach Chase

have brought a lot of energy, passion, and creativity to our team thus far," explains Britton. The Bulldog's have done a great job adjusting to new coaching styles and new plays. In many cases, this could be a downfall for a formerly successful program to go through so many changes within months; however, the women's lacrosse team has taken it to their advantage and continues to play fast, smart, and hard.

According to Britton, this year the coaches have a, "high emphasis on the importance of fitness, and our team is in the midst of creating a competitive edge in order to both out run and out play our opponents." This will be extremely important when it comes down to close games in season. With each repetition, they continue to get better and learn more every day. They have been training hard on the field and in the weight room to exceed the expectations of the new coaching staff.

Last weekend, the Bulldogs took on University of Massachusetts Lowell, Assumption College, and Merrimack College. Each game resulted in wins in which they were ahead at every point in the game. This preseason, the team seems to be playing more as a team instead of relying on one player. Additionally, the players are in much better shape than years past.

In the next few weeks the Bryant Bulldogs suit up for two more tournaments, one at Dartmouth College and the other on their home field. Stay tuned to see how Bryant's women's lacrosse team continues their journey.



Lauren Britton scoring a goal during the 2017-2018 season (Bryant University)

Interested in sports? Enjoy writing? Send in articles to archway@bryant.edu and get published!



As we announced yesterday on the Bryant Football Coach's Show, we have scheduled FBS-member Central Michigan for the 2020 season.

This is our first-ever scheduled game against an FBS member and will take place on Sept. 26, 2020. -@BryantUFootball

This Week's Scores

Men's Soccer - Games October 5
St. Francis Brooklyn 1
Bryant 0

Field Hockey - Games October 12
Sacred Heart 2
Bryant 1

Football - Games October 13
CCSU 48
Bryant 14

Women's Soccer- October 12
CCSU 2
Bryant 1

Women's Volleyball - Game October 12
Bryant 3
CCSU 0

Week's Best Tweets

"It's a celebration 50 years in the making!
Welcoming back all alumni for a celebration on
October 28 during a crucial match with LIU"
-@Bryantmensoccer

"Congrats to our Dean's List honorees, getting
it done on the court and in the classroom!
#GoBooksGoBulldogs"
-@Bryant_Vball

"Really BIG Weekend on tap for @Bryantwbball!
Can't wait to host all you #FutureBulldogs and your
families! Going to be an awesome weekend full
of exciting sights and sounds. Hope you're ready!!
#GoBryant #FutureIsBright #GoingToGetBrighter"
-@coach_parsons

Family and Friends Weekend



Why Taylor Swift still reigns supreme

Kayla Leary
Contributing Writer

On Tuesday, October 9th, for the first time in years, Taylor Swift took the stage on live television at the American Music Awards. At the ceremony, Swift performed the trending track "I Did Something Bad" off her latest album, *Reputation*. She was nominated for four awards and, to no surprise, took home all four. This included the biggest award of the night, Artist of the Year. These awards make her the most decorated female artist in AMA history. It proves that even after her three-year hiatus from music, she is still on top of her game.

Swift's success starts with her song writing. In *Reputation*, Swift outlined the triumphs and tribulations she has faced over the years. She was an open book for her fans yet again, allowing them to follow her journey of finding happiness even after her "reputation" was put on the line. Swift continues to capture the hearts of millions with the truth behind her songs.

Coming up on the one-year anniversary of her sixth studio album, Taylor Swift is still at the top of her game. According to *Billboard*, *Reputation* sold over 1 million copies during its first week.

On the Sunday before Swift made her epic return to TV, she posted on Instagram regarding the importance of voting in this upcoming election. She has never been one to express her political stance publicly, so this monumental post was shocking and yet solidified just how inspiration Swift is.

An excerpt from the post states, "In the past I've been reluctant to publicly voice my political opinions. I feel very differently about that now. I always have and always will cast my vote based on which candidate will protect and fight for the human rights I believe we all deserve in this country. I believe in the fight for LGBTQ rights, and that any form of discrimination based on sexual orientation or gender is WRONG. I believe that the systemic racism we still see in this country towards people of color is terrifying, sickening and prevalent."

According to Instagram, Swift has 112 million followers. With a young fan base, she was able to reach a significant number of first-time voters with her post. *Vote.org* told *BuzzFeed* that 65,000 people registered to vote within the 24 hours of Swift's paramount



Taylor Swift weighing in on politics has struck cords with many (Variety) post.

In the past few weeks, the *Reputation Stadium Tour* has come to an end in the United States. According to *Billboard*, this tour is the highest grossing tour in the United States headlined by a female artist, bringing in an astounding 191.1 million. Swift exceeded the previous record of \$181.5 million, which was set by Swift herself during her 1989 World Tour in 2015.

Swift's sold out tours are yet another reason why she is still on top; there is nothing else quite like them. The stadiums are packed wall-to-wall with hundreds of thousands of screaming fans. The production, the stage, the choreography, the sound: everything is incredible and leaves concert-goers speechless.

Swift remains untouchable in the music industry because her songs are from the heart and young women across the world can truly connect with her content. Using her prominence as a platform for social change with the elections coming up only further exemplifies why she still reigns supreme.

Why there is a stigma associated with mental health in today's society

Catherine Ward
Contributing Writer

Mental health is being discussed more than ever before. In fact, many of the top political debates in our country stem back to it, such as gun control and health care. In addition, resources for mental health are readily available. Hotlines are heavily marketed and mental health help apps, such as *Talkspace* or *Calm*, are increasing daily. Discussions about mental health are also prominent on social media outlets in which people across the world as well as celebrities are campaigning for it to be normalized. So, why is the stigma persisting?

Part of the problem lies within the fact that mental health, for the most part, is only discussed in reference to tragedies. The Parkland shooting, the suicides of Kate Spade and Anthony Bourdain, the overdose of Mac Miller. All of these current tragedies created important dialogue around mental health, but this all came too little too late. The negative association that mental health has makes it that much harder for people who are suffering to seek help.

We need to discuss mental health without being prompted to. There should not be a stigma around mental health in any form, whether it be depression, anxiety, eating disorders, or addiction. According to a Doctor of Psychology at Harvard Medical School, 1 in 25 Americans are sociopaths, which is approximately 4% of the population. 16% of Americans classify as narcissists and over 18% have anxiety disorders. With just these three branches of mental health, this already refers to approximately 38% of the population who are suffering with some form of mental health issue. People need help, and this is more of a reason why we need to change this stigma.

Someone you know personally is most likely affected by a mental illness. It could be a close friend, an acquaintance, a professor, a mentor; it could be anyone. Mental illnesses do not discriminate. More importantly, we live in a society where celebrities and political

figures are constantly in the public eye, and many of them are most likely affected to some degree by mental health. They need to all be using their platforms to create change around the reputation of this prevalent issue so that the people we know who are affected can seek the proper help.

I am sure someone comes to mind for everyone: influencers, musicians, actors, politicians, friends, siblings, bosses. Is Jake Paul really a sociopath? Is Kanye West having a psychotic break? What happened to Britney Spears in 2007? Why did Logic write his song, 1-800-237-8255, about suicide? Mental health is being discussed more than ever before, but we need to use these discussions to encourage others to utilize the resources available rather than reproducing the negative stigma surrounding it.

We cannot continue to wait until it is too late. It should not take tragic events to prompt the use of mental resources. We should not have to be reminded to "reach out" to friends and family who might be suffering. It is important to talk about why we are not reaching out sooner and why we are not encouraging getting help early on. We need to start being more conscious of others who are being affected and aware of what we can do to ease their suffering.

Although you cannot force someone to get help, you can try and encourage them. If someone is injured and stuck in bed, we make accommodations and bring things to them. When someone is depressed and stuck in bed, we tell them to cheer up and to get happy. There should not be this disconnect. We need to stop saying, "if only we knew they were suffering," and start getting educated about what signs to expect from people that might be suffering.

Everyone will be impacted to some degree by mental health in their lifetimes. With this in mind, why are we talking about mental health so much yet doing so little to help? Why do we only share hotline numbers after someone commits suicide? Why is mental health still associated with negativity? We must all get on the same page and begin changing the stigma around mental health.

YOU HAVE OPINIONS, WE KNOW YOU DO!
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Submit articles to archway@bryant.edu expressing your opinion

Expats deserve their own senators and MPs

Leonid Bershidsky
MCT Campus

Almost 250 million people live outside their countries of birth, about three times as many as in 1970. Yet few countries have made arrangements for these people's political representation. That's a mistake. Correcting it could have led to different results in recent momentous votes in many countries, including the U.S.

It helps to imagine the diasporas as overseas territories. The Russian one would be the country's second-biggest region, the Mexican one that nation's second-biggest state. Americans living abroad would form the 32nd-most-populous state, falling between Utah and Arkansas, and overseas Germans would be the country's seventh-biggest state, right after Saxony.

According to the International Institute for Democratic and Electoral Assistance, 72 percent of nations allow overseas voting in some form. But few treat the diaspora as a separate entity that deserves its own representatives. That doesn't make sense. Expats, emigres and refugees have specific interests in their home countries as a group. U.K. expats in European Union countries are one example: They see Brexit differently than U.K. residents. Americans are another: As expatriates, they share an interest in avoiding double taxation.

"As a German living abroad, I have other interests than those who permanently reside in Germany," Ulrike Franke of the European Council on Foreign Relations wrote recently, calling for Germany to introduce diaspora representation. "Other matters concern me. Such as, will Germans in England next require resident permits which will only be granted after a certain income level. I have an interest in close cooperation between the German government and French President Emmanuel Macron. It's important to me that Germany works on making different European pension and insurance systems compatible so that my pension contributions made in different European countries don't get lost."

All diasporas have a strong interest in the foreign policies of their countries of birth — an interest stay-at-home citizens often lack. Russians living overseas have started running into travel, employment and business problems since Moscow turned aggressive. The U.S. diaspora has to live every day with the consequences of President Donald Trump's foreign policy and the boorish image he's creating for the U.S.

Most counties attach overseas voters to existing domestic constituencies. If I'd voted in Berlin in the Russian parliamentary election of 2016, my vote would have gone either to Kursk or to Cherepovets, two randomly chosen cities whose local issues are of no interest to me, a Moscow native, and whose elected officials have no interest in representing me as a Russian resident of Germany. Most countries let expatriates vote where they used to live before they moved overseas. Franke's German parliament member, elected in the city of Aachen, knows nothing of her concerns.

That diasporas often vote in distinctly different ways from those who live in their country of birth is a strong argument for giving them their own representation.

The share of Britons voting to remain in the EU in 2016 was much higher among expatriates than among U.K. residents. Perhaps less predictably, Turks living abroad backed President Recep Tayyip Erdogan's bid for expanded powers in a 2017 referendum by a significantly wider margin than voters in Turkey — 59 percent compared to 51 percent.

In the parliamentary election in Latvia



Expats protesting in favor of the European Union (Thomas Lohnes)

earlier this month, the center-left Harmony party, backed by the country's Russian minority, came in first with almost 20 percent of the vote; among expats, an increasingly important constituency given Latvia's shrinking population, only 6.5 percent backed Harmony while 35.7 percent cast ballots for the populist party KPV LV. Latvian expats voting in the U.K. displayed a similar pattern to that of the Brexit referendum, with populist support lower among Latvians living in London.

Few governments, political parties or even academics bother to study the motivations behind distinctive expatriate voting patterns. Campaigning in the foreign constituencies isn't widespread, either, although Erdogan's political machine has recently worked hard to collect the overseas vote. Despite the consternation his campaigning has caused in Germany and the Netherlands, more politicians should follow his example. Treating expat voters as an afterthought makes little sense. They can decide election outcomes.

Overseas ballots were the subject of ferocious partisan combat in the 2000 U.S. presidential election and were counted in Florida in a way that helped put George W. Bush into the White House, according to an exhaustive post-mortem by the New York Times. In 2005, a center-left candidate in the Croatian presidential election was forced into a runoff by expatriates voting for the nationalist party. In 2006, the votes of Italians abroad ensured center-left technocrat Romano Prodi's victory over incumbent Silvio Berlusconi.

It's interesting to imagine how diasporas could swing important elections if they'd been more empowered and if campaigns had made more of an effort to engage them. They could have produced a different outcome for the Brexit referendum, for example. More than 135,000 Britons registered as overseas voters ahead of that ballot, bringing the total number of expat voters to 264,000. But almost 5 million British-born people live abroad, and Leave won the referendum by a margin of about 1.3 million.

Expats might bother to vote more diligently if they had their own

representatives in the home country's parliament.

The U.K. has considered and rejected the idea. There and in most other countries (but not in the U.S., which taxes its expatriates) it would go against the "no representation without taxation" principle. But a handful of countries aren't bothered by that: Expats, after all, can come back, and it pays for a country to maintain a connection to these mobile, enterprising citizens.

Most of the countries that have set up expat constituencies have produced relatively large diasporas. In Africa, these are Algeria, Angola, Mozambique and Cape Verde. In the Americas: Colombia, Ecuador, the Dominican Republic and Panama. In Europe: France, Italy, Portugal, Croatia, Romania and Macedonia.

The French system, Europe's oldest, has existed, with revisions, since 1948. It's somewhat unwieldy. French people living overseas elect a special 150-member council to represent them before the French government, and that body selects 12 senators to serve in the upper house of the French legislature. The expats also directly elect 11 members of the lower chamber; currently, eight of them are from Macron's political party.

In the other European countries that allow diaspora representation, the elections are direct and there are fewer constituencies. Portugal, for example, has two — one for Europe and another for the rest of the world, and Italy has four, representing Italians in Europe, North and Central America, South America and the rest of the world.

In Portugal, Croatia and Macedonia, the number of legislators elected abroad depends on the turnout, to make sure they don't represent fewer people than their colleagues elected at home. That's a useful safeguard. In Croatia, for example, a maximum of six seats can be won from the overseas electoral district, but only three were distributed in the 2016 election because only 21,208 people voted out of an expat community estimated by the United Nations at more than 900,000 people (though some of them have given up Croatian citizenship). And in Portugal,

only about 12 percent of the 242,849 registered expatriate voters cast ballots in the 2015 legislative election.

And yet foreign turnouts can be relatively healthy. In this year's Italian parliamentary election, almost 1.3 million expats cast votes, 30 percent of all voters registered as living abroad. That activity is understandable given the important role the foreign community's representatives can play in Rome. In his 2013 book, "The Scramble for Citizens," the sociologist David Cook-Martin recalled how in 2007, Luigi Pallaro, elected to the Italian Senate in South America, cast the decisive vote in a confidence vote on the Prodi cabinet. The government he saved was grateful, accepting his proposal that 52 million euros (\$60 million) be allocated to Italian communities abroad in the next two years.

In this year's Italian election, the mainstream, center-left Democratic Party finished first among the expatriates; nationwide, the populist Five Star Movement did. The diaspora didn't prevent an anti-establishment revolution, but at least it tried.

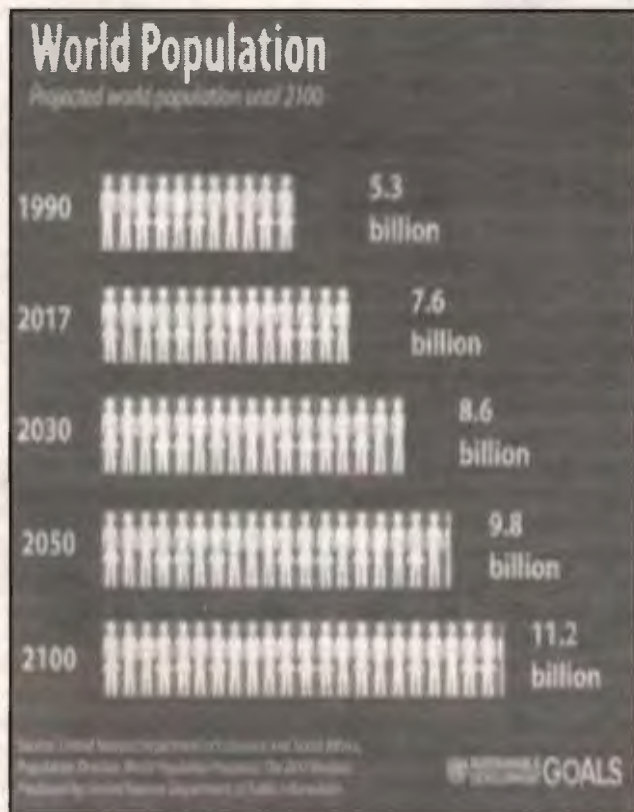
It would be interesting to contemplate how the U.K. Parliament or the U.S. Senate would function if they included representatives of expatriate communities. It's not such a crazy idea: The Democratic Party, for example, recognizes Democrats Abroad as a "state" for presidential primary purposes.

One could imagine anti-Brexit expat representatives scuppering Prime Minister Theresa May's parliamentary majority, or Democrats representing the expat "state" making sure that Brett Kavanaugh didn't make it onto the Supreme Court.

Modern nations aren't confined to their geographic borders. Leaving one's country for extended periods is no longer unusual, and it shouldn't mean breaking off civic ties. In his 2013 book, "Parliament and Diaspora in Europe," Michel Laguerre of the University of California at Berkeley described the countries that allow diaspora representation as "cosmonations." In a sense, every nation is a cosmonation today: It's a reality waiting to be recognized by conservative, hard-to-reform political systems.

Overpopulation of Earth and its potential implications on humanity and the future

Thomas Maranian
Variety Editor



The population from 1990 to 2100 will have more than doubled (Twitter)

As of October 19, 2018, there is no planet B for humanity to migrate to in the event Earth is no longer habitable. There are billions upon billions of planets out there, but our space advances are nowhere near capable of sustaining life for 7.6 billion people on another planet. By the year 2050, the population is predicted to grow to roughly 10 billion. And by 2100, the population is expected to reach more than 11 billion. By these later dates, it is quite possible for a new planet to be fully inhabited. In the 30s, NASA's Mars One is to colonize the red planet. So at this point in time, we must carry on here on Earth and prolong the time that the planet can sustain life.

The crucial fact is that the population is growing, growing, and growing some more. Why? Because age of life expectancy has grown from 52 years, back in 1960, to well into the 80s and even 90s, in 2018. Healthcare, safety, financial security, bodily nutrition and fitness, and access to clean water and healthy foods grants the extended expectancy to life today over the last century's expectancy. However, our access to clean water may not be the case in a decade. Although 75% of Earth is water, only 2.5% is freshwater, and less than 1% is readily available for humanity. We will likely be in a shortage by 2035. There is already warfare going on in the far eastern parts of the world. Almost every day, a natural disaster claims the lives of thousands. Our oceans have become

plagued with plastics and waste that inherently poison the ecosystems living underwater. We rely on fish as a source of food. Pretty soon, our food supplies will run out. Meats are the main source of proteins, and if animals are gone, our bodies will shut down, which means we are gone to. Trees are torn down by the billions each year. We rely on trees for oxygen, paper, and to feed animals. If those animals cannot survive, neither can we. Trees also counter harmful gasses in the environment like carbon monoxide. If we continue to waste paper and not recycle, we are wasting trees and throwing lives away. Access to clean water is not readily available in all parts of the world. And yet, despite all this death, our human population continues to grow. By 2100, the population will increase by 45%. Think of how crowded our cities and towns are today, and imagine what a 45% increase will result in. We are already overpopulated as is. War and violence seen today is just the beginning. When resources deplete at a steady rate, it is human nature to fight for control of whatever is left. All of these things play a role in the sustainability of life. If we disrupt one aspect of life, we cause a chain reaction that results in the inability to properly function as a society and planet. Yes, that's correct—there is much to learn from fictitious literature.

What is a possible solution to population overgrowth? Population control is an approach that may or may not seem favorable to enact. The name speaks for itself—the population is controlled. In other words, there is a limit to how many children are allowed into the world. It is used in large countries like China and Russia. However, this method poses the problem of economic stagnation or decline. If too few people occupy a nation, there is no fuel for the economy. If too many people occupy a nation, competition and scarcity become prevalent. Population control can work if the resultant implications are managed and strategically thought through to the dot. It's been implemented in the past and to an extent, still is today. However, it poses the matter of ethics. Another possible solution is to better educate our upcoming generations, so they are aware of the issue. A huge issue with too many people is too few resources to support those people. If people start to ration resources and use them at a legally controlled rate, we can prolong our planetary life expectancy until we can transport ourselves off this rock. That is the third solution—start anew on a different planet.

How can we survive? Though it is possible to inhabit Mars or some other planet, humanity would be faced with many problems and similar situations that we deal with on Earth today. The solution is as follows: we must inhabit an entire system of planets and divide ourselves amongst them all. For example, if there were 20 habitable planets out there, in the year 2100 we could put roughly 1.8 billion people on each and go from there. However, Earth is the only known planet to sustain life at present. We cannot assume 20 planets are available for us at our own expense. This raises the point that wouldn't all these planets just rise up into a planetary warfare against all others for control. It also raises the point of how the people would be distributed between planets? Would it be by country, continent, or by race? None of those options are viable; all

raise questions of ethics, segregation, and a massive mound of politics. Well, here's one solution to it all: have one central planet that could govern them all. That raises the point of totalitarianism and ultimate authority. Therefore, should each planet govern itself? At what point would we have to find another universe in the supposed multiverse. What about the transportation of resources from planet to planet? Would we be forced into a cross planet trading system? As we can see, it's a continuous puzzle of never-ending questions, what if's, and consequences. These are the types of questions we need to be asking today. We all talk of changing the world. How can we do that if society is too focused on petty things like gossip and social media?

There is no clear-cut answer to the issue of overpopulation. There are numerous ways of tackling the problem, all of which raise even more questions. We can explore the land beyond and never look back or we can preserve our earth for as long as we can by way of rations and population control. Or we can do both, simultaneously. The future has always been a mystery waiting to be solved. It's really all too bad that so few people discuss these dilemmas. There are questions that need to be asked and questions that need answers. Intelligent people discuss ideas. All others discuss people. One mind can only do so much. Think of what 7.6 billion people could achieve, together, as one people, with one purpose, with one heart, and with one determined mindset.

On a scientific note, we were put on this planet as a starting point. There is no limit to the exploration into the deepest parts of the land beyond (space). Thereby, there is no limit to the planets we should seek to inhabit. There is an infinitude of planets out there, and most definitely alien life of some sort. Perhaps they are ahead of our world and have discovered the way of endless life amongst each other. Perhaps they have the answers to Earth's population problem. Perhaps one day we can learn to live alongside them. Perhaps their planets are much larger than ours and can house a greater number of people.

On a philosophical note, we were put on this particular earth for a reason. If we cannot sustain life on this earth, should we even have a second chance on another planet? If we cannot manage our resources on this earth, what is to say we will be able to on another planet? If we cannot function together as a unified people on this planet, what is to say we will be able to on another one? By our very nature, we are destructive beings who seek power and control. If we cannot contain and control our own selves, why should we be able to gain power over others? If we cannot have peace and love for all humankind in this world, what is to say it will be possible anywhere else in the universe? This planet is our home and our one shot at distinguishing ourselves from all other beings. Humans are a unique species in that we have endless curiosity about the world, the beings around us, and how we fit in as one person out of 7.6 billion. Some of us are driven by the quest for knowledge, while others are driven by anger, violence, and greed. This world is our home and we must defend it from our own selves at all costs.

CAN THE WORLD REALLY HANDLE ANOTHER 3.7 BILLION PEOPLE?



Outlander Season 4: journey in America

Thomas Maranian
Variety Editor



Sam Heughan (Jaime Fraser) and Caitriona Balfe (Claire Beauchamp) return together once more for this next season of Outlander (OutlandishObservations)

When last we left our brave and bold—James Alexander Malcolm Mackenzie Fraser (Jaime) and Claire Elizabeth Beauchamp Randall Fraser (Claire)—in December of 2017, the two lovers were rushing against time in the land of Jamaica to prevent the unthinkable. The season wrapped up with them washing ashore on the colony of Georgia in America. However, they were not in the year 2017...they are way back in time in 1766.

Claire Fraser has been to America before, though not in the 18th century. Jaime Fraser has never been. They are two outlanders on a journey throughout an unknown land—thus the show name Outlander.

Where exactly will our lovers be headed? Granted if you have read the book series that inspired the Starz show, you will know that Jaime and Claire are in for both a pleasant and disturbing surprise from a certain someone who shows up at their door one day in love and curiosity. And that person will not be alone. Perhaps things will deviate from the books, but hopefully not. The fourth book, *Drums of Autumn*, continues the incredible historical fiction and romance story. It is such a fantastic story that could be told in and of itself that the plot is just too phenomenal to change. The author, Diana Gabaldon, is known for her deep exploration of love, betrayal, lust, power, authority, and history. Fan favorites like Ian Murray and Fergus will make their reappearances, and this time a wolf companion will accompany Ian with them wherever they go. Lord John Grey will likely also find his way onto the big screen once again. We can expect a great amount of screen time from Brianna and her dear Roger Wakefield in season 4. Fortunately, Geillis Duncan will not reappear...for now, anyways.

This next season begins on November 4th. The first two episode titles have been released. The titles are *America the Beautiful* and *Do No Harm*, respectively. The opening scenes will portray Jaime's intentions to head up to his Aunt Jocasta Cameron's plantation at Cross Creek, North Carolina. Along the way, they will run into a mysterious man named Stephen Bonnet, who is trying to escape from the Crown. If you know the show, remember back to the days of Black Jack Randall, well Stephen Bonnet just might be the new Randall. He has intentions and interests of his own. You'll want to keep a watchful eye on this one.

Love will be tested. Love will be augmented. History will be tested. History will be written. History will be unwritten. Promises will be kept. Trust will be misplaced. Secrets will be hidden. Secrets will unfold. Land will be traveled to and colonized. Jaime and Claire will discover what the American dream truly is, as well as what the drums of autumn mean for their next stage of life. This is their prime age of exploration and discovery.

The show will air on Sundays this year at 8 p.m. Stay tuned for the post season review and critique!

A review of Bryant Players' Clue

Matthew Carvalho
Staff Writer

During Family and Friends weekend, The Bryant Players performed their production of *Clue*. The show took the classic board game and created a complex, yet, hysterical story out of it. I saw it all three times and there was always something to take away from the show that I had not realized before.

The actors did a tremendous job capturing the audience and keeping them entertained. The show's lead, Connor Evans, who played the Butler, proved he was certainly deserving of the lead. He took the character and made it his own. He created a proper British-like accent and truly captured the audience with his mannerisms and comedic skills. He certainly was able to make the audience laugh when he did things like chasing Mr. Green throughout the theatre or screaming and slapping Mrs. Peacock. He also jokingly upset Addison Mueller, the director, in the final scene of the last show. When the butler said, "communism was just a red herring", he slapped his knee. When the entire cast were doing their group bows at the end of the show, they all slapped their knees as well. After the bows, Mueller told the audience of how he yelled at them so many times at rehearsal for doing that, but he was clearly cheerful and just joking around with them and the audience. Evans' character also had quite a few monologues to deliver that he performed amazingly. He obviously had so much to remember, not just his lines, but all sorts of different actions and movements that he had to make as well. It was not just him that had plenty to do on stage, but the rest of the cast as well.

Like the directors told me back in our interview, the play was extremely reliant on perfect timing from everybody. All the actors were able to make the show fun and entertaining and keep the audience guessing on whodunit the whole time.

When it comes to comedy excellence, Lorenzo Ricci, the actor of Professor Plum, goes down as an unsung comedy hero. I picked up on it in the first show, and then paid more attention to it in the following shows. Through the script, one can take away the idea that Professor Plum is a pervert. With his slight mannerisms like checking out the women on stage or gaping his mouth when sexual pictures are shown, Ricci was able to add to his

character while making it funny as well. He also was able to make the audience see some of the character's other characteristics through his actions. In the scene where Mr. Green admits that he is a homosexual, Professor Plum develops a shocked look and gets up from his chair, a little shaky at first, and then walks over to one of the female characters. It can be assumed that Professor Plum is also homophobic and being that this play is set in the 1950s, it is quite possible. Ricci's slight actions were able to get the audience to understand what the character was all about.

The members of the production also showed how to deal with problems and make something positive out of it. During one of the transitions in Act II in which the crew members had to prepare the stage for the next scene, they had to remove tinsel from the background on stage. They were pulling them down from the back, but they were unable to get one of them. One of the crew members walked onto the stage and took the tinsel down in front of the audience but the viewers thought this was fantastic. They gave that crew member a round of applause and the spectators had fun with it. There were other times when mistakes were made like when a "ding-dong" sound was made when the killer shot the singing telegram girl, but they still went along and continued to put on a great performance.

Throughout all three performances, the crew member taking down the tinsel was not the only thing the crowd had fun with. The audience did all sorts of unexpected things like clapping for the death of the cop or screaming "Not Mike!" when the character of the Motorist, played by Mike Criscuolo, was killed.

In the 1985 film version of the play, there are three different versions of how the movie ends, and the directors decided to use all three. At the end of the first ending, the stage went dark and the play seemed to be over, fooling the audience into applauding. The voice of the butler then asked the crowd "what if this happened?" referring to the second ending. The second ending began right around the time where the killer in the first ending was revealed, which was the character of Ms. Scarlet. In this ending, the killer was revealed to be Mrs. Peacock who is then arrested to end the second ending. The stage goes black again but then the voice of the butler says that this, referring to the next ending, is what really happened. The third ending reveals that everyone, except for Mr. Green, killed someone and the butler, who in this ending is not a butler

at all, is shot and killed by Mr. Green. Mr. Green reveals he is an FBI agent and everyone except for him is arrested and he reveals to the audience that he is not a homosexual by saying that he is going to sleep with his wife.

By using all three endings for the show, it added to what the show was trying to be, and successfully was, all along: fun. If I took anything away from the show, it was that it was a fun show. It shows the theater is meant to be a fun and enjoyable experience for not just the viewers, but for the cast and other members of the production as well. I am certainly glad I went to this show three times and it honestly was a great one. I would like to congratulate the directors, the tech and crew, the cast, and everyone else who put this together for what was a terrific production.



Stay tuned for more performances by the Bryant Players! (Allevants.in)

Fri

Sat

Sun

Mon

Tue

55° 47°

56° 40°

47° 31°

47° 36°

50° 35°

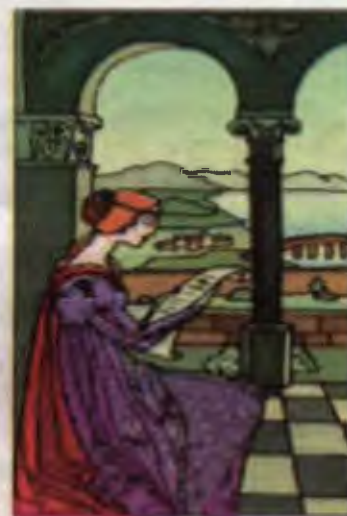
What can you hold in your
right hand, but not in your
left?

Answer: your left hand

I am a ship that can
be made to ride the
greatest waves. I am
not built by tool, but
built by hearts and
minds. What am I?

Answer: friendship

Medieval Life



Across

1. What the serfs grow.
4. A tax paid to the church.
6. Person who forges things out of metal.
8. A place where monks lived.
9. The place where a king might live with towers and walls.
12. A large farm owned by a noble.
14. A time when many people starve.
16. The head of the manor.

Down

1. A magnificent church built in the medieval ages.
2. A lord, lady, prince, or princess.
3. A soldier who rides a horse and wears armor.
5. Catch animals to eat.
7. A bird used in hunting.
10. Person who worked on a manor.
11. Place where crops are grown.
13. Metal 'clothes' worn by knights.
15. A place where people grind grain into flour.



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<h4>VITAMIN K</h4> <p>Essential for healthy bones, blood clotting, and heart health. Found in leafy greens, broccoli, and Brussels sprouts.</p> <p>FOODS: Kale, spinach, broccoli, Brussels sprouts, asparagus, cauliflower, green beans, soybeans, and fermented soy products.</p> <p>DEFICIENCY: Can lead to osteoporosis, blood clotting problems, and heart disease.</p>	<h4>CALCIUM</h4> <p>Essential for healthy bones, teeth, and muscles. Found in dairy products, leafy greens, and fortified foods.</p> <p>FOODS: Milk, yogurt, cheese, tofu, almonds, leafy greens, and fortified cereals.</p> <p>DEFICIENCY: Can lead to osteoporosis, muscle cramps, and fatigue.</p>
<h4>CHOLINE</h4> <p>Essential for brain health, liver function, and muscle movement. Found in eggs, meat, and dairy products.</p> <p>FOODS: Eggs, meat, dairy products, and soy products.</p> <p>DEFICIENCY: Can lead to liver disease, muscle cramps, and fatigue.</p>	<h4>VITAMIN A</h4> <p>Essential for healthy vision, immune system, and skin health. Found in dairy products, leafy greens, and fortified foods.</p> <p>FOODS: Milk, yogurt, cheese, eggs, liver, leafy greens, and fortified cereals.</p> <p>DEFICIENCY: Can lead to vision problems, immune system issues, and skin problems.</p>
<h4>MAGNESIUM</h4> <p>Essential for healthy bones, muscles, and heart health. Found in leafy greens, nuts, and seeds.</p> <p>FOODS: Leafy greens, nuts, seeds, and whole grains.</p> <p>DEFICIENCY: Can lead to muscle cramps, fatigue, and heart problems.</p>	<h4>VITAMIN D</h4> <p>Essential for healthy bones, immune system, and heart health. Found in fatty fish, egg yolks, and fortified foods.</p> <p>FOODS: Fatty fish, egg yolks, and fortified cereals.</p> <p>DEFICIENCY: Can lead to bone problems, immune system issues, and heart problems.</p>
<h4>VITAMIN E</h4> <p>Essential for healthy skin, immune system, and heart health. Found in nuts, seeds, and fortified foods.</p> <p>FOODS: Nuts, seeds, and fortified cereals.</p> <p>DEFICIENCY: Can lead to skin problems, immune system issues, and heart problems.</p>	<h4>POTASSIUM</h4> <p>Essential for healthy heart, muscles, and nerves. Found in fruits, vegetables, and dairy products.</p> <p>FOODS: Fruits, vegetables, and dairy products.</p> <p>DEFICIENCY: Can lead to heart problems, muscle cramps, and fatigue.</p>
<h4>VITAMIN C</h4> <p>Essential for healthy immune system, skin, and heart health. Found in fruits and vegetables.</p> <p>FOODS: Fruits and vegetables.</p> <p>DEFICIENCY: Can lead to immune system issues, skin problems, and heart problems.</p>	<h4>FIBER</h4> <p>Essential for healthy digestion, heart health, and weight management. Found in fruits, vegetables, and whole grains.</p> <p>FOODS: Fruits, vegetables, and whole grains.</p> <p>DEFICIENCY: Can lead to digestive problems, heart problems, and weight gain.</p>