



The Student Voice of Bryant University since 1946

# The Archway

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## Bryant alumn and President at HP returns to alma mater

Danielle Caci  
Business & Marketing Director



Todd Gustafson (Twitter)

Bryant University was fortunate to have Hewlett-Packard's own Todd Gustafson who also happens to be a Bryant graduate, come to campus on October 17. He was invited to speak about the ways in which HP harvests innovation and adjusts its processes to meet the constantly changing market.

This year marks Gustafson's 30th year with HP, where he has held a wide variety of positions over the years. His experiences range from New Account Development, Channel Sales, and Major Account Management, to ISV Account and Region Management. Previously, he also filled the role of Vice President for the Personal Systems Group Commercial Solutions Organization. He has worked his way up to his current position as President of HP Federal LLC and Vice President of Public Sector Sales in the U.S.

Looking at Gustafson's success in the business world, with an emphasis on information technology, you would think work is his main priority. Wednesday night he revealed his life lessons to guide the Bryant community in their future endeavors. In his eyes, the family is number one while work is number three. He makes this comparison to emphasize that there is a gap between the two because he recognizes that upon starting a career it is easy to let work consume your life.

The lessons he lives by include having a focus while loving what you do, establishing clear and attainable goals, being vocal and visible to build your presence, and being resilient. Gustafson is very passionate about reading and encourages this for everyone no matter what stage of life they are in, as he strongly believes knowledge is power. He personally enjoys reading about history, and his favorite book is The Long Gray Line by Rick Atkinson.

A portion of the speech was dedicated to teaching the students about the megatrends in the current market and how they directly affect business. The best way a company can keep growing and innovate is by staying ahead and adapting their products and processes to match these trends. Knowing where the market is going is essential for success and with HP's strategies of core, growth, and future, they are on top of these changes.

The three megatrends discussed were human experience/ blended reality, digital, and disruptive technologies. Gustafson also went on to illustrate the impact of rapid urbanization, hyper-globalization, accelerated innovation, and a changing demographic on how businesses operate. Every aspect of a company including marketing, information technology, finances, and workforce composition are all altered by these trends. Projecting and adapting are two of the biggest skills required to stay relevant and maximize a company's potential, especially with the rapid rise in today's technology.

Todd Gustafson enjoyed his visit back to Bryant and was very interested in hearing of how campus, classes, and social life has changed since his time here. Not only is he an active member in his own community at home in Massachusetts, but he is "incredibly inspired by Bryant and the student body" and is looking forward to giving back to them in many ways to come.

## Bryant students attend International Policy Competition for the first time

David Schmidt  
News Copy Editor

Two weeks ago, for the first time, Bryant University sent eight students to the Yale Undergraduate International Policy Competition (IPC). The IPC competition is a combination of the realism of a case-competition, the team-driven style of a Hackathon, and the international affairs content of Model United Nations as stated by its website yaleipc.com. The eight students competed against other collegiate teams in solving contemporary international policy issues. The student teams did so by drafting policy briefs. Followed by presentations of their proposed policy solutions to a panel of judges, which encompassed representatives from IPC's partnering organization, the Yale Jackson Institute for Global Affairs, and a select group of student judges.

One of the Bryant University's attendees stated that the reason for going to the event for him was so then he and the other Bryant students could "go toe-to-toe with schools like Yale" and he personally wanted to tour the campus. Furthermore, after competing in the program he feels that "it is important for Bryant to continue participating in collegiate contests (especially ones from Yale and other Ivy League schools), as in doing so and by succeeding in them will grant the school greater prestige. Plus, it also allows more people to become aware of Bryant."

Continued on page 3

# Meet The Archway Staff

Black and Gold and Read All Over



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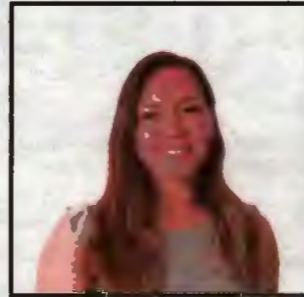
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## Department of Public Safety Log

EMT CALL EMT CALL / MEDICAL SERVICES  
RENDERED Oct 15, 2018-Monday at 13:59

Location: Barrington House

Summary: DPS received a report of a male was having an allergic reaction. EMS was activated. EMT's responded and medical care was given.

LARCENY Oct 17, 2018-Wednesday at 17:54

Location: GENERAL PARKING C

Summary: DPS received a report of two credit cards and one debit card being stolen from vehicle.

MOTOR VEHICLE ACCIDENT Oct 18, 2018-Thursday at 13:37

Location: ALL CAMPUS AREAS

Summary: DPS received a report of a minor motor vehicle accident with no injuries.

ACCIDENT (INDUSTR) INDUSTRIAL ACCIDENT  
Oct 18, 2018-Thursday at 22:04

Location: UPPER CLASS STUDENT PARKING F

Summary: DPS received a report of vehicle being hit sometime last night while it was parked in Lot F (16).

EMT CALL EMT CALL / MEDICAL SERVICES  
RENDERED Oct 21, 2018-Sunday at 00:48

Location: Bristol House

Summary: DPS received a report of an intoxicated male. EMS was activated. Patient was transported to Fatima Hospital by SFD Rescue.

EMT CALL EMT CALL / MEDICAL SERVICES  
RENDERED Oct 21, 2018-Sunday at 03:42

Location: E C S

Summary: SFD received a 911 call reporting of an intoxicated female, DPS was informed and EMS was activated. Patient was transported to Fatima Hospital by SFD Rescue.

# Tweets of the week

Continued from page 1

“To those in the Caravan, turnaround, we are not letting people into the United States illegally. Go back to your Country and if you want, apply for citizenship like millions of others are doing!”

- Donald Trump, 10/25/18 (@RealDonaldTrump)

“We should be investing more in our schools so that more kids have a chance to succeed -- and when I say that I want to fight to give teachers a raise, it's because that's what they deserve. Keep speaking up, sharing your stories, and VOTE. That's how we'll #BringItHome”

-Andrew Gillum, 10/25/18 (@AndrewGillum)

“Too many Maine children are going hungry. As Governor, I'll be committed to reversing this trend. We have to take this on. #mepolitics #MEGovDebate”

-Janet Mills, 10/23/18 (@JanetMillsForME)

“I listen to Arizonans, and they tell me health care is what they are most worried about. Affordable health coverage, including the pre-existing conditions protections that @MarthaMcSally voted against, couldn't be more important to Arizona families. #AZSen”

-Krysten Sinema, 10/25/18 (@krystensinema)

“President Trump is attacking me because he knows I won't just be his rubber stamp like Senator Heller. They have a lot to be worried about – because they'll never outwork me and my team. #NVSen”

-Jacky Rosen, 10/25/18 (@RosenForNevada)

“The main reason I'm running is to help Washington to actually get things done for Tennessee. We've gotten into this mode of everyone just standing on opposite sides of the room & shouting at each other and not moving anything forward. It's time to fix it..”

-Phil Bredeson, 10/25/18 (@PhilBredeson)

Bryant attendees described the program as a fast-paced, tiered-competition. Likewise, many of the Bryant students felt “the program was well-structured due to the fact that from 11 am on Saturday morning to late Sunday night, there was an intense schedule that all participants had to abide by. For example, we would have to prepare a presentation and executive summary for our proposal for a global issue from 1 pm- to midnight. Where judges expected that the solutions that the teams came up with would be viable on a variety of different counts and realistic. Additionally, all of the judges on the panels had a diversity of backgrounds and expertise relating to the issue thus providing students with a realistic situation where they had to acknowledge the diversity in perceptions on the issues, much like when one presents in front of a firms board.

This year's contemporary issue was the maritime dispute in the South China Sea. Therefore, the teams were given the task of finding and creating a suitable solution to one of the many significant

issues currently being felt in the South China Sea. The teams were given a suitable amount of material on the background and current status of the issue in the South China Sea. However, even though the program provided background material was provided, most other research was anticipated to be discovered by the teams on their own.

Once the student teams had gathered a sufficient amount of information on the issue and concerned parties each of them formulated presentations to present to the panel of judges. One Bryant attendee stated that the presentations “were performed separately, and at different times and was also done in closed rooms”. Likewise, the same attendee also had stated that from the Bryant teams' view all presentations were similar format wise. Yet, the Bryant attendees felt that coming from a Business/ Arts and Sciences University gave them a wider perspective in that they accounted for a wider variety of stakeholders concerned over the situation in the South China sea ranging from States to corporations.

## Fast food falls flat on antibiotic grades

Matt Kapetanakis  
Contributing Writer

Many of your favorite fast food restaurants received failing grades in a review of their practices and policies on antibiotics in their beef. According to a recently released report by the Center for Food Safety, the majority of these places received failing grades because they “lack any announced policy to source beef raised without the routine use of antibiotics.” Notable chains receiving a failing grade include McDonald's, Burger King, Five Guys, Sonic, and many more. Of the 25 restaurant chains reviewed, only 2 received an “A” grade. Those chains were Shake Shack and BurgerFi. A failing grade from this report does not necessarily mean the meat these restaurants are serving are low quality. It does, however, mean that the meat you are eating could very well have been raised using antibiotics.

Antibiotics are routinely used in the raising of cattle as they are very effective at encouraging faster growth and resisting disease. Although helpful in raising cattle, these antibiotics can be harmful to the humans eating the beef they were intended to help. “When antibiotics stop working, diseases become harder to treat, life-saving surgeries riskier to perform, and a scrape on the knee can even turn deadly,” Jean Halloran, director of Food Policy Initiatives. According to the Center for Disease Control and Prevention, every year there are at least 2 million people in the U.S alone that get antibiotic-resistant infections. 23,000 of these people die from their infections. The World Health Organization calls antibiotic-resistant infections “one of the biggest threats to global health, food security, and development today.”

These restaurants and meat producers, along with the government have actually

begun to make progress towards responsible antibiotic use while producing meat. Some of the restaurants that received failing grades like Fuddrucker's have an option to purchase a burger raised without antibiotics completely. In 2016 McDonald's pledged to stop serving chicken with antibiotics important to human medicine. They expanded that policy globally in 2018 and have promised to create a similar policy for beef by the end of 2018. The report argues that many have acknowledged the antibiotic problem with the fast food industry however not enough have been done to solve the problem. “While restaurants and major meat producers have critical roles to play in stopping the overuse of antibiotics, the government must also act to achieve the kind of lasting, industry-wide change needed to fully protect public health,” the report says.

The report also gives some recommendations on how to effectively regulate the raising of cattle. It stresses that restaurants, consumers, federal/state regulators, and investors can all help create a change. It says that restaurants can improve data collection/transparency about which antibiotics are actually being used by their supplying farms, in what quantities, and for what purposes. Consumers can educate themselves on the risk of consuming meat raised with antibiotics and seek options without them. Regulators can prohibit routine use of antibiotics on cattle by only allowing medically important antibiotics in food animals as well as limiting their use to 21 days. It also suggests that regulators require grocery chains to provide reports on the antibiotic use in the meat that they sell. Finally, the report argues that investors can make an impact by financially supporting those who take a responsible approach to the use of antibiotics.

**The Archway thanks  
you for reading!**

# Bryant's Sustainability Committee posts vendors in upcoming farmer's market

Alison Diebus  
Sustainability Correspondent

It's that time of year again! The Sustainability Committee will be hosting our second annual Fall Farmer's Market. This year we welcome new and returning vendors and we are so excited to have them! Check out the list of vendors we are hosting, who support local businesses that support great causes:

Under the Sun Farm - Milton and Caitlin Teixeira recently opened Under the Sun Farm in the location of the former Reed Brothers Produce and Garden Center, a fixture in the Dighton/Rehoboth area for decades. Together, Milton and Caitlin Teixeira bring decades of education, farming experience, and unbridled ambition to provide the local community with delicious, fresh produce and farm products. Locals themselves wish to build a caring and educated community around food and agriculture.

Annie B's Honey - Annette Birman (Annie B) began beekeeping as a hobby in 1996 with a single bee hive. She currently has over eighty hives (and growing) with a passion for beekeeping. Annie B started slowly with a small table of honey at her church fair. Soon, she was found selling honey and other products at craft shows and in various New England storefront locations. Annie B's Farm, nestled on 2 1/2 acres in Cumberland, RI, and works exclusively with Italian bees who have a reputation for gentleness and are excellent honey producers.

We Be Jammin' - Two young men with developmental disabilities run this business. The business was started in 2014. We Be Jammin' sells jams, spreads, Fox Point Pickles, Honey Heat Mojo Sauce, Homemade Peanut and Almond Butter, Honey, Salsa, Steak Sauce, apple cider vinegar shot in assorted blends and more!

Harvest Kitchen - This vendor is a culinary training program for youth ages 16-19 from the R.I. Department of Children, Youth and Families' Juvenile Corrections Services and those aging out of foster care. They give skills training to students as well as recent graduates applying for internships. They have an amazing café located in Pawtucket!

Jon's Beeswax Candles - Jon makes beeswax and soy candles, he is a Self-Advocate with Kennedy-Donovan Center's C.A.S.T network, Cape Advocates Standing Together. As a self-advocate, Jon works with local state representatives to insure that the needs and rights of those with developmental disabilities are effectively addressed.

All Natural SanoBe™ Peanut Butter Superfoods - The title says it all, it's super nutritious and delicious complete meals in a jar. Each variety was produced with whole body health and wellness in mind. Healthy foods can and should be delicious. SanoBe peanut butters are so high in a variety of nutrients that you could literally live and thrive on them!

Slow Mozy - A small scale market farm in Chepachet that sells at local markets in Burrillville until the end of September. This vendor will be bringing pure beeswax candles/lip balm and veggies. The vegetables will include potatoes, garlic, dried shitake, reishi and chaga mushrooms, and more!

Sparrow Soaps - From the Quiet Corner of Connecticut, this vendor sells good old-fashioned goat milk soap. Their soap is pure and simple, just like country life.

Rustic Roots Baking - This vendor strives to create locally sourced, delicious desserts made in the tradition of their grandparents! They use quality local ingredients to create real, rustic baked goods.

Just Like Nana' - Look for this vendor as they will be providing delicious homemade rugela!

Sacred Cow - This vendor will be bringing hand-crafted, all-natural, small-batch granola. It is vegan, gluten-friendly, AND non-GMO. It makes a great cereal, healthy snack or topping.

Sean's Tasty Cakes - Have you ever had flavored pound cakes? Made from scratch?! Look no further, this vendor will be here and providing them!

Please join us Tuesday, October 30th in the Rotunda to see what other vendors will be stopping by. The event is open to faculty, staff, and students so grab your cash or card and we'll see you there!

**Bryant University**  
SUSTAINABILITY

**Save the Date!**  
**Farmer's Market**  
Tuesday October 30th,  
2018  
10am-2pm  
In the Rotunda

Flowers	Dairy Free Ice cream
Vegetables	Honey
Goat Milk Soaps	Beeswax Candles
Granola	Organic Baked Goods
Jams	Candy Apples
Salsa	and More.....

Sponsored by: SustainUS (Student Group) & The Bryant Sustainability Committee

The flyer for the farmer's market (Alison Diebus)

## Prominent University of Michigan professor, opera singer accused of sexual assault

David Jesse  
MCT Campus

A University of Michigan student is suing the school and renowned opera singer David Daniels, also a U-M professor, alleging Daniels sexually assaulted him. The lawsuit also alleges the university knew for years of Daniels' sexually harassing behavior and did nothing.

The suit, filed by Andrew Lipian in federal court Wednesday, details a history of Daniels making sexually suggestive comments and then, one night in March 2017, drugging and sexually assaulting Lipian.

Daniels could not be reached for comment Wednesday afternoon.

"Shortly after allegations about Professor Daniels from years earlier in another state were shared publicly, the university made a statement, Aug. 22, that Professor Daniels had agreed to take a leave of absence and would not be teaching at U-M this fall," U-M spokesman Rick Fitzgerald said. "All reports to the Office for Institutional Equity that allege actions that may be criminal in nature are transmitted to law enforcement for review."

"The university's standard practice with any allegation that could be criminal in nature is to defer to the law enforcement investigation before commencing an OIE investigation. A criminal investigation takes precedence over an investigation of a possible policy violation."

Daniels has already been accused by at least one other person of similar behavior. He and his partner have been accused of raping a singer after a performance at the Houston Grand Opera in May 2010. That accusation, which was made this August, is still under investigation by police. Daniels and his partner have denied the accusations. Daniels went on leave from his teaching job at U-M earlier this year when the accusation came to light.

"The university has a great deal of work to do with regard to sexual harassment training and oversight of its faculty," Lipian's attorney, Deborah Gordon, said in an email to the Free Press. "Its written policies recognize that 'sexual harassment most often occurs when one person has actual or apparent power or authority over another.' But here, a professor who was regarded as a major star openly discussed his sexual thoughts and activities. He felt entitled. He regularly sent my client sexually explicit material and messages and assaulted him. He was apparently hired with little vetting of his ability to

conduct himself properly around students and received no training or oversight. This lawsuit is the result."

A University of Michigan student is suing the school and renowned opera singer David Daniels, also a U-M professor, alleging Daniels sexually assaulted him. The lawsuit also alleges the university knew for years of Daniels' sexually harassing behavior and did nothing.

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# The psychopathic boss in today's world

Jared Lee  
Contributing Writer

One odd common theme that has been popping up in the business world is that people who are high up in corporations and are successful are likely to have psychopathic traits and tendencies. These include trying to show their power over other co-workers, making impulsive decisions without really thinking, and acting without empathy or emotion. Is this surprising?

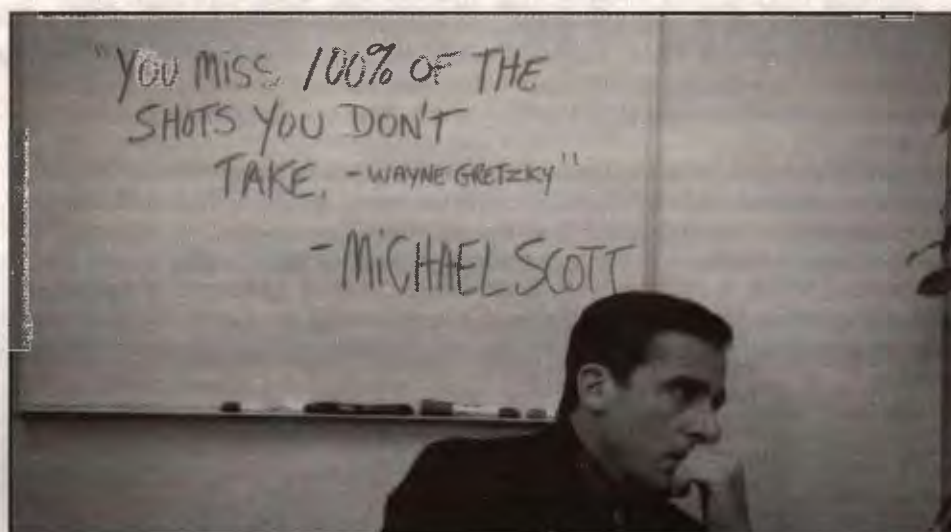
Try and picture what you think the top CEO's in the big companies act like. Are they nice and welcoming people who try and make everyone comfortable or are they ruthless and cold and put the company and profits first at all cost? It would be nice if it was the first but I picture the latter. It turns out however that studies that have been conducted have not given clear answers or results and the debate is still rumbling on whether or not there is any correlation between having psychopathic traits and being high up in a company.

Recently there have been studies by The University of Alabama in Tuscaloosa, AL, and Iowa State University in Ames, IA, trying to see whether there really is any correlation between the two. The goal of the studies was to see if having psychopathic traits help people become leaders and whether or not they are successful or effective leaders. To do this study, the scientists involved looked at 92 existing data sets of corporate leaders and found weak correlations but still correlations that pointed to the fact that people with psychopathic tendencies were likely to be in positions of leadership and power at a company, but their methods may not be too effective.

As stated by the study author Dr. Peter Harms, "Overall, although there is no positive or negative relation to a company's bottom line when psychopathic tendencies are present in organizational leaders, their subordinates will still hate them." This finding is not surprising, as most people will not like to have a psychopath as a boss. What was interesting about the studies that came out was how having these psychopathic traits affected men and women differently.

It turns out people look at women who shows these traits more negatively as opposed to men who exhibit the same traits. Men are looked at as being confident and effective when these traits are displayed while women are not looked at as kindly. The authors of the study sum it up when they say "This is likely because women displaying psychopathic behaviors are viewed as violating not only general gender norms, but also those associated with female leaders."

According to the study's findings there seems to be a double standard for women, as if they try and emulate successful leaders or people in power that are men, it will have a negative effect on the way they are looked at and are perceived as a leader. Hopefully one day this double standard will be gone and people won't be judged differently due to their gender as to give an even playing field to everyone.



Michael Scott from The Office is certainly a crazy boss (E! News)



You can actually buy this prop from The Office online (NBC Store)

## Quality of MLB umpires continues to receive criticism

Conner Mahon  
Contributing Writer

For baseball fans October signifies the start of the playoffs. With that also comes the increase of umpires per game from four to six. You would think that the umpires chosen for the postseason would be the top ones of the league. However, that is not always the case and we wind up with an umpire who continuously makes mistakes, and this year it happens to be veteran umpire Angel Hernandez.

Throughout the 2018 season, Hernandez was subject to ridicule over his ability to properly umpire after he made several bad calls during a regular season game back in May. However, this does not come as a surprise to people due to Hernandez having issues in the past. With that said, it's surprising to see him as one of the umpires for the American League Division Series between the Boston Red Sox and the New York Yankees. During that series Hernandez made several mistakes especially in games three and four.

For example, "He made three calls at first base Monday night in Game 3 that replay reviews overturned" (Kilgore 2018) and several bad calls at home plate in game four. A few years ago, Major League Baseball changed their rules about their instant replay system. Instead of solely giving the choice to review a play to the umpires they gave the team managers the ability to challenge specific calls relating to the previous play. Remember hearing people complain that the game would become slower than it already was. Maybe the people who complained about it years ago, were happy about it during game three.

It's easy to see how a player, coach, and overall fan have trouble understanding how an umpire who has made mistakes in the past was given the opportunity to work in the MLB playoffs. To make matters worse, as stated previously, he then goes on to make more bad calls and mistakes after receiving a huge opportunity. It's understood that mistakes do happen in this profession in regards to the pace of the game. However, in this case the plays seem to be relatively routine where a mistake should not have happened, especially from an umpire who has been in the league since 1991.

In early July of last year, Hernandez filed a lawsuit against Major League Baseball for discrimination, "alleging he has been the victim of discrimination because he is of Latino descent, with the league declining to name him a crew chief and preventing him from working World Series games." (Mahoney 2018) Without a doubt, this lawsuit is very important, however there is a possibility that the reasoning behind Hernandez not being

promoted and not given the opportunity to work the World Series is due to his past of making mistakes and incorrect calls.

As stated previously, October is a very important month for baseball fans because of the playoffs and World Series. In my opinion, having an umpire who has made mistakes in the past and continues to make mistakes after receiving a great opportunity, should not be given a similar opportunity until they have improved.



"You're out!" (Getty Images)

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# California has lost more than half a million jobs to China — more than any other state report says

Margot Roosevelt  
MCT Campus

California has lost more jobs to China than any other state since 2001, fueled by Silicon Valley outsourcing and the continued shrinking of Southern California's apparel industry, according to a report released Tuesday by a Washington, D.C., think tank. Some 562,500 jobs were displaced in the Golden State, the equivalent of a 3.34% share of California's total employment of 16.8 million jobs in 2017, the Economic Policy Institute concluded.

In the U.S. overall, 3.4 million manufacturing jobs were lost since China entered the World Trade Organization in 2001, according to the report, which reached its conclusions by subtracting job opportunities lost to imports from those gained by exports. "The U.S.-China trade relationship needs to undergo a fundamental change," according to the institute, which is affiliated with labor-union critics of unfettered globalization. "Addressing unfair trade, weak labor, and environmental standards in China, and ending currency manipulation and misalignment, should be our top trade and economic priorities."

The report, titled "The China Toll Deepens," comes as President Trump's trade war with China continues to escalate. He has accused the Asian nation of unfair trade practices and slapped tariffs on \$250 billion in Chinese goods, roughly half of what China sells to the U.S. each year. He also has threatened to launch a third round of tariffs on \$267 billion in Chinese imports if a new trade deal is not reached. The report describes how the composition of Chinese imports has fundamentally changed.

Most striking was the huge displacement in computer and electronic parts employment, according to the report, which found a net of 1,209,900 U.S. jobs eliminated, 36% of the total losses in manufacturing. In California, the Silicon Valley-based industry accounted for 56% of all jobs displaced by China trade.

"Since it entered the WTO in 2001, China has moved rapidly upscale, from low-tech, low-skilled, labor-intensive industries such as apparel, footwear, and basic electronics to more capital- and skills-intensive industries such as computers, electrical machinery, and motor vehicle parts," it noted.

The result: a loss of high-skill, high-wage jobs, stagnating wages and widening U.S. inequality, the report asserted, adding that many of the industries absorbing displaced workers are in sectors such as retail and home healthcare, which pay less with fewer benefits. Economist Robert Scott, coauthor of the report, said that his analysis should not be read as bolstering the case for Trump's policies, which he said are "at best ineffectual and likely to make the trade deficit worse, not better."

Republican-supported tax cuts and spending increases, Scott added, will turbocharge the U.S. budget deficit with "a sugar-high that pushes up interest rates, attracting capital from abroad and strengthening the dollar. The rising dollar will make Chinese imports cheaper." "Hitting China with 25% tariffs is not the solution," he said.

The report notes that the U.S. goods trade deficit with China grew from \$83 billion in 2001 to \$375 billion in 2017. Scott said that since 2001 "virtually all of the growth in the U.S.' global deficit of \$807 billion last year is due to the growth of trade deficits with China." China's exports to the U.S. in 2017 were nearly four times greater than U.S. exports to China.

However, Los Angeles economist Sung Won Sohn, an expert on Pacific Rim trade, said that even as much of California's computer and electronics hardware manufacturing moved to Asia, "a lot of software jobs were created in Silicon Valley, and a lot of the hardware we import from China and Korea uses software manufactured in the U.S." Sohn cautioned that the numbers in the institute report may be "overstated," but he added, "the conclusions are correct: We are losing jobs as a result of the huge trade deficit, and I blame much of it on unfair trade practices by China."

The 2001-17 China trade deficit has led to job displacement in every state and congressional district, the report noted. After California, the states with the highest losses were Texas (314,000) New York (183,500), Illinois (148,200) and Pennsylvania (136,100). Of the top 10 congressional districts with the highest share of job displacement, five were in California and the top three were in Silicon Valley, including the 17th Congressional District. That district — ranging across Sunnyvale, Cupertino, Santa Clara, Fremont, Newark, North San Jose and Milpitas — lost 59,500 jobs, or 17.2% of its overall employment, the report asserted.

In Southern California, San Diego County's 52nd Congressional District lost 16,900 jobs, 4.8% of its total, and Orange County's 45th Congressional District lost 16,100 jobs, 4.5% of its total, according to the report. The researchers also found that between 2001 and 2011 the growing trade deficits with China reduced the incomes of "directly impacted" U.S. workers by \$37 billion per year. And in 2011 alone, competition with imports from China and other low wage-countries reduced the wages of all U.S. non-college graduates by \$180 billion per year.

"Most of that income was redistributed to corporations in higher profits, and to workers with college degrees in the very top of the income distribution in higher wages," the report said. The institute's research, which has tracked China trade for two decades, was sharply disputed by the US-China Business Council, a trade association for American corporations doing business in China.

The group acknowledged that "some workers ... do lose their jobs to lower-cost imports," but characterized the study as "based on the faulty assumption that every product imported from China would have been made in the U.S. otherwise. "Much of what we import from China replaces imports from other countries, not products we

make in the U.S. today," the group said in a statement. "Think about the television in your home. The label on the back probably says 'Made in China.' Fifteen years ago the label likely would have said 'Made in Japan' — but it was still an import."

## The U.S. lost 3.36 million jobs to China since 2001

A new report found these industries were affected the most:



Source: Economic Policy Institute @latimesgraphics

A breakdown of industries that saw the most impact (Swetha Kannan / Los Angeles Times)

## Jobs displaced because of trade deficit with China, 2001-17

A new report estimated 562,500 jobs were displaced in California. These congressional districts saw the greatest loss:



A visual of which districts saw the most impact (Swetha Kannan / Los Angeles Times)

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## Exciting new changes highlight the leadup to Bryant's basketball season

Stephanie Lesko  
Contributing Writer



Brandon Carroll playing a game against Louisville (Bryant University)

During the past few months, several changes have been made for both the men's and women's basketball programs here at Bryant University. With new facilities, such as a new locker room, updated arena, and a new coach, there has been more pressure added to both teams to be successful this upcoming season. There are always high expectations

for entering the pre-season, but this year is different.

With the new men's basketball coach, Jared Grasso, expectations are set high for both the coach and his players. Previously, Coach Grasso was the recruiting coordinator at Iona College, in which he produced 11- All Conference, First Team selections, as well as, 22 players who went on to play professionally in the NBA, NBA G-League, and leagues overseas.

For the players, gaining a new coaching staff was a smooth transition, but the change of intensity was a challenge to get accustomed to. Brandon Carrol, a junior guard, mentioned, "The culture is just different. We play at a different pace and at a higher intensity. The new updates in the gym and the new locker room are definitely a motivating factor for the team. We are going to win this year." This gives Bryant's fans lots to hope for in the upcoming season. The men's team has had difficulties these past years with earning a winning record but are now more hopeful than ever that the new coaches and new mindsets of the players will help the Bulldogs be victorious this season.

On the men's side, there is a lot to look forward to overall. The men's team will play their first game on November 6 in Kingston, Rhode Island against the Rhode Island University Rams. Then they will go to the west coast to compete against Seattle University on November 11. We are very excited to see the men compete this year and finally see the results of all the hard work they are putting in. Fans are waiting in anticipation wait to watch the Bulldogs play, and hopefully, make it to the NEC Championship this year.

As for the women's team, head coach Mary Burke approaches her 28th year in her position, yet her goal remains the same. Burke preaches to, "Make it to the NCAA tournament." With the addition of Grasso to the men's coaching staff, both coaching staffs have been influenced to learn from one another to get the best possible results from the players. Last season, the women's team made it to the first round of the NEC play-offs, but came up short to Sacred Heart University. Last season was a great learning experience for the team and gave them a solid foundation of what needs to be changed going forward.

So far, Burke is pleased with how things during the preseason. The team has four new additions including freshmen Trinity Bravo and Maddison Trpcic, as well as, two transfer students, Tatianna Boyce and Megan Bianchi. With these new players and a solid start to the year, the team believes they have a leg up on the competition.

The women play their first game on November 6 at UMass Lowell then will take on rival Brown University on November 8.

To kick off basketball season, Bryant University will host the Black and Gold Tip-Off at the Chase Athletic Center on October 25, with doors opening at 9pm. The first 700 students will get a free t-shirt sponsored by Sodexo.

## The Archway previews the World Series

Michael Jarosz  
Staff Writer

The Boston Red Sox have a chance to claim their ninth World Series title against their opponent the Los Angeles Dodgers. The series will feature powerful pitchers like Chris Sale and Clayton Kershaw, strong outfielders like Mookie Betts and Yasiel Puig, and, overall, versatile rosters that have proven to be able to do damage on offense. So, will Boston take the crown? Or will the Dodgers make up for their loss last year?

Both teams have made significant strides on their quest to the World Series. Los Angeles had trouble early in the season and struggled to find their footing going into October, having to beat the Colorado Rockies in a one-game playoff to take the National League west title before entering official postseason play. From beating the Atlanta Braves in the division series to beating the Milwaukee Brewers in the National League championship series, the Dodgers have shown their fighting spirit and want another chance to earn their first World Series title since 1988.

Boston, on the other hand, was a much different story. With offseason acquisitions like J.D. Martinez at their disposal, the Red Sox rolled into the postseason with an overwhelming 108-54 record in the regular season. The only problem they now faced was getting by their American League opponents in the first rounds of the postseason. The Red Sox first series was against long-time rival, the New York Yankees, who were just short of being the top team in their division. New York had gained momentum after tying the division series at a game apiece, but the Red Sox took it right back in a 16-1 massacre in game three that included a postseason cycle by utility player Brock Holt. Boston won again the next night to take the series three games to one, moving on to their next opponent, the Houston Astros.

Facing the defending world champs showed to be difficult for the Red Sox. And after a 7-2 blowout in game one of the championship series, Boston was looking to rise above the loss. The next four games, they pushed back on the Astros with their own potent offense with outfielder Jackie Bradley Jr. leading the charge as he had several clutch, two-out RBIs that would eventually earn him championship MVP honors. Boston beat the likes of Houston's bullpen, taking down Gerrit Cole, Dallas Keuchel, Charlie Morton, and Justin Verlander in four straight games after the opening series loss.

Fans are waiting in anticipation to see the outcome of the World Series and cannot help but wonder who will take home the trophy. Boston may have an advantage with

their offense and improved pitching as of late, but Los Angeles has their own form of potency, even if that has not always been the case throughout the postseason. The series continues on Saturday, October 27, when the Red Sox take on the Dodgers for game four at Dodger Stadium.



The Red Sox defeat the Dodgers in game one of the World Series (USA Today)

# Verdict in, Kansas coach Bill Self attempts to not disrupt the system he's mastered

Sam Mellinger  
MCT Campus

They say that posture is the most important part of walking a tightrope, but that's in a real circus, with elephants and lions and bearded ladies.

The most important part of walking a legal and public relations tightrope is discipline and defiance. Or, at least, that's the way Kansas coach Bill Self is trying to tame his corner of the college basketball circus.

The one with indictments, FBI investigations, and now guilty verdicts involving Adidas — KU's apparel partner — recruiting basketball players to several schools, including Kansas.

"We all know shoe companies have influence on all levels of basketball," he said.

"My staff and I have not and do not offer improper inducements to (recruits) or their families ... nor are we aware of any third-party involvement to do so," he said.

"I'm not shucking responsibility at all," he said.

The whole thing — from the investigation to the trial to the desperate clinging to plausible deniability — reminds me of a moment just after Kansas' greatest achievement last season, when it beat Duke to make the Final Four, the confetti coming down and hats being passed around. We'll get to that in a moment.

First, it's worth mentioning that viewed from a legal perspective, Self refrained from commenting on anything involving the trial, even whether the guilty verdicts — technically and comically, a jury determined that KU and other schools had been defrauded by the shoe company

influence that's defined college basketball for decades — were good for his program.

This is sort of like going into a restaurant and being defrauded by them serving you food.

So, kudos on that?

From a public relations standpoint — and there are few places in the world where perception matters more than in college sports — the results were mixed. He stood up for KU fans, said he won't run from the reports, and (correctly) pointed out that relationships between shoe companies and recruits and schools do not violate NCAA rules.

But his non-answers to anything he deemed connected to the trial will be seen by many as running from the reports, and he said the question of whether Kansas should continue its relationship with Adidas is for the school's chancellor and athletic director. Self is the highest-paid and most powerful man on campus, which he would not deny, and it is simply not believable that the university would go against his wishes on this either way.

Self gave assistant coach Kurtis Townsend unwavering support. This is notable, because in a phone call that the defense tried unsuccessfully to enter into evidence, one of the defendants told Townsend a recruit was asking for money and housing.

"If that's what it takes to get him for 10 months, we're going to have to do it some way," Townsend is recorded as saying.

The recruit, Zion Williamson, is now at Duke, and the cynic might say that's KU's best defense here. Not just that Williamson didn't choose KU, but that he is now at Duke, the sport's glamor program. That means an investigation with even the pretense of credibility must include Mike

Krzyzewski's domain.

Are we to believe Williamson — projected to be among the first few selections of next year's NBA Draft — was unable to find any takers in a world filled with under-the-table payments?

Are we to believe Williamson turned down any impermissible gifts because he just wanted to play at Duke?

Or are we to believe that the relationships, influence and payments detailed in this investigation — with two more trials to come, by the way — are pervasive in the sport?

One of those explanations is realistic. The other two are representative of the fairytale that college athletics have sold the public on for years, a shameless stretch of the truth that by now can only be believed by the willfully naive.

This is the world many of us had a small hand in creating — the NCAA refusing to use more than an ineffective crumb of their multi-billion dollar business to fund a real enforcement department, administrators wanting to hoard power and money, coaches looking for every edge, shoe reps and others trying to profit, fans demanding their school win or else, and, yes, absolutely, media riding the wave and promoting the lie for far too long.

We've all had a hand in it, which makes so many of the reactions plainly dishonest.

The NCAA has steadily refused any action not in its financial interest. Administrators and coaches are largely protecting their livelihoods. Too many fans and media pretend to be outraged or shocked whenever a bit of the truth comes out — this cycle is so old it wasn't new when the UNLV basketball players were photographed in a hot tub with a sports fixer, nearly 30 years ago — and

then quickly forget about all of it when the games start.

Well, now it's Self's turn in the fire, and few are better equipped to stand the heat. He's a giant in the sport — a national champion, a Hall of Famer, owner of a \$50 million contract. He is among the sport's biggest charmers, whether in front of a recruit or a camera, and if this is his stiffest challenge yet, it's not one that figures to derail him or his program.

Kansas is undeniably loaded, for one, the country's preseason No. 1 team, and winning always matters.

But that's not all. A jury (somehow) just decided KU and other programs with big-money shoe contracts were defrauded by those shoe companies using their influence and relatively small amounts of money to push a top recruit to their program. The trial put KU in the spotlight, but the trial was not about KU.

The result, at least this week, was bizarre even by college basketball standards. Shoe reps who were merely following the incentives put in place by the NCAA were found guilty in federal court at the exact moment Self was answering a basketball question at Big 12 media day in Kansas City.

KU then called a news conference, where Self read a prepared statement and then basically said he could not answer any of the questions people most wanted to know, including what rules he thinks can or should be changed.

By the time the lawyers tell him it's OK to talk — after these next two trials, presumably, but maybe after all appeals are exhausted — many fans will have forgotten the specifics and see the questions as beating a dead horse.

This is how a system exists for years without change, even as everyone involved can see the absurdity. KU's turn in the fire came largely because investigators alleged the guardian for Silvio De Sousa needed payment from Adidas to get out of a payment he accepted from Under Armour.

Whether anyone from Kansas knew about that or should have known is critically important legally but irrelevant realistically, because this is the form of college basketball we've all had a hand in creating — and this is the scene from the celebration after the Duke win that won't leave my mind:

It's Self, in the midst of the party, speaking of De Sousa, who graduated from high school early to join KU (after being cleared by the NCAA) and turned into a force inside for a team in desperate need of it.

"Who would've thought a high school kid three months ago would be the guy we cannot win without going into the Final Four?" Self said.

De Sousa served his purpose. So did Adidas.

Whether it can be proven that Self knew about any of it is all that matters to the lawyers and the NCAA. Whether anyone has the courage or power to push for change is what will determine how long we're stuck in this dishonest cycle.

The truth is that day will come when the NCAA decides change is more profitable than the status quo, and not a minute sooner.



Bill Self watching his players on the court (NCAA)

Interested in writing about Sports?  
Email [archway@bryant.edu](mailto:archway@bryant.edu)!





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 - Game October 19  
 Mount St. Mary's 1  
 Bryant 1

Field Hockey - Game October 21  
 LIU Brooklyn 0  
 Bryant 2

Football - Game October 20  
 Fordham 41  
 Bryant 42

Women's Soccer- Game October 19  
 Robert Morris 0  
 Bryant 2

Women's Volleyball - Game October 21  
 Bryant 3  
 Robert Morris 2

## 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

# Kimberly J. Brown at Bryant!

Photos taken  
by SPB  
Member  
Victoria B.



## Donald Trump illustrates why it's important that you vote in this year's midterm elections

Matthew Carvahlo  
Staff Writer

It is safe to say that Donald Trump always feels the need to toss the blame on others. In addition to this, he is obsessed with small issues rather than problems that actually matter to the American people. One of the most recent examples of this are his attacks on Massachusetts senator, Elizabeth Warren.

For years, President Trump has been criticizing Warren for claiming that she has Native American ancestry. While her ancestry has absolutely nothing to do with him, he cannot help himself when it comes to poking fun at her. Similarly to what he has done to other people that posed a potential threat to his presidency, he even gave her a nickname; Pocahontas. On July fifth of this year, President Trump said, "We will take that little kit -- but we have to do it gently. Because we're in the #MeToo generation, we have to do it gently. And we will very gently take that kit, and slowly toss it, hoping it doesn't injure her arm, and we will say: I will give you a million dollars to your favorite charity, paid for by Trump, if you take the test and it shows you're an Indian."

Now, before I even continue with his comment about Warren, I cannot let a dig at the three-month-old "#MeToo" movement go without addressing it. It is completely un-presidential for a man that is supposed to be representing our nation to make light of countless people being sexually harassed and assaulted. Then again, he has made statements that confirm that he has also done this to women, so I guess he has no conscience when it comes to this matter.

Going back to his promise to Warren, Trump said that he would give a million dollars to whatever charity she wants if she takes a DNA test to prove that she is of Native American ancestry. Due to her understandable irritation with the president's insults about her, she did take the DNA test. The exam was done by Stanford professor of genetics, Carlos Bustamante, who concluded, "While the vast majority of the individual's ancestry is European, the results strongly support the existence of an unadmixed Native American ancestor in the individual's pedigree, likely in the range of 6-10 generations ago." This test clearly proves that she does have Native American blood in her, even if it is just a little bit.

When asked about this, the president said, "who cares", as well as that he will not give her charity the money until he tests her himself, which he does not want to do. However, when he made the proposal to Warren, he never said he had to be the one doing the test. In addition to this, he also said brought up the fact that she only had a miniscule amount of Native



President Trump (Getty Images)

American ancestry. Once again, he never specified how much of her DNA had to be Native American, so it seems like he just does not want to give to a good cause. Regardless of how he feels about Warren, he is a billionaire and it would not hurt him to occasionally donate a million dollars to charity. However, going back to my original point, none of this would have happened if the president did not bother in insignificant issues. How does Warren's ancestry have anything to do with the security and safety of our country?

This is not the first time the president has chosen to deal with small issues instead of real issues. Over the last almost two years, he has decided to deal with 'major issues' like football players kneeling for the national anthem, late-night talk-show hosts, or even asking a North Carolina resident if the boat outside his house was his boat after Hurricane Florence hit the state last month. Hurricane Florence was a terrible storm that devastated the Carolinas, especially last month. Dozens of people lost their lives during this storm, and instead of being presidential and dealing with this issue, the president wants to know if the boat on someone's lawn was their boat or if it found its way there during the flooding. Why could he not just go give formal speeches regarding the hurricane or try to help the victims of the hurricane instead of making a foolish comment about a boat?

The only good thing that came out of that situation was the book, *Whose Boat is This Boat? Comments That Don't Help in the Aftermath of a Hurricane*. The book is by Stephen Colbert and is a compilation of quotes by President Trump while touring areas of the country that were damaged by hurricanes. All proceeds of the book are going to charities that are helping the states that were damaged by the recent

hurricanes.

Whenever important issues come about, Trump will either ignore them and talk about something else, make insults and jokes about it, or blame someone else. He cannot handle a problem like a proper president. Recently, migrants from Honduras have been fighting with the Mexican police at Mexico's Guatemalan border as they try pass through in order to make it to the United States. To make his point, the president resorted to Twitter, which is totally presidential. He tweeted, "Look at the needless pain and suffering that they are causing. Look at the horrors taking place on the Border. Chuck & Nancy, call me!" The 'they' he is referencing is the Democrats and the "Chuck and Nancy" he is talking to is Senate Minority Leader Chuck Schumer and House Minority Leader Nancy Pelosi. Our president is blaming the problems going on in Mexico on the Democrats. Now I understand that most Democrats are lighter on immigration than their Republican counterparts, but these fights on the Mexican-Guatemalan border are not the fault of the Democrats. Trump has no reason to blame the party or to call out their congressional leaders on Twitter. Why does he have to find someone to blame for this issue? He should instead just go straight to work on trying to fix this problem instead of further damaging relationships with the Democrats. Also, if he really did feel this was a valid point, why did he not call them himself or set up a meeting with them? Instead of turning to twitter, he could have just set up a proper meeting to speak with them if that was what he really wanted.

This is obviously not the only time Trump has blamed Democrats for issues. Back in June, when illegal immigrant families were being separated, he Tweeted,

"Democrats are the problem. They don't care about crime and want illegal immigrants, no matter how bad they may be, to pour into and infest our Country, like MS-13. They can't win on their terrible policies, so they view them as potential voters!"

There are other big issues going on in our country, such as the Russian investigation, but we do not hear much of that coming from the president. He has been ignoring things like this and has continued to be un-presidential. What kind of president bashes people on Twitter. He has gotten into Twitter wars with a porn star and Lavar Ball. What about doing things like working to change gun laws or making sure to nominate supreme court justices that are not expected to overturn *Roe v Wade*?

It is like he is still working in Hollywood and our country is just his set. Trump is making our country a comedy show with events like his comment about the boat or his tweets. He honestly needs to realize quite soon that this is not how a president is supposed to act. A president is meant to be the face of the country and a role model to every person of the world. I do not think there are too many people that want to make insensitive comments and accusations or make a mockery of our country.

Midterms may be right about the corner, but we are most likely stuck with this joke of a president for at least another two years even if the Democrats win both the senate and the house. But after all of this, all I can say to you is to go out, inform yourself, and vote. Vote in the midterms and then make sure you go out and vote in 2020 to free our country of this curse and to do everything we can to get a real president that can be a role model for everyone.

**YOU HAVE OPINIONS, WE KNOW YOU DO!  
WRITE ABOUT THEM!**

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# One person, one vote. Is it that complicated?



Voters check in at their local polling center to cast their ballots in an election (Getty Images)

Mary C. Curtis  
MCT Campus

I admit that voting is and has always been a celebratory ritual for me, even if the candidate is running unopposed, the office is state agriculture commissioner or my district's makeup means my one vote won't make much of a difference.

I watched three older siblings march for civil rights, and I am well aware that many brave folks died protecting my right to cast that ballot. While a little rain or a busy schedule might provide an excuse to "sit this one out," it's never enough to outweigh the legacy left by a Medgar Evers, who served his country in World War II and was murdered in front of his Mississippi home for, among other civil rights activity, leading voter registration drives in the country he protected.

Mine is not a controversial stand—in fact, it's patriotic. You would think our country's leaders, without regard to party or politics, would be on my side.

You would be wrong.

When Supreme Court Chief Justice John Roberts in 2013 wrote the majority opinion gutting key provisions of the Voting Rights Act of 1965—those that

scampelled certain states to "preclear" any changes in their voting rules—he insisted that so much had changed in the country that those rules were no longer needed. "The Act imposes current burdens and must be justified by current needs."

Racism is dead, or on its last legs, he seemed to declare.

I would not call Associate Justice Ruth Bader Ginsburg's dissent cynical. It was realistic. As she wrote: "As the record for the 2006 reauthorization makes abundantly clear, second-generation barriers to minority voting rights have emerged in the covered jurisdictions as attempted substitutes for the first-generation barriers that originally triggered preclearance in those jurisdictions."

In a perfect country, politicians would rejoice at the chance to win the hearts and minds of constituents with strong policies, to show how inclusive their party's big tent could be.

But we are not living in Oz, no matter how much the judges who joined Roberts in the majority decision might have wished.

As Ginsburg predicted, the poll taxes, literary tests and lynchings may have disappeared. But the intent remained in full force. The 2013 Shelby County v. Holder ruling was a green light for the

shenanigans the federal government once prevented states from pulling.

Moving of polling places. Strict ID restrictions targeting minorities, the poor, the elderly and the young. Same-day registrations that made voting easier for those working two and three jobs. Purges of voting lists.

The list was limited only by the imaginations of those making it. And boy, did the folks who wanted to choose their voters, instead of letting their voters choose them, have great imaginations.

These new tactics are in bold view in the midterm elections of 2018, with states still mired in lawsuits over restrictions legislators have justified as a fight against that boogeyman, voter fraud, which every study has proved insignificant.

In North Dakota, the votes of the original Americans, Native Americans, have been disproportionately jeopardized by a ruling that says a street address rather than a post office box on registrations is required in that sparsely populated state.

In North Carolina, a voter ID bill that has been thrown out by the courts for targeting minority voters with "almost surgical precision" may yet rise from the dead if an amendment to the state's constitution passes.

Georgia is in a category all by itself. Brian Kemp, the Republican candidate for governor, has refused to recuse himself from his day job of secretary of state, which puts him in charge of overseeing elections, including his own. Cozy, wouldn't you say? Even GOP secretary of state and Kansas gubernatorial candidate Kris Kobach, the king of efforts to suppress the vote to fight hordes of supposed illegal voters, has passed his election duties over to a deputy.

Kemp is running against Democrat Stacey Abrams, who could become the first African-American woman elected governor in this country. What some see as evidence of how far America has come, others see as reason for a second civil war, this time on voting rights.

Georgia election officials have been accused of tossing out a disproportionate number of absentee ballots from minority voters, and holding up close to 53,000 voter registrations because they do not satisfy a controversial "exact match" requirement with all other government documents. (An errant hyphen or period might be the culprit.) A county official kicked black senior citizens off a bus that was heading to the polls, as if those senior citizens had not already heard enough government officials tell them "no."

What side is the president on? "All levels of government and Law Enforcement are watching carefully for VOTER FRAUD, including during EARLY VOTING," Trump tweeted. "Cheat at your own peril. Violators will be subject to maximum penalties, both civil and criminal!"

Not exactly an invitation—more like a warning and a threat. It's no surprise from a president who insisted the 3 million votes that gave Hillary Clinton a popular vote win in 2016 were the result of illegal voters and fraud.

His administration's Presidential Advisory Commission on Election Integrity, with Kobach front and center, charged with tracking down those voters, I suspect was disbanded for lack of evidence and because state election officials turned their bipartisan backs on requests for intrusive voting records.

The integrity and the results of the elections coming up in two weeks could be called into question because of the fruits of that Supreme Court decision. The country is facing the prospect of having an election with results that few trust, to be decided at a later date.

All these conflicts will have repercussions long after the midterms—resentments and accusations and an America more divided than ever, sowing more distrust in institutions, this time not law enforcement or the media, but democracy itself.

I wish, for his family and our country's sake, that Medgar Evers were alive, though his spirit and resolve live on in the work of many. There is still so much work to do.



Voters lean into their respective polling spaces to make their final voting decisions (Fortune)

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

## OMAD and Warrior Dieting—potential to transform your body, mind, and soul

Thomas Maranian  
Variety Editor



After becoming accustomed to either one of these lifestyles, you won't even have to think about when or what you'll be eating next (MedicalNewsToday)

Before you ask yourself whether "this diet is right for me," you really ought to ask yourself what you are setting out to achieve. Are you struggling to shed five percent body fat? Are you finally determined to lose those thirty pounds you've tried countless times to lose and failed? Are you on a lean bulk and trying to increase both muscle mass and overall size? Whatever the case may be, you must understand exactly what it is you want to change with your physique. As you should know by now, given all the fitness information available on paper and on the web, the phrase "I'm going on a diet" inherently means that the changes you are about to make are temporary and the changes will eventually come to an end. To say "I'm going on a diet" may quite possibly result in you losing a particular amount of weight and then go right back to the old habits of binge eating and no self-control. Let the following be engraved in your mind like the spelling of your name: there is no point in dieting unless you are going to make permanent changes to your lifestyle and mindset. If those changes are to be temporary so that you will look better during one season and worse in the other, you are not making the improvements on your life that are worth your while. Unless you make those permanent changes, healthy problems will forever plague your existence. So, if, for example, you are reading this because you desire to lose weight, then pause and think for a moment before continuing as to whether you can commit to a healthier lifestyle after you go on this "Warrior Diet." If you desire to try it because no other "diet" out there has worked for you thus far, then you are wrong. All "diets" can work. Atkins, Paleo, Low-fat and high carb, Ketogenic, veganism, vegetarianism—they all aid in the loss of weight. The concern then becomes not which to choose, but which is right for you and your lifestyle. If you can commit one hundred percent to eating little to no carbs for the rest of your life, then go right ahead and commit. If you can commit one hundred percent to eating only fruits, vegetables, nuts, legumes, and sprouts, then go right ahead and commit. If your lifestyle allows for undereating for 20 hours and the day and overeating for 4 hours, then go ahead and commit to the Warrior Diet for the rest of your life. If your lifestyle allows for eating one meal per day, then get out there and do it. The epidemic of diabetes has been shown to reverse itself with intermittent fasting, which is the overarching field of the Warrior Diet. The epidemic of obesity can easily be cured with this diet, as well, assuming the right mentality is instilled within the one utilizing its approach.

Time to dive right in with a detailed account of what both the OMAD (one meal a day) and Warrior Diet stand for, what they are and what they entail. One Meal a Day dieting, or OMAD for short (as it will be referred to as throughout this article), is self-explanatory. All you have

to do is choose one time of every day to sit down and eat a huge meal. If your goal caloric intake is 1,500 calories for the day, then you would have to eat 1,500 calories in one sitting. That number is equivalent to 15 plain chicken breasts or 15 medium sized bananas or perhaps three or four burgers. Obviously, you can mix and match whatever food you want, so long as it's healthy food. What is healthy food? Meats, non-flavored Greek yogurt, almonds, eggs, peanut butter, fruits, vegetables, fish—the list could go on for half a page. What is not healthy food? Well, you already know that. Be smart about it and don't cheat yourself. It only hinders your progress and your long-term bodily sustainability. If your goal caloric intake is 2,500 calories per day, you'll be eating massive amounts of food in one sitting. If you can somehow stomach all that at once, that's pretty impressive. But be warned, you'll have a day in the bathroom afterwards.

If you believe you can just eat a 400 or 500 calorie meal once per day, then you are wrong. That is nowhere near sustainable in the long run. Your body will deplete itself of nutrients fairly quickly and you'll constantly be hungry. This diet is very, very subjective to one's daily life. If you play sports or are involved in high intensity work throughout the day, one meal a day might not be good for you. You'll have a great amount of energy when you do eat the meal, but after overworking your body, you'll wish you could eat. Food is fuel, not pleasure. Always remember that. Food replenishes lost energy that we expend throughout the day. Calories in versus calories out. Eat less than you burn throughout the day, by no more than 500 calories, and you'll lose weight. Is OMAD right for you if you are on a weight loss diet, or a cut? Yes, it is. OMAD is a very good way to lose weight quickly. Just make sure you abide by the foundations of nutrition and are planning to utilize the method indefinitely. Also, it is very important to ensure you properly divide your calories amongst the three macronutrients—protein, carbohydrates, and fat, with an emphasis on protein.

While performing OMAD, it is vital to drink no less than 67% of your bodyweight in ounces per day. That is, if you weigh 150 pounds, drink 100 ounces daily. This level of fluid will fluctuate based on what it is you do throughout the day. More activity requires more water.

Eat more than you burn throughout the day, by no more than 300 calories, and you'll gain healthy weight. Is OMAD right for you if you are on a bulk? First off, the "bulking" that is referred to in this article is bulking to put on muscle. If you want to put on weight, make sure it's good weight. So, protein synthesis occurs most effectively when protein is eaten all throughout the day, rather than all at once. And plus, if you eat 150 grams or 200 grams of protein in one sitting, you can expect a massive release of gas for a long, smelly while. Therefore, it's true that OMAD can work for bulking if you make it work, but it is nowhere near as effective as eating many times throughout the day. Plus, if you are going to work out every day, you would have to eat your one meal post workout, and that can potentially be a problem to some people, depending on if they work out before work or school, or later at night.

What are the advantages of OMAD? OMAD is simple and convenient. You won't have to worry about eating throughout the day since you eat once and once only. Your body will shred fat quickly because, for most of every day, it's in a fasted state. After 12 hours in a fasted state, the body is in an optimal state to lose fat most efficiently. Additionally, you are not going to consistently eat as many calories as you used to prior to using OMAD, so it's simple fact that you will lose weight. OMAD helps to stabilize blood sugar levels, particularly for those who have Type 2 Diabetes, and is why those with diabetes can reverse their epidemic using this technique. Lastly, once you get accustomed to the lifestyle, you won't even think about it because it'll be so natural. It most definitely feels great to fast regularly.

What are the disadvantages of OMAD? The biggest issue is probably going to be hunger throughout the later parts of the day if you eat in the morning, or hunger throughout the earlier parts of the day if you eat at night. You might be faced with scheduled bathroom visits directly after you eat all that food. It might also be challenging to allocate your macronutrients effectively. If you are making fitness progress in the gym, but your macronutrients are not in line, you will have an incredibly hard time toning your body the way you desire. Lastly, as a result of being hungry throughout the day—at least early in the introductory phase of the regimen (the first week or so)—you may start to feel sluggish, only because your

body is not accustomed to the lifestyle yet. But once it is, you'll feel on top of the world.

If, instead of thinking of OMAD as a diet, you practice it as a lifestyle, you will be able to achieve your short- and long-term goals regarding your physique. It is extremely important that you adhere to what this lifestyle entails. If you think even just a quick snack bar won't interrupt the method, you are wrong. That will interfere with the fasted state of the body (and mind; your mind is fasted because it no longer thinks about food). Water is necessary always throughout the day. Chewing gum is acceptable, but it might cause irritation in the stomach due to excessive air being swallowed. Soda is not acceptable; you will only hinder your progress. So long as you adhere to the principles of what OMAD entails, you are well on your way to a happy, healthy, and all-around amazing lifestyle. People will wonder how exactly you came to make changes so quickly. People will then ask you for nutrition and lifestyle advice. If you choose OMAD and you are true to it, you should feel proud of yourself. One meal a day means two less meals to worry about. A key bit of advice: eat the one meal at the same time every day, not at different times. This ensures consistency and routine. And routine, as you know, is the foundation for success. It might also be beneficial to ease into it and start with OMAD three times per week and work up to a full seven days per week. Always pay attention to signs from your body. If it's telling you OMAD isn't for you (and you'll know when it does), then take a breather and seek out someone who knows about the strategy for more advice in overcoming your challenges. OMAD can work if you really want it to. Your goal is to perform it seven days a week for the rest of your life, if that is what you believe you are capable of doing, given your personal daily life.

Next up is the Warrior Diet. As you have read, the OMAD Diet is really a lifestyle since it is a subcategory of intermittent fasting. The same goes for the Warrior Diet (lifestyle). Have you been wondering why it's called "Warrior" in the first place? It's really a simple answer. The method is one made for warriors! As previously mentioned, this strategy entails 20 hours of undereating and 4 hours of overeating. What does that mean? During the 20 consecutive hour window of each day, it is essential to only eat small amounts of hard-boiled eggs, dairy products (unless you have lactose intolerance), raw fruits (apples, bananas, oranges—no dried fruits) and vegetables. What is considered as the "small amounts" to eat in the window? It's recommended to stick to under 200 or 300 calories during those 20 hours. "Undereating" can be inferred as you please, but generally the idea is to limit yourself to a quick snack or two if you are feeling extremely hungry at some point before the 4-hour overeating window. Again, the Warrior strategy should only involve the consumption of healthy foods.

This method is great for those who regularly train in the gym. Why? Because you can work out and have a small post workout meal afterwards while still in the 20-hour undereating window. A smart strategy is to work out an hour or two before the 4-hour eating window so that you can refuel after muscle damage (your muscles are damaged every time you work out) and then feed your body the nutrients it so longingly desires to repair, grow, and strengthen. Therefore, the Warrior lifestyle is great for muscle bulking. It is more favorable over OMAD in terms of gaining healthy, muscular weight.

Regarding the 4-hour overeating window, you can space it out however you want. Eat one big meal or two every couple hours. As long as you eat only in that window, you are golden. It would be advantageous to your progress and success if you make a routine time every day for the 20-hour undereating window and the 4-hour overeating window. For example, under eat from 9 p.m. to 5 p.m. the following day, and overeat from 5 p.m. to 9 p.m. What does undereating and overeating mean? It just means to eat your required calories in that 4-hour window, so that an equilibrium balance of calories is attained between the undereating and overeating windows. Think undereating window plus overeating window equals daily desired caloric intake.

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Water is absolutely essential for this, just the same as OMAD. The same rules that apply to OMAD apply to this method. They are nearly identical diets; the only difference is that OMAD only allows to eat once per day, with no exceptions. The Warrior Diet is a little more flexible, but still intense and demanding on the body and mind. What are the advantages of the Warrior Diet? Weight loss or weight gain are fairly easy. It will improve control on what you eat and how often you eat it. Inflammatory disease and irritable bowel syndrome may be cured using this approach. Most of the advantages are the same for OMAD as well.

The disadvantages of the Warrior Diet are that it

can be difficult to sustain over long periods. It is not recommended for children, for those who are pregnant, or for those who are underweight. The start of it may be challenging but once you pick up the habit and establish it as your lifestyle, you will feel amazing.

Both OMAD and Warrior are a test of satiety and mind to body control. As much as eating patterns are a test of self-control, they are also a test of "can I repetitively do this and succeed in doing it to perfection?" There will always be times when you want to quit and indulge in the fruits of the earth, but you are better than that. Humans are capable of amazing things. Why not put your limits to the test and make the necessary changes to your own brighter, healthier, and sustainable future?

In conclusion, if you are using either OMAD or Warrior, it is far better to establish one or the other as

your long-term lifestyle, rather than simply a short-term way to lose weight. Because once you say you are "done" with it, you very well will go back to old habits. You want to go out with the old and in with the new. Apply either of these fasting lifestyles to your everyday life and you will feel empowered to take on the world and achieve things you never thought were possible. They truly are such powerful methods for most people that turn nightmares into dreams, failure into success, negative thought into positive thought, and "no I can't do this" to "I can achieve anything." When you think about it, any form of intermittent fasting is a way to condition the mind and body, and to learn the secrets of life while increasing your own longevity. As you know, the phrase "studies have shown" is almost meaningless since anyone can say the words. Don't rely on studies. Rely on your own results.

# The most powerful force in the universe

Thomas Maranian  
Variety Editor

The way in which we choose to use the time we have in this life is the one freedom we have complete control of. Wherever we were one month, one year, or ten years ago is a result of everything we once did leading up to that particular moment. Wherever we are at this exact point in time is a result of all the choices we have made in the past. Where we will be in a month, a year, or a century will have been a result of everything we choose to do from this moment forward and from all the decisions of the past. There is an infinitude of paths we can take in this life, some of which are clouded to us, some of which are blind to us, and some of which are blatantly clear to us. What undeniably remains clear is that our time is limited. Perhaps one day we will evolve as a species to be able to live indefinitely. But for now, we can only dream of such an idea.

We all have goals in life and feats we wish so longingly to reach. Whatever those may be are subjective in every possible way. No two people aspire for the exact same thing. No two people will be at the same level the day before passing on to the afterlife. No two people will walk the same road and look at their past in the same light.

We wake up every single day and, if we have discovered the secrets of the world, we will begin and end each day the same way. It is called routine. We live, breathe and evolve around routines. They help us to alleviate stress, improve our mind and body health, and better follow through with the things we need and want to get done on a daily basis.

All the time in the world is ours. Saying "I have no free time" is wrong. Every second of life is "free" time. All of it is ours and ours alone. We simply choose to use it in a specific manner that makes it seem like we are so bogged down with work, class, and sports. We live for 80, 90, or 100 years. We must not let that fool us. Time goes by faster than we realize. Some choose to further their education because there is a belief that it will aid in acquiring more knowledge, which is the foundation of life. Knowledge is in books. It always has been, always is, and always will be. Some people choose to sit around on their phone and disregard themselves entirely from the situations at hand. Some people choose to travel the world and discover everything it has to offer. No matter what the case may be, we do choose what we do in life. There are 24 hours to every day. We choose to either be productive or lounge around and merely dream of being productive. The clock never stops ticking. While some choose to use technologies, read books, and watch movies, others are creating the latest technologies, writing the new bestsellers, and filming movies. We must ask ourselves whether we wish to be the nails of this world or the hammers.

As stated earlier, our time is currently limited. We cannot expect to achieve our aspirations if we defer them till tomorrow. When we tell ourselves "I have no time for that," we are really telling ourselves I do not want to do this right now. If we defer our ambitions, we waste precious time we will never have again tomorrow. Time, in a way, is equivalent to money. The more we spend of it, the less we have. On the other hand, the difference between time and money is that money can be earned, time cannot. We cannot "gain" additional time since everything that has happened is not to come again and restore itself. The twenty, forty, or seventy years we have lived thus far will never be given back to us. The time in the future is not "gained" since it is already set to exist. The thief of time is procrastination. It is the biggest force acting against productivity, creativity, and innovation of all kinds. Overpopulation will not be solved by waiting till tomorrow. Pollution cannot be reversed if we put it off till tomorrow. Political agendas will continue to ensue so long as we remain quiet about them.

What does this all mean? We must not delay our ambitions any further than right now. The best way to achieve said ambitions is to first see them and dream them. We must then believe they can be attained. We must tell the world they will one day be true. We must plan for them to come true. We must devote time to them so they will become reality. And once we have attained one dream, we must move on to the next one. We must never settle in life.

We must think about what matters most to us. We must then figure out the best way to get what we want. A second wasted is a second lost and forgotten. We must ask ourselves how we can leave this world in a better state than how we found it. We must

ask ourselves what kind of legacy we wish to leave behind. Because as great life is and as much as some of us may wish to live forever, it just is not the case in 2018. Who knows, though, perhaps we will be the ones to change that.

If we believe we fear the unknown, well here is the best advice we can get: our minds cannot understand the future because it does not yet exist. We must focus on the present to prepare for the future. We must look to the past; we must look to the present—we will prepare for the future in this way.



Time never stops ticking and only goes forward, yet all the same our time is limited (VideoBlocks)

Fri	Sat	Sun	Mon	Tue
49° 37°	46° 44°	54° 44°	57° 41°	50° 35°

# 10 TIPS TO IMPROVE YOUR PERSONAL ENVIRONMENT for teens

- REMEMBER TO RECYCLE**  
If someone else is recycling for you, pay it forward. Did someone save or give you a gift? Say thank you to the person who gave it to you. Did someone lend you a book? Look out for the next opportunity to help out someone in need.
- KEEP IT FRESH**  
Remember your life is getting shorter? Change things up a bit. It's also a good idea to try new things. If you're been trying to get rid of a bad habit or improve a relationship, and it's not working, maybe you're heading up the wrong way. Try a different approach, and consult with a friend or mentor if you're not at all sure.
- GO FOR THE NATURAL STUFF**  
Be yourself. Be natural. Appreciate your unique strengths and talents, and wear the pressure to be someone else off.
- STOP POLLUTION**  
Stop politics and don't pollute your conversations with negative talk or gossip. If you want to vent your frustrations, do it with a good friend and then let it go. Don't have to vent about your friend who is every negative person you meet. Keep the air clean.
- DON'T LITTER**  
Litter is a sign of a character, and no one that is good or bad. It's all a question of how you use it. Don't litter. Litter is a sign of a character, and no one that is good or bad. It's all a question of how you use it. Don't litter. Litter is a sign of a character, and no one that is good or bad. It's all a question of how you use it. Don't litter.
- STOP GLOBAL WARMING**  
Don't get heated up when you're in an argument. Take a few minutes to walk away. Don't wear the seat belt. Save your energy for your relationships and save your energy for causes you're fighting for.
- ELIMINATE TOXINS**  
Get rid of all the negative and toxic people in your life. Remember our negative feelings and clear them out as soon as possible. Don't let your negative feelings build up inside of you. Clean it out and clean it out.
- WATER THE GRASS**  
If you did a bad act or overcame a challenge, water yourself. Give yourself a compliment or a reward. Pick a goal to celebrate your victories and congratulate yourself on all the good things that you do and congratulate yourself on all the good things that you do and congratulate yourself on all the good things that you do.
- CONSERVE ENERGY**  
Don't waste your energy on things that are not worth your time. Don't waste your energy on things that are not worth your time. Don't waste your energy on things that are not worth your time. Don't waste your energy on things that are not worth your time.
- KEEP UP THE FAITH**  
Planting seeds today, in the fallow state (fallow state) is how you grow and flourish. Before a seed takes root and becomes a plant, it has to be planted. Even when you don't see results of your efforts, just keep planting and keep plugging away. Keep faith in yourself when you feel and even when it seems like you're not getting anywhere. The greater achievements can take time or even decades before it comes to fruition.

# 6 Ways to a Better Memory

- 1. Learn Something**  
Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.
- 2. Sleep**  
At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.
- 3. Eat Right**  
A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's. Alzheimer's. Alzheimer's.
- 4. Challenge Yourself**  
Train your brain... memorize three hard to remember names a day to help strengthen your memory.
- 5. Walk with a Friend**  
A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.
- 6. Meditate**  
Reduced anxiety improves blood flow to the brain. Inhale 7-counts, hold for 7-counts, exhale 7-counts.

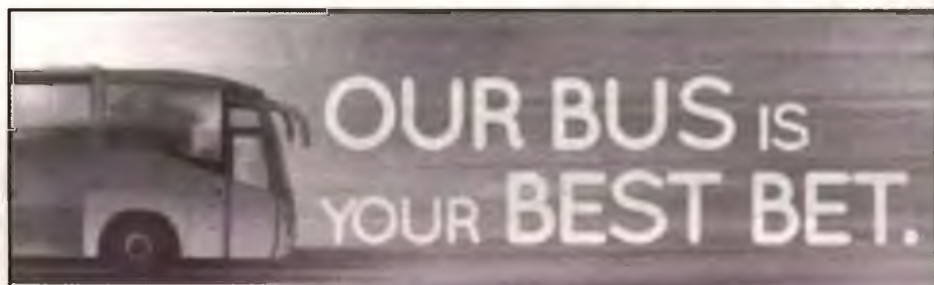


THIS IS NO TIME TO BE DEPRESSED, CHARLIE BROWN...

THIS IS THE SEASON TO BE JOLLY...

IN LESS THAN TWO WEEKS, HE'LL BE COMING! WHO?

THE GREAT PUMPKIN! OH, GOOD GRIEF!



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## Halloween Sudoku

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