



THE ARCHWAY

Black and Gold and Read all over

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Inside this edition



Business:
Making Sense of Big
Data

 Page 6

Sports:
Crystal Dunn visits
Bryant University



 Page 7

Opinion:
Murder
Documentaries

 Page 10

Variety:
Escape to
Margaritaville:
Review



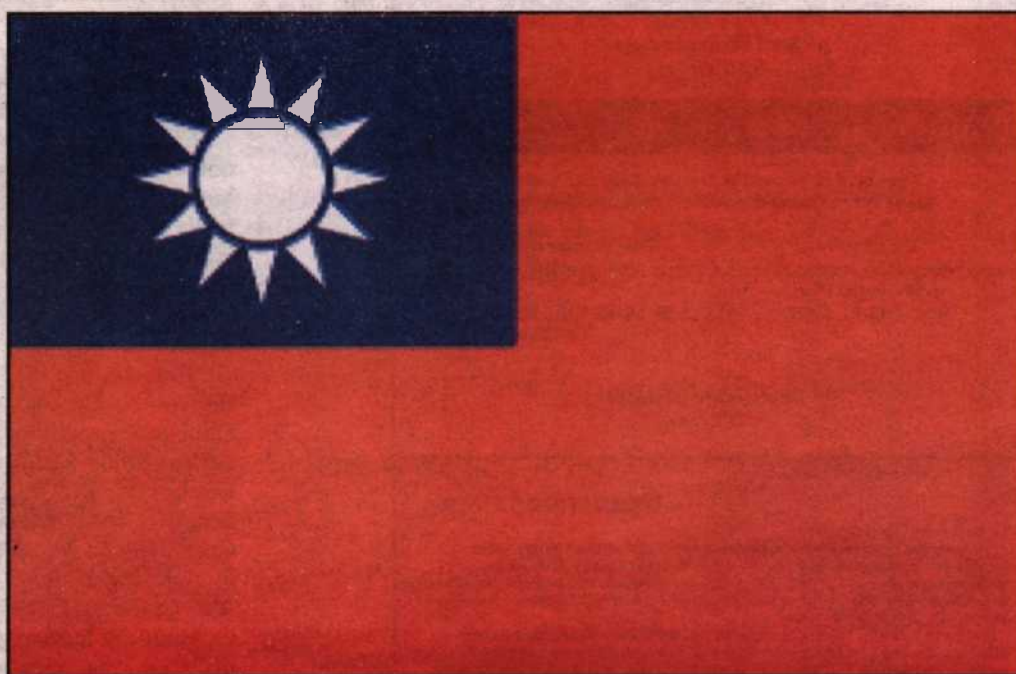
 Page 15

Plenty of Turmoil In Taiwan Lately

Things are heating up between China and Taiwan as tensions rise

Matthew Carvalho
General Manager

There has been plenty of commotion lately in regards to Taiwan's sovereignty. In order to have a better idea of the current issues, let's first discuss the history to get a better understanding. The island of Taiwan was once ruled by the Chinese Qing Dynasty until 1895. In a quick war against Japan, the Japanese were able to gain control of Taiwan, with ideas of making it a colony of theirs. In the early 1910s, the mainland China became a republic known as the Republic of China. According to John Keay, "Throughout the period 1911 - 49, China remained a historico-cultural concept but was a coherent functioning state only during a brief interlude in the early 1930s" (Keay 499-500). The Republic of China had a difficult and rough time getting their footing in the mainland, but there were many people who did not agree with the democratic beliefs of the government in power. There were countless disagreements with the government and John Keay puts it best when he says, "... the fighting never really stopped;



Flag of the ROC. (Getty Images)

See "Taiwan", page 2

Playstation 5 has been Announced

Michael Warren
Staff Writer

After months of rumors and speculation, Sony has officially announced its next generation console named the PlayStation 5. It is due to be released around the holidays in 2020, which basically means sometime between October and December. Currently it is unknown what its physical appearance will be or what its price is, however, it is rumored that it will exceed the launch price of the PS4 which was \$399. No games have officially been announced for the console.

This announcement comes at the same time that Microsoft revealed its next generation console dubbed Project Scarlett. Microsoft used a similar name in the development stages of what would become the Xbox One. Microsoft has announced that Scarlett will include a custom-designed CPU making the console four times more powerful than the Xbox One X. Like Sony, Microsoft has yet to reveal the physical looks of their new console. Technically speaking, Microsoft has stated that Scarlett will support 8K gaming and frame rates of 180fps. Microsoft has also announced a new generation of SSDs (solid state drives) meaning that games will load a lot faster than in previous consoles.

Moving back to the PlayStation 5, Sony has also announced an 8k gaming experience as well as 3D audio. Sony's console will also implement the usage of SSDs as internal storage, moving away from their method of using HDD tech seen in the PS3 and PS4. Sony demonstrated the power of moving to SSDs by making a video comparing the loading

time in the game Spiderman. On the PS4, loading time between two fast travel destinations was 15 seconds, on the PS5 prototype, 0.8 seconds. The PS5 will play physical games through 100GB optical disks and will also feature an optical drive to play 4K Blu-rays. The console will be backwards compatible with the PlayStation 4 meaning that games purchased for the PS4 can also be used on the PS5.

Ray tracing, an advanced method of rendering light and shadows will also be implemented in the console. This method of rendering allows for more lifelike graphics through the use of shadows and reflections, it is the method of movie and TV editors to blend CGI with real life images. Ray tracing has historically only been available in PC games as consoles such as the PS4 and Xbox One have lacked the graphic capability for its implementation.

Through a blog post, CEO of Sony Interactive Entertainment, Jim Ryan has indicated that the new PlayStation 5 controller will feature two key innovations. These have been accomplished with the goal of, "...deepening the feeling of immersion when you play games." The first innovation in the controllers is the haptic feedback system enabling gamers to feel a broader range of feedback when performing certain actions. Ryan used the example of, "... crashing into a wall in a race car feels much different than making a tackle on a football field." The second key innovation is adaptive triggers which will be integrated into the trigger buttons. This will enable developers to program the resistance of the triggers enabling gamers to feel a physical sensation associated with performing



Playstation Logo (Getty Images)

certain tasks.

Perhaps the most glaring gap in information that we have is the physical design of the PlayStation 5. However, a patent filed by Sony gives us some indication as to what the devkit may look like. The devkit is typically defined as the framework of the gaming console, so it gives a good indication as to what the console will look like when it is complete.

While the prototype filed by Sony looks too rough around the edges to be the actual consumer

model, a Dutch tech site has generated a mock prototype of what the console could look like when completed.

Many questions about the PlayStation 5 still remain unanswered, seemingly intentionally by Sony to keep the consumers' excitement pointed to their remaining to be released PS4 games including Death Stranding and The Last of Us Part II, however, they have indicated that much more information will be revealed in the year ahead.

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"Taiwan" Continued from Page 1

revolution became civil war, became revolution, became civil war, became foreign invasion, became freedom struggle, became civil war, became revolution" (Keay 499). Like the Soviet Union to the north, communism was beginning to gain ground and have an influence in China.

The ROC continued to have hiccups in its influence and control over the land. World War II was just around the corner, and it built up with China having another war against the Japanese Empire beginning in 1937. During this war, Japan was able to take over some core areas of China, including Nanking and Peking. The ROC nationalists and the Chinese communists had to work together to win the war, but it was an uneasy alliance.

The republic obviously did not want communism to spread, but it was not too easy to do while also having to fend off the Japanese forces. With the help of the allied forces, China was able to regain its territory, including Taiwan.

The collapse of Japan made the communists go all out in a Chinese Revolution against the nationalists. Throughout this revolution, the communists would continue taking over China, leaving the ROC to retreat numerous times. Eventually, "on October 1, 1949, Chinese Communist leader Mao Zedong declared the creation of the People's Republic of China (PRC)" (Office of the Historian). With the victory of the communists, the nationalists had to retreat to Taiwan. At first, many states would not recognize the PRC as the true China. The ROC even

had plans to retake the mainland China, but it never saw fruition.

The ROC continues to believe it is the true owner of mainland China, while the PRC believes that it is the true owner of mainland China and the true owner of the island of Taiwan and the other islands and territories that the ROC claims sovereignty over. However, the US does continue to recognize the PRC, but it still holds up relations with the ROC.

Now then, there has recently been a Whitehouse petition making the rounds. On October 7, 2019, this petition was put out and it gained over one-hundred thousand signatures in less than a week, and because of this, it now has to be put on the president's desk for him to take a look at early next year. The petition has to do with the fact that the American people now have an urge for the United States to recognize Taiwan as a sovereign state. As this newspaper is making its way to racks throughout Bryant University, signatures for this petition are continuing to grow and it is quite possible that there will be over a million signatures by the time it reaches Trump's desk. This is something extremely important that the United States is going to need to make a decision on. The American citizens are not the only ones that want Taiwan to be an independent nation, separate from the People's Republic of China. The PRC made an offer to the ROC known as "one country, two systems." This is a concept similar to what was offered to what was at the time the British colony of Hong Kong. It is the idea that the, in that case, colony, will join the state of China but

be able to operate independently with its own rules, similar to city-states in Ancient Greece. Currently, Hong Kong is having massive issues with the PRC. Taiwan's president, Tsai Ing-wen, totally rejected the PRC's offer. During Taiwan's National Day, the president issued a statement to the Taiwanese people. She told the citizens that throughout all the decades, the ROC continues to grow strong. It is obvious that she does not want to let the ROC agree to being apart of the PRC. During her speech, she even addresses the nation as its true name: The Republic of China. Instead of calling it Taiwan, she chose to use the name that would anger the communists even more. She continues to stand her ground despite the fact that the PRC is slowly taking away each and every one of its allies and states that believe they are a sovereign state. However, if the US does agree to recognize Taiwan as an independent state, then who knows what would happen. In the past, the PRC has made it clear that it will go to war to prevent Taiwan from becoming independent. United States recognition of the state would be the first step necessary for Taiwan to gain recognition from more and more states and become truly separate from its mainland counterpart. Taiwan already gets plenty of shipments of weaponry from the states as it is. It may not be a stretch to say that it could result in an all-out war between the US, the PRC, and their allies. It is unclear what is going to happen with all of this, but rest assured, all eyes will be on the president and his decision in early 2020.

Department of Public Safety Log



Bryant University Department of Public Safety Media Log

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED

Oct 05, 2019-Saturday at 22:41

Location: TOWNHOUSE P

Summary: DPS received a report of two intoxicated females vomiting near townhouse volleyball court. EMS was activated. Smithfield Fire Rescue 3 transported to Fatima Hospital for treatment.

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED

Oct 06, 2019-Sunday at 00:00

Location: Bristol House

Summary: DPS received a report of a person with a dislocated his shoulder, EMS was activated. Smithfield Fire Rescue 3 transported to Fatima Hospital for treatment.

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED

Oct 06, 2019-Sunday at 00:55

Location: Bristol House

Summary: DPS received a request for a medical evaluation for an intoxicated male. EMS was activated. Smithfield Fire Rescue 3 transported to Fatima Hospital for treatment.

VANDALISM TO AUTO(S)

Oct 06, 2019-Sunday at 01:30

Location: Bristol House

Summary: DPS received a report of vehicle vandalism of a DPS vehicle. Suspect was located by DPS and arrested for disorderly and destruction of property.

EMT CALL EMT CALL / MEDICAL SERVICES RENDERED

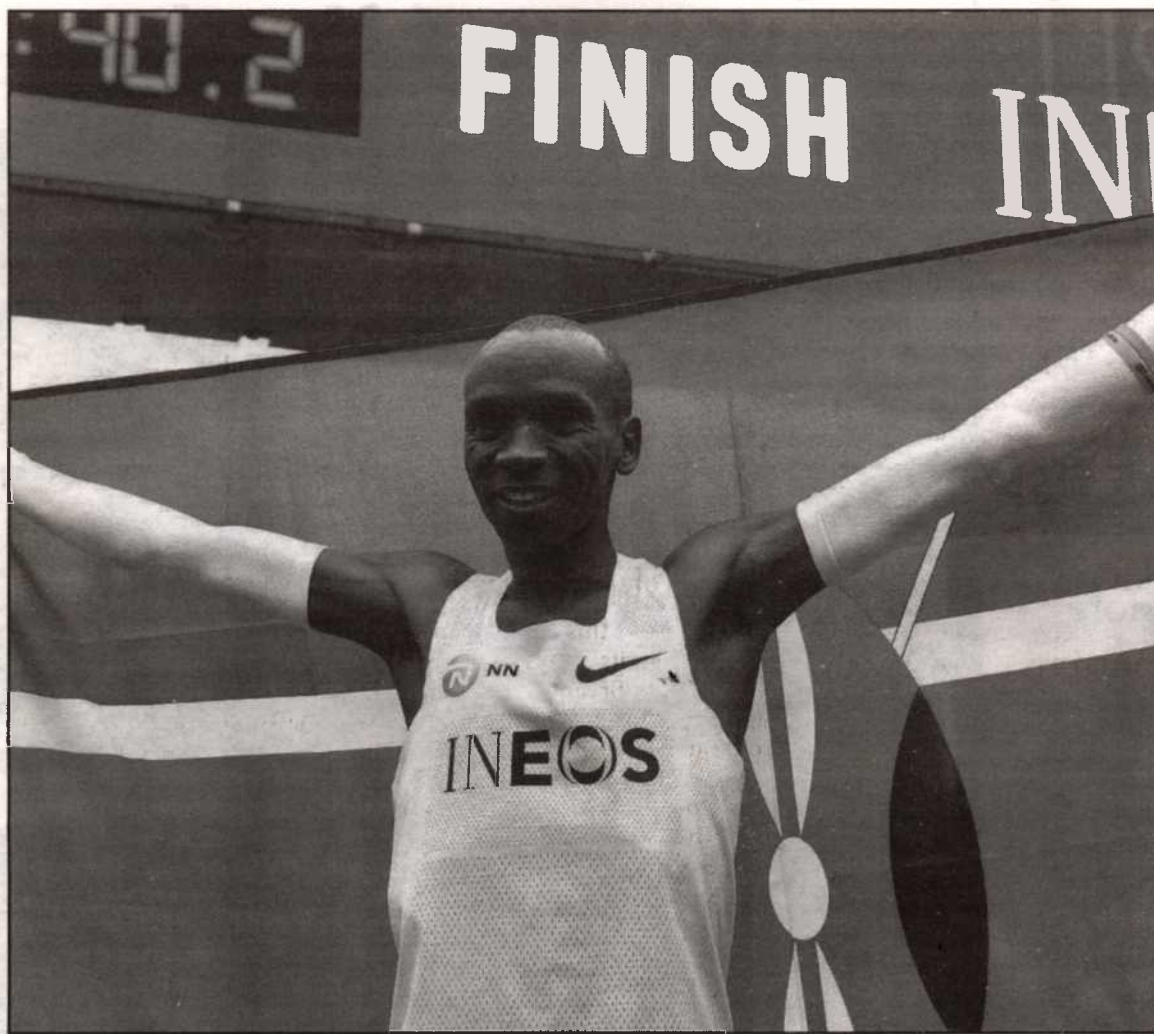
Oct 06, 2019-Sunday at 01:55

Location: Lincoln House

Summary: DPS received a request for a medical evaluation for an intoxicated male with a head injury. EMS was activated. Smithfield Fire Rescue 3 transported to Fatima Hospital for treatment.

No Human Is Limited

Aisling Madden
Contributing Writer



Eliud Kipchoge (Getty Images)

The 34-year-old Kenyan, Eliud Kipchoge has become the first human athlete to ever run a sub-two hour marathon.

This occurred in Vienna, Austria on Saturday 12 October where he beat the mark with a comfortable 20 seconds with a time of 1:59:40.

Kipchoge broke the official world marathon record in Berlin 2018 running 2:01:39.

However, being one of the most mentally strong endurance athletes out there this world record was simply not enough, he was hungry for more, he wanted to make history!

Therefore, he pushed his mind and body to limits no man before has, with the aid of scientific research and meticulous preparation in order to achieve this goal.

"..he respected it and saw it as a challenge testing his discipline and fortitude to its limits."

History, that will resonate through-out societies for decades "like the first man to go to the moon".

According to the Hugh Brasher the event director of London marathons, "It is believed that Eliud is the best prepared marathon runner ever".

Therefore, this pushed for Nikes funding and the birth of the 'Breaking2' project, which was additionally funded by Petrochemicals company INEOS, which pumped vast amounts of money into Breaking2 making this iconic moment possible.

Furthermore, Breaking2 was no short success it took three years of hard work and grind with and seriously intense period

of work in the lead up 7 months.

However, with his goal in mind Eliud only wanted to surround himself with the best athletes, nutritionists, psychologists and training partners out there.

In addition, he required top of the range technology "to ensure that every element was covered" (Spencer Barden, Head of Pacemakers).

For example, the incredible precise pacing technology had multiple elements to consider, firstly the constant speed of the pace car, secondly, the lasers beaming off the car onto the surface of the road ensuring that Eliud and the 41 pacemakers maintained a stable position on the road because the aim was to maintain one constant pace of 2:50 per kilometre, thus 21 kilometres per hour with the possibility of an increase in the final kilometres, this was crucial to get right in order for the success hence required the best of the best.

Likewise, the day and location chosen took a lot of careful consideration as there were multiple environmental factors that had to be perfect, ranging from climatic conditions such as heat, temperature, precipitation, wind and air quality.

To the incline of the 26.2-mile (42.2km) course, this had to be minute and carefully calculated eventually reaching only 2.4 meters climbed.

Eliud is a unique human being that can maintain an exceptionally fast sustainable speed.

It enables him to break the magical two-hour barrier and become an iconic aspirational athlete.

Simply being his determined himself, Kipchoge has set an example and empowered millions globally by physically inspiring and reinforcing the message that "no human is limited".

Moreover, it is his physical accomplishment that has resonated this message so profoundly across the world, as it

is not coming from another inane Instagram influencer on social media, but the greatest marathon runner of all time, thus sounding anything but ridiculous.

Finally, even though the record books have not counted it, how could the world turn a blind eye to such success?

Therefore, there is a hope that this seismic event will boost the drive for athletics and will serve as a catalyst for promote change both physically and mentally across societies and within cultures.

Kipchoge has conquered on of the greatest physical sporting barriers of our time, but for him this was more than just a physical accomplishment, it was also mental.

Eliud faced many struggles along 'the Breaking2' project, for example initially many athletes and sponsors were scared off and hesitant about joining because they saw it as either too egotistical or they were simply scared.

However, Eliud was the complete opposite, he respected it and saw it as a challenge testing his discipline and fortitude to its limits.

It was the respect Eliud gave this challenge that gave Breaking2 life.

It is Eliud's attitude to barriers and challenges that should be exemplified and merited. Eliud believed not only in accomplishing Breaking2 but also saw that it could inspire individuals by sending his message out there across multiple platforms that "no human is limited", encouraging the millions fighting mental battles that we can conquer them.

As he proved on 10/12/19 that we you can go beyond our thoughts, and "you can break more than you think you can break" with respect, heart, desire coupled with physical and mental capabilities.



Tweets of the Week

"RENTING AN APARTMENT
• expensive

LIVING IN THE BASEMENT OF THE PARIS OPERA HOUSE, TERRORIZING THE PATRONS, & REGULARLY EXTORTING MONEY FROM MANAGEMENT

• dramatic
• makes good financial sense
• you get to wear a mask and a billowing cloak"

-SparkNotes, 10-16-19 (@SparkNotes)

"I was proud to work with Justin Trudeau as President. He's a hard-working, effective leader who takes on big issues like climate change. The world needs his progressive leadership now, and I hope our neighbors to the north support him for another term."

-Barack Obama, 10-16-19 (@BarackObama)

"Report: WWE Fails To Purchase Pro Wrestling NOAH To Use As NXT Japan Launchpad -"

-Cultaholic, 10-16-19 (@Cultaholic)

"When we win, we are going to fundamentally change the nature of the presidency. I will not only be commander-in-chief, but organizer-in-chief. And we will take on the most powerful corporations and special interests."

-Bernie Sanders, 10-16-19 (@BernieSanders)

"Proud to endorse @SenSanders for President, glad that @AOC and @RashidaTlaib are on board too. It's time"

-Ilhan Omar, 10-16-19 (@IlhanMN)

"So #WWEBackstage is apparently great. Yasssss. Renee Young will thrive in that environment. Can't wait to see it."

-Kenny McIntosh, 10-16-19 (@KennyMc1985)

"It's time we pick our heads up and remember who we are. This is the United States of America — there is not a single thing we cannot do if we do it together."

-Joe Biden, 10-16-19 (@JoeBiden)

"Dogs can't operate MRI machines, but catscan."

-Dad's Puns, 10-16-19 (@DadsPuns)

"I just slipped on the floor of the local library..

I was in the non-friction section."

-Dad's Puns, 10-16-19 (@DadsPuns)

"Accordion to research 9 out of 10 people don't notice when you replace a word with a musical instrument."

-Dad's Puns, 10-14-19 (@DadsPuns)

"I got my best friend a fridge for his birthday.

I can't wait to see his face light up when he opens it."

-Dad's Puns, 10-16-19 (@DadsPuns)

Fast News of the Week

- Refugees from Hong Kong have been seeking refuge in the Republic of China as of late
- Slovakia will be increasing the minimum wage for 2020 by 11.5%
- The government of Poland will be criminalising sex education in schools throughout the country
- Bill Taylor, the top US diplomat in the Ukraine, is expected to testify Tuesday before House committees in the impeachment inquiry of President Trump
- Former State official, Michael McKinley, did testify that he asked Secretary of State Mike Pompeo for a show of support for the ousted US Ambassador to Ukraine, Marie Yovanovitch, many times but he was only received silence from the man
- President Trump concluded a press conference at the White House on the sixteenth of October with Italian president Sergio Mattarella without making a single comment on the impeachment inquiry
- Lindsey Graham plans to ask Giuliani to appear before Senate Judiciary

We asked for your Squirrel Photos, and you went Nuts!



Joe Gallicchio from the Bryant Bookstore, sent this photo in. "Saw this guy outside the Interfaith Center."

WJMF's Show Fall 19 Schedule

| Times | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-------------------------------------|--------------------------------|--|------------------------------|-------------------------------------|----------------------------------|----------|
| 9:00 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | Cara and Sam | | JT^2 | |
| 2:00 PM | | | | Michael Troy | | | |
| 3:00 PM | | | | Olivia Aiken and Kyle McHale | | Nathan Alexander and Martin Dale | |
| 4:00 PM | | | | Kevin | | BCT Sports | |
| 5:00 PM | | | | Nick Blonder & Nate Cullivan | | Paul Berthelette | |
| 6:00 PM | | | | Brian Heston & Zac Gordon | | Natalie Epp and Megan Dignan | |
| 7:00 PM | | Avery Lamphere and Danny Brown | Joey Leszczynski, John Cannon | Leonelly Romano Seden | Sam Reichelt and Scott VanCoughnett | | |
| 8:00 PM | | | Scott VanCoughnett and Jonathan Brackett | | Addison Mueller & Arosh Noor | | |
| 9:00 PM | Robert Simoneau and Lorenzo J. Rici | | | | Francine Roberge and Marina Rivera | | |
| 10:00 PM | | | | | | | |



Variety of Hard Seltzer Brands. (thetakeout.com)

Clawing Their Way to the Top

By Nyatasha Jackowicz
Editor-in-Chief

The alcohol industry is ruled by traditional players such as beer, wine and spirits but a new beverage is starting to take a competitive stance against the market. The rise in popularity of alcoholic seltzers or spiked seltzer is taking a competitive share of the market and is catching the eye of millennials. According to Nielsen retail supermarket and store scans, within the first 6 months of 2019, \$389 million was spent on hard seltzers (Beaumont, 2019). When reviewing the data, there has been a 210% increase in sales for hard seltzers compared to last year at this time (Beaumont, 2019). These statistics show a significant growth in the market and rise in popularity in the United States. The rise in popularity for hard seltzers can be attributed to the increase in health-conscious consumers.

Seltzer's performance over the last few months have led many in the beer industry concerned. Beer Marketer's Insights publisher Benj Steinman said, "In some respects hard seltzers are a stake in the heart of beer." This past summer there was a strong marketing campaign that has dubbed 2019 as the summer of hard seltzer. (Beaumont, 2019). According to Beaumont (2019), "Market Leader White Claw, which launched in the US three years ago, has clawed its way into the top 25 beer brands, leapfrogging such stalwarts as Rolling Rock and Guinness." This intense growth has critics saying that this is just a fad and that the drink will not continue to be popular during the winter months. Yet according to Hutchison (2019) there was panic this past

September because of retailer shortages and the manufacturer had to work overtime to keep up with unprecedented demand. Additionally, those in the beer industry are responding with their own brands of spiked seltzers. Boston Beer Co. developed the Truly brand, White Claw is owned by the makers of Mikes Hard Lemonade, AB InBev just developed Natural Light Seltzers and many other companies are releasing new seltzers to respond to the market.

"In some respects hard seltzers are a stake in the heart of beer"

(Schultz, 2019). The increase in seltzer competitors would be alarming if it weren't for their recent exponential growth.

Over the past ten years there has been a shift in consumer drink preferences. In the United States during the early 2000's, there was an increase in consumption of non-alcoholic sparkling waters and seltzers and a decrease in carbonated soft drinks (Vierhile, 2016). This trend has transitioned over to alcoholic beverages and has led to the rise in popularity of flavored hard seltzers. The appeal for seltzers can be attributed to their lower calorie counts, lower carbohydrates and that they are gluten free. According to

Hutchison (2019), "A 12 ounce can of White Claw contains 100 calories and a maximum two grams of carbs. An average beer, in comparison, usually packs 140 calories and five times the number of carbohydrates." The beverage industry calls malt beverages like seltzers "better for you" drinks according to Hough (2019). In a Harris Poll conducted on spiked seltzers 45% of respondents felt that it was difficult to keep with their wellness routines because of the social pressure to eat and drink unhealthy foods (Wehring, 2016). This led to Truly Spiked seltzers to say that they are a great choice for holidays to be a healthier option to food and drink temptations (Boston Beer). Yet these drinks were consumed all summer long, so it will be interesting to see if they will continue to perform well during the winter holidays as well.

To supplement the demand for seltzers there have even been moves toward restaurants and bars to exploit this growing trend. Last month, San Juan Seltzer Taproom, Kitchen & Bar opened in downtown Seattle in collaboration with the brand San Jan Seltzer (Fantozzi, 2019). This brewery is serving craft seltzers instead of craft beers as well as incorporating seltzers into mixed drinks. Would consumers enjoy drinking at a Seltzer? Based on the surrounding research, if they are health conscious and excited to drink a variety of flavors, we believe that it will be successful.

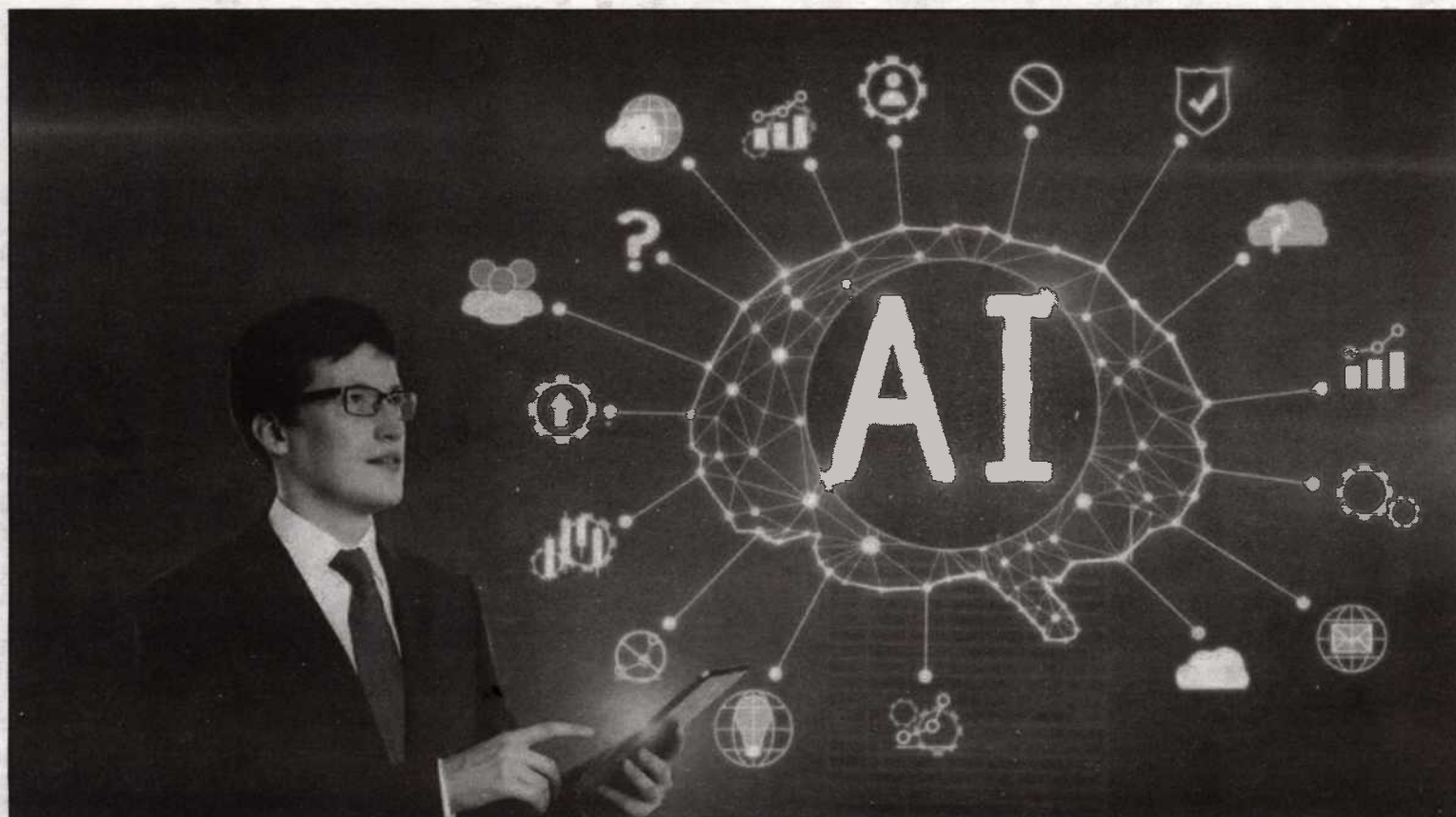
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Making Sense of Big Data

By Jillian Hoey
Contributing Writer



Shutterstock

Over the past decade there has been an explosion of big data—the capture and storage of many types of data sources being done by organizations across the globe. The autonomous vehicle business for robotic cars is being developed by Tesla, Uber, Waymo, and other new age vehicle companies. Each car typically requires to be configured with eight 4k cameras shooting sixty frames per second and resulting is roughly 7TB of new data being created every hour per car according to Liran Zvibel, Co-Founder and CEO of Silicon Valley file storage start-up, Weka.

IO. This does not include other data collection sources, such as LIDAR – the usage of lasers on the cars to more accurately measure distances to street objects to improve vehicle driving accuracy. The challenge for these companies is how to quickly sort through these huge volumes of data and to quickly make sense of it in order to improve the vehicle efficiency, ride and safety.

Another example can be seen in the health care industry. Health organizations have been collecting millions of MRI's, CAT scans, X-rays, and other images

for years that consume huge capacities of data storage. The challenge for these businesses today is to be able to make use of so much historical data in order to make it actionable to improve the lives of their current patients. Humans are limited. There is no singular doctor that could possibly examine 4.8 million historical images to your own set of medical images, but by using artificial intelligence techniques on high speed computers and storage, this can now be done. Soon doctors will be able to take the output of these computer

comparisons and knowing the successful treatments that were given to those patients who had the best health outcomes, they can then apply the same treatments to you for your best possible outcome for extending your life.

One of the best techniques for making sense of the big data explosion is the usage of newer high-speed computers, storage, and networks while using new data handling methods like artificial intelligence and machine learning. According to Forbes Magazine, artificial

intelligence has these top five benefits and harms; artificial intelligence enhances efficiency and throughput, frees up humans to do what they do best, adds jobs and strengthen the economy, leads to loss of control, and enhances our lifestyle. When people think about AI, they usually are concerned with the loss of their jobs due to robots taking over their positions, leaving workers without a job. According to the Forbes March 1st, 2018 article, "14 Ways AI Will Benefit or Harm Society," Forbes Technology Council expressed that AI will enhance jobs, not replace jobs, and the result will be that AI will assist people to enable them to work more efficiently. Overall, artificial intelligence will allow people to stop doing tedious tasks, according to the same Forbes article, "humans are not best served by doing tedious tasks. Machines can do that, so this is where AI can provide a true benefit. This allows us to do the more interpersonal and creative aspects of work." Big data can now be better organized and more actionable through improved IT systems employing artificial intelligence, and workers will be able to think more creatively to find more solutions that improve efficiency, safety, and health as we watch the autonomous vehicle, healthcare, and other businesses make better use of big data.

RUN FOR HOPE 5K

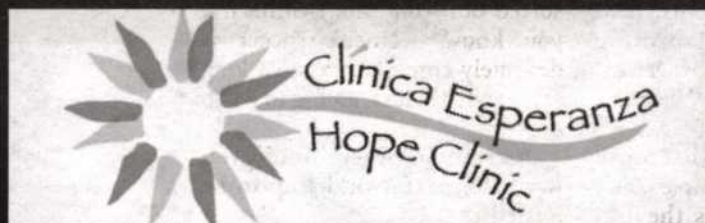
Sunday, November 3
9:00am - Bello Lawn



Family Friendly 5K sponsored by Bryant PA Program!

Help raise money for Clinica Esperanza, who's goal is to provide free, high-quality, linguistically and culturally appropriate healthcare to uninsured Rhode Islanders.

Register at <https://racewire.com/register.php?id=10964>



Crystal Dunn Visits Bryant University

By Varun Arvind
Sports Editor



Women's National Team player, Crystal Dunn, recently visited Bryant University. I had the pleasure of interviewing Crystal Dunn. This is that interview.

Varun: When you guys played Thailand, you guys actually decimated them.

Crystal: Yeah.

Varun: Did you feel bad at a point or did you just want to beat the record?

Crystal: Honestly no one knew about any record. It's the funniest thing. I feel like our team just, we don't really know any records that we said or that we're trying to beat. You know we were the last team to enter the World Cup. So I think we just had this built up energy that we wanted to express and you know we were just sharing the ball so much and we were just enjoying playing and so many new people scored their first World Cup goals that you know for us we were celebrating. "Oh, you know Mal scored! Sam scored," like different people were scoring. So, I think, you know, that is just the energy that we had and of course we got a lot of backlash for it but my interpretation of it was that we were just celebrating each other and celebrating entering the World Cup. And I think, yes, outside looking in it's like why are you guys celebrating the 13th goal. That's that was scored and I'm like, "You know what?" I think Carli Lloyd was the one that scored the last goal. And to me I was actually so happy for her because of her journey going into this World Cup that I didn't think, "Oh, it's the 13th goal," I'm thinking Carli's just scored this goal and, like, it just meant so much to her and it means so much of the team.

Varun: So yeah, speaking of Carli Lloyd, you probably saw the video of her kicking the field goal.

Crystal: Yes.

Varun: Do you feel that that's a path that women are or even something you've considered to sort of start kicking in the NFL.

Crystal: I mean I personally have not because I do not have the range that Carly has, but I mean honestly why not. I think what she told all of us that she was joking about it. You know she wasn't like I'm trying to like really put myself on the map and have NFL teams contact me. But for her she's like, well I might as well entertain it after my life after soccer. Who knows? I don't think anyone should stand in her way. I think if an NFL team actually contacts her and is like we want you to try out for a team, I'm like do it Carly, like that would be awesome.

Varun: Who is your favorite teammate on the women's national team?

Crystal: Favorite teammate, um, my best friend is Julie Ertz. She is my best friend. So, I guess that is my favorite person, but I just have a handful, you know. Megan Rapinoe is one of my good friends. Ali Krieger, Ashlyn Harris, Christen Press, you know I definitely have my go to group in camp. I think it's just easy when you know a group of people have your back. I think a lot of people think that all 23 of us are like best friends. You know that isn't the case. It's not the case anywhere, but those are totally my go-to people that I always love, and they support me so much.

Varun: I read that you went overseas and played for Chelsea. Do you ever consider playing overseas again?

Crystal: Yes, I think about all the time, actually. I really enjoyed my time there. I think I grew the most playing overseas in a weird way because I was challenged in a different way and you know I had to come back unfortunately because I was playing on the national team and my coaches weren't able to see me as much as I wanted them to, and I just had to make the decision what mattered most to me playing overseas fighting for my spot on the World Cup roster. I definitely did, you know, I went with being on the national team wanting to make an impact there and I left

earlier than I wanted to. But, you know, I definitely think that I will eventually go back at some point.

Varun: How does it compare to soccer here?

Crystal: Yeah. I mean great question. So, anyone that watches American soccer will see that we are super athletic where there's a lot of running, there's a lot of transitional spaces, what we call it. But overseas, there's not that much space. So, I feel like as a forward and a midfielder you actually have to learn to be way better on the ball and you know more tactical and technical because there's just not as much space. You know the teams sit in a bit more so there's no balls being played over behind. So that's why I feel like for me I developed so much because it wasn't about, "Hey play me a ball and behind or I'll run after it." It was how do I, you know, really, technically work on my game and just figure out different ways of being impactful.

Varun: A common argument for people saying that men's team should get paid more is saying that men's soccer is more popular. So, what do you have to say against critics like that?

Crystal: Well, just playing in the World Cup the stadiums were sold out. So, I think, you know I think there was a time where people can make the argument, "Oh, no one's really watching women's soccer," or, you know, "No one's coming to the games," things like that. And I think you know those days are slowly behind us now. I think, you know, just being in the World Cup, this summer every game we were in I couldn't see one open seat, you know, the stadiums were packed. People were so passionate about the sport. And I think it's important because overseas soccer is so prevalent. Like that's the sport that everyone plays, and I think in the U.S. we have so many sports that we're competing with, so people don't see it the same way as they do overseas. But I think if we could just let people know that you

know this game is growing, it's growing at a fast rate and people actually want to see women play and obviously coming out of the World Cup, people were so passionate and you know we don't want people thinking that it's just a fluke that, "Oh this, was just one year that people want to see the women play," but I think just going forward you know the argument that you know no one wants to see us play is definitely not going to be a strong argument anymore.

Varun: Yeah, I really, I probably enjoy this World Cup more than the other one.

Crystal: I mean we are

"the argument that you know no one wants to see us play is definitely not going to be a strong argument anymore"

literally not flopping all over the place. For starters, I mean, we're like, I don't know, we make that joke all the time. It's like men literally they get shoved a little bit and they're like dying a slow and painful death. But yeah, I think that really is something cool about our sport. It's like the women tend to play the sport upright. We are literally like warriors on the field like we have to like be bleeding and ought to be like taken off the field which happens that some people want to play through it and I'm like, "No, you need to like get yourself sorted out." But, no, I think it's, you know, women's soccer is definitely come has come a long way and it's just going to keep growing.

Varun: So, where would you want the next World Cup to be hosted?

Crystal: The Women's World Cup, obviously. I know there's

some talks about Australia and I feel like Australia would be kind of sick because their women's team is really good, and I know Shelly is amazing. Like, the weather's going to be amazing [and] there's beaches. There's so many things for people to do and I think that's where countries should be hosting where it's gonna be great for fans to come and [there's] like just things to do you know and I think a show that would be a cool place yeah.

Varun: What do you propose, we might have already gone over this, but what do you propose for women's sports in general to become more popular? Do you have any ideas?

Crystal: More popular is a hard question.

Varun: I guess more in the US. I know overseas, as you just said, it's way more popular, but I guess here there's definitely a gap between [both gender sports].

Crystal: Well, I mean we just have so many sports that we compete with not even just on the women's side, but soccer in general is always second-class kind of to all the major sports that are played: basketball, NFL, baseball, like. But I do think you know with the women's national team being so successful and just kind of being in the forefront of pushing the women's game to new standards. I think it's just going to keep growing. You know I can't really say right now where I think it's going to be in the next four years, but I know and after every single World Cup more and more people want to watch. More people want merchandise [and] they want to keep up with us; they want to follow our journeys and I think that's all that we can really hope for is [that] these people to continue wanting to know more about the team and about the sport.

Varun: My last question is, how do you personally deal with adversity?

Crystal: I mean just like everyone is different. So, for me I just take it one day at a time. I think you know we're all human beings. People see us as like you know some superhuman human but like we're really just normal people and a lot of it is just managing our lives, managing what matters most and really supporting each other. I think that's most important, like I said I had my go to group of people on the team that I feel like I can always lean on when I need something, but you know just always supporting others and having them support me is really how you get through anything.

Varun: All right. Thank you.

Crystal: Awesome. Nice meeting you.

Providence Bruins Win First Home Game

By Matthew Carvalho
General Manager



Providence Bruins celebrate a win against Rochester Joe Carvalho

On October 12, 2019, the Providence Bruins (2-0-0) took on the Rochester Americans (2-0-0), the AHL affiliate of the Buffalo Sabres in what was a dramatic win for Providence in a 3-2 victory in their first home game of the season. The starting lineup for the Providence Bruins was number seven, Trent Frederic (center), number nine, Zach Senyshyn (right-wing), number 19, Ryan Fitzgerald (left-wing), number 38, Jakub Zboril (defenseman), number 44, Josiah Didier (defenseman), and number 33, Max Lagace (goaltender).

It was a rough game with plenty of penalties to go around. When the game started, Rochester was hitting hard and was merciless towards Providence. The Bruins were able to get the first shot on net by number 23, Jack Studnicka, yet what followed was about a three-and-a-half-minute stint without a Providence shot on net.

Providence had their

struggles when it came to cutting through the Americans' defense and getting shots on net in the first period. They were only able to muster six shots while the Americans were able to crack through the Bruins' defense with 14 shots and a goal. The goal was scored by number 39, Jean-Sebastien Dea with an assist from number 18, Jacob Bryson, and number two, Scott Wilson. One of the reasons for the goal was due to Rochester being able to be on the powerplay.

When I asked Head Coach Jay Leach about what kind of adjustments the team needs to make to avoid more unnecessary penalties, he said, "Well, we can't continue to be taking penalties. I don't know what we're at, but we had seven in the last game, we're at whatever we're at now, and against good teams we're not going to be able to sustain that. We're going to have to make sure we're smart and keeping our sticks down and moving our feet."

Providence managed to turn things around in the second period. They went from being down 0-1 to closing the period at 2-2. When asked about what the change in the locker room was after the first period Bruins' number 29, Oskar Steen said, "Maybe getting trapped in the first period and playing in their hand. So, we played a little bit better of our game in the second and third. So, I think that was the reason we put more pucks behind them."

Rochester did get a goal in the second right off the face off by number 19, C.J. Smith, assisted by number 27, Curtis Lazar. However, Providence was able to improve off of their rough first period start by getting two important goals. The first came from number 13, Jakub Lauko, with assists from number five, Urho Vaakanainen, and number six, Alex Petrovic. The scoring did not stop for the Bruins in the second period when number ten, Anders Bjork, scored an

incredible goal with another assist from Vaakanainen and an assist from number 24, Cameron Hughes.

When asked for his thoughts on Hughes, Coach Leach said, "I think I said it last week. He's like a utility knife out there. On the penalty kill, I can throw him on the powerplay, I can put him at center, I can put him on wing. He was excellent tonight, he's out there in the game, he's inside."

A goal did not appear in the third period until the last minute, however, that did not mean that the third was quiet by any means. There were four penalties in total during the period, one of which awarded Rochester with a penalty shot which missed. The other Bruin penalty was due to a fight between Bruins' number 44, Josiah Didier, and Rochester's number 37, Dalton Smith. It was a longer kind of fight between these two players that even resulted in the referee going down. In the end, Steen would score the game winning goal with 57 seconds left with assists from number 19, Ryan Fitzgerald, and number 15, Jeremy Lauzon. Rochester made an attempt to come back with two shots on net, but Providence was able to hang on to a victory against Rochester.

The next day, Providence was not able to have as good of a day as the Saturday game. They played in a matinee against the Springfield Thunderbirds, the AHL affiliate of the Florida Panthers, in what was a disappointing loss for the Bruins with a score of 2-5. The starting lineup for the Providence Bruins consisted of number seven, Frederic (center), number 15, Lauzon (defenseman), number 19, Fitzgerald (left-wing), number 25, Cooper Zech (defenseman), number 29, Steen (forward), and number 30, Dan Vladar (goaltender). It was a disappointing game for the Bruins as they were penalized more than the game before with six penalties.

Like the game before, the Bruins could not score in the

first period while they were scored upon by the opposing team. However, they did lead in shots after the first with 13 shots while Springfield was only able to muster three shots while still having a goal. Coach Leach did comment that he thought the first period was their best period in the game. During the first, the Bruins did take a beating on the ice with some heavy hits from Springfield, but they were able to deliver some hits of their own.

An actual beating would occur in the second when Bruins' Senyshyn would engage in a fight with Springfield's number 22, Matt Marcinew. It was a quick fight as Marcinew was able to bring Senyshyn down with ease. Both number 22, Peter Cehlarik, and Bjork were able to put the puck in net for Providence, but it proved to not be enough for the team. Getting penalized was costly for the B's in this game because two of Springfield's goal were on the powerplay. One of Providence's goals were on the powerplay as well, however, another one of Springfield's goals came when the Thunderbirds were shorthanded, and Providence was supposed to have the upper hand.

When I asked Coach Leach how some of the new faces and some of the AHL rookies were taking this loss, he said, "I think hockey players understand that there's 76 games. I'm sure they're frustrated and there they were frustrated, but I think after a meal, they'll be okay. The most important thing is on Tuesday, when we head to Laval, that we practice up there that they have the right mentality of 'We're going to get better from this loss.' So, that's on us to make sure they understand that. We show them direction and they'll be fine."

Over the weekend homestand, Providence was able to go 1-1. Their next home game is October 26, when they play the Laval Rocket, the AHL affiliate of the Montreal Canadiens.

| 2019 FOOTBALL STANDINGS | | | | |
|-------------------------|-----|-------|---------|-------|
| SCHOOL | NEC | PCT. | OVERALL | PCT. |
| Central Connecticut | 1-0 | 1.000 | 5-1 | 0.833 |
| Duquesne | 1-0 | 1.000 | 3-2 | 0.600 |
| Robert Morris | 1-0 | 1.000 | 2-4 | 0.333 |
| Wagner | 1-0 | 1.000 | 1-5 | 0.167 |
| Sacred Heart | 1-1 | 0.500 | 3-3 | 0.500 |
| Saint Francis U | 1-1 | 0.500 | 3-3 | 0.500 |
| Bryant | 1-1 | 0.500 | 2-5 | 0.286 |
| LIU | 0-4 | 0.000 | 0-5 | 0.000 |

Bryant University's Club Sports

By Varun Arvind

Sports Editor



Bryant University features numerous club sports that are very competitive and successful. In just the last three years, teams such as Women's Rugby, Ultimate Frisbee and Cheer and Dance, have won nationals.

Any questions about Club Sports in general can go to Nicholas Schleicher. His email is: nschleicher@bryant.edu

Ultimate Frisbee

President: Jake Roy
Vice President: Ryan Donavon
Secretary: Ryan O'Connor
Treasurer: Jake Fontes
Social Media Relations: Dylan Coppinger
Alumni Relations: William Gordenstein

Outlook: Although Bryant Ultimate has lost some important players, the seniors are an experienced group that should be able to carry the team to the post season while the underclassmen are developing. As always, the goal is to get back to nationals and win it all. They feel really good about their chances to win it all!
Contact: Bryantultimate@gmail.com

Club Tennis

President: Caitlin McCosh
Vice President: Anna Torregrossa

The Boston Celtics were a fan favorite to go to the NBA finals last season but saw a disappointing second round loss to the Milwaukee Bucks. As the 2019-2020 season approaches the team is looking to move on from last year and improve on their game all the way to The Finals for a banner season. It will not be easy, especially with the loss of two key players in the offseason with starting point guard Kyrie Irving leaving to play for Brooklyn and strong forward Al Horford moving to Philadelphia. These two losses hit the team hard and shocked a lot of fans.

When asked what caused Horford to leave, he stated, that the team they had could not "coexist," and as for Kyrie's departure, Horford has stated it had no impact on his change in teams.

Though these losses were big for the team, it gave the Celtics the opportunity to gain some rather impressive rookies for this upcoming season. A projected fan favorite being Tacko Fall the 7-foot 5 center from Senegal who recently debuted his skills in the preseason opener for the Celtics this past week. With an impressive debut including a large dunk in the fourth quarter along with two blocks, Fall received enormous amounts of cheers from the fans with a "Tacko" chant starting early in the second quarter to encourage coach Brad Stevens to put the rookie in.

As far as Fall's future on the team he is fighting to earn the 15th and final roster spot the C's have open but he certainly has steep competition with an impressive lineup of rookies including Javonte Green. 23-year-old Green also made his NBA debut with the Celtics this past week, with a rather impressive debut at that. His debut included four blocks in the fourth quarter and 15 points on the night. When asked what his nerves were like Green stated, "You have to perform at the best. I think [the nerves] were out the window," and it certainly appeared that Green was feeling anything but nervous.

Along with the acquisition of new rookies, the Celtics were also able to acquire some big-name vets to add to their team. One being Kemba Walker, the former point guard for the Charlotte Hornets, and former Portland Trailblazers center Enes Kanter. These two stars add to an already well-established team of players. The addition of these players brings hope of a new era for Celtics that this season could be the end to the 11-year NBA championship drought.

As far as improvements the remaining members of the team from last year can make, three-year shooting guard Jayson Tatum has said that he was really able to learn from

a week and have an incredible group of dancers this year. Last spring, we became national champions by winning the Division 1 Gameday category against other college dance teams from around the country, and we are going to work hard again and hopefully get a second championship under our belt this April.
Contact: sbarron2@bryant.edu

Karate

President: Taylor McKinley
Treasurer: William Gentile

Outlook: We are looking forward to competing in two tournaments and moving forward in rank.
Contact: tmckinley@bryant.edu

Men's Ice Hockey

President: Brian Cavanaugh
Vice President: Andrew Diebus
Secretary: Matt Toner
Treasurer: Matt Mancini

Outlook: The team is excited about the potential that lays ahead with the incoming freshmen. They are bringing lots of talent to an already solid and experienced team. The team is looking to make a splash in the playoffs and ultimately make nationals.
Contact: bcavanaugh@bryant.edu

Men's Lacrosse

President: Giuseppe Caputo
Vice President: Jackson Cavallerano
Treasurer: Samuel Hanna

Outlook: Club lacrosse is going into our second season. After a good first season we are looking to improve on all areas. We have a young competitive team that should win a lot of games this upcoming season.
Contact: jhooper1@bryant.edu

Racquetball

President: Michael LaVallee
Vice President: Jacquelyn Amaral
Treasurer: Devon Morris
Secretary: Savannah Schreiber
Alumni Relations
Coordinator: Michael Lynch

Outlook: Club Racquetball is actively searching for new players to add to our fun and competitive team! New members do not need prior experience! The team practices from 5-7pm Tuesday, Wednesday, and Thursday so please come by if you are interested!
Contact: jamaral5@bryant.edu

Women's Rowing

President: Lydia Paglierani
Treasurer: Heidi Clark
Secretary: Mary McNeil

Outlook: With practice and lift kicking off, the team is getting excited to appear in Boston at The Head of the Charles and in Philadelphia at The Head of the Schuylkill as two of their bigger races in October. The new members started this week and are enjoying it so far, we are always looking for new members
Contact: mmneill1@bryant.edu

Women's Rugby

President: Gabbi Constanzo
Vice President: Judy Duong
Match Secretary: Brenna Rojek
Treasurer: Jen Rosinski
Fundraising Chair: Rylee Van Epps
PR Chair: Catherine Cotton
Recruitment Chair: Nyatasha Jackowicz

Outlook: Women's Rugby is currently 4-0 this season. With two games left, it looks as though the team may secure another 15's conference title. No experience is necessary to play!
Contact: njackowicz@bryant.edu

Men's Rugby

President: Kiernan Haley
Vice President: Bobby Holmberg
Match Secretary: Joey Derba
Treasurer: Pat Clifford
Fundraising Chair: Alex Enselek
Social Media: Bryan Herlihy
Recruiting Chair: Ben Coit & Kyle Griffin

Outlook: Men's Rugby is looking forward to finishing their season strong with two matches left. They have had a competitive season on the D3 level of Rugby Northeast's conference.
Contact: kgriffin3@bryant.edu

Men's Volleyball

Presidents: Matt Catalano & Mark Dyer
VP: Jakob Britton-Doucette
** According to Bryant Rec's Site

Outlook: Follow them on Instagram to find out more about their upcoming games @brayntmensvb.
Contact: mcatalano@bryant.edu

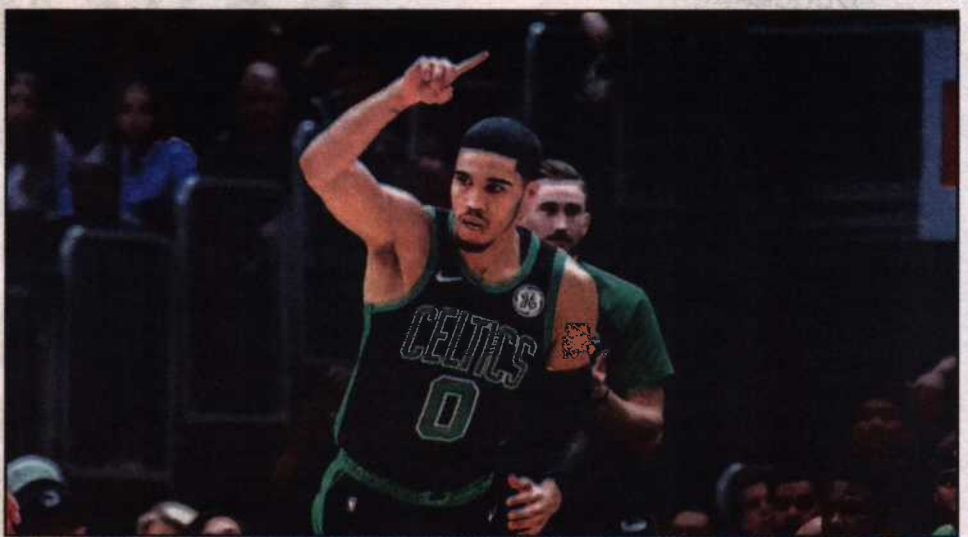
The Celtics Look to a NBA Championship

Caroline James
Contributing Writer

last year and is ready to bring what he learned into this year. The C's are confident that Tatum will be able to step into the role he is made for and really be a leader on the team with the chance to take them all the way this year.

Another returning star that will be one to watch is Gordon Hayward. Two seasons ago Hayward suffered a devastating leg injury in the season opener and has been working to get back ever since. This season feels like the first season that he is feeling his full self again. A fully functioning Hayward could bring Boston some serious talent they have been missing.

When asked about the upcoming season all Hayward had to say was, "We have a lot of new faces and a lot of younger guys so we're all looking forward to it." The Celtics have a lot to work on this preseason, but the team shows a lot of promise and potential to go far this season, maybe even bringing another banner back to Boston.



Jayson Tatum is one of the Celtics' young stars.

PerCBS Sports

Popularity Rise in Murder Documentaries

Allison Jalbert
Staff Writer

As Halloween approaches, true crime shows and murder documentaries are gaining more and more viewership. Even outside of the season, however, there has been a surge in popularity of these murder documentaries, both on Netflix and other online streaming services. Although it's normal to be intrigued by crime, the growing population of true crime fans is concerning to some psychologists who are trying to find the underlying cause for why murder is appealing entertainment. It's normal to be intrigued by crime and evil, but murder documentaries gaining popularity may be making the natural interest more sinister than it once was.

One of the main reasons that true crime is interesting to people is because it depicts and evaluates good versus evil. Humans have always been fascinated by the distinction between the two, as well as the tension. The audience watching wants to know why they commit these crimes, what's going on in their head, and how they get away with it. Although the people watching would never actually commit murder, they still want to know how murderers plan their crimes and, sometimes, get away with them. Furthermore, our fascination with crime is directly correlated to our fear of it. The media, primarily the news, focuses on violent news stories because they know that they're hard to look away from. No matter how horrific the crime, people simply need to know what happened and what the consequences were. Crime plays a big role in society, and watching murder documentaries in the safety of one's home allows people to experience fear and horror in a controlled environment where they are safe. We love to be scared because the threat is exciting.

Another reason people enjoy watching true crime documentaries is because it allows them to feel as though they are prepared to deal with crime if they come across it in their lives. Studies have found that women in particular are interested in true crime because it gives them tips on what they need to do to increase chances of survival in life-threatening situations. For instance, women are interested in learning how to defend against an attacker, fitness information, and what goes on in the head of an attacker. Women tend to fear crime more than men do, and murder documentaries provide a sort of relief that they're not one of the victims.

True crime obsession is not necessarily sadistic, but some fans may romanticize the villain. In the case of the Ted Bundy documentary, people started to become fans of Bundy and worship him as an attractive perpetrator. Watching the crimes gives the audience an adrenaline rush and some associate that euphoric feeling with the criminal themselves, rather than the thrill of the documentary. The human psyche has always feared monsters and tried to rationalize evil in order to reduce fear. These murder documentaries allow people to feel fear and deal with it in safe, controlled environments. Simply put, the storyline is exciting. The fear surrounds you and gets viewers hooked,

leading to binge-watching and word-of-mouth recommendations that further contribute to these documentaries' popularity. Some people's obsession with the genre, however, raise questions of how much impact these shows really have on someone.



Pictured above are depictions of the five most popular true crime documentaries on Netflix (SlashFilm, 2018)

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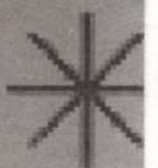
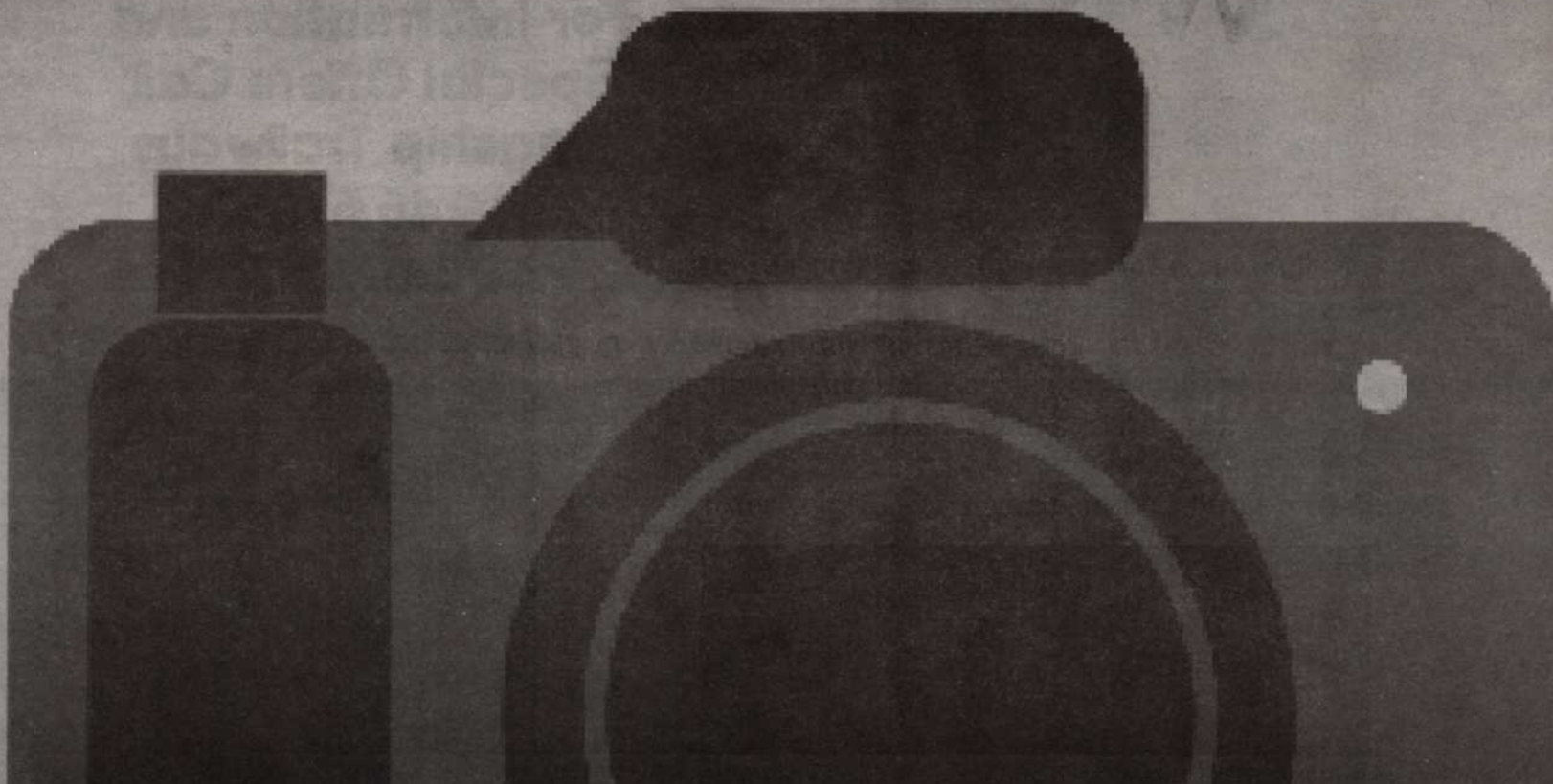
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Meet our Indonesian Mountain Weasel Mascot, Alfredo!



Thank you to everyone who weighed in on a potential name for this little guy! We loved the feedback.

GLOBAL CHEF SHARES THE FLAVORS OF FRANCE

PRESENTED BY CHEF LAURENT MARSAUD

Chef Marsaud says, "It's the passion, the products, the travels, and the transmission that inspire my style." He's been cooking since he was 15, taking great joy in preparing food for others. He served as Second de cuisine at Tavernay Air Base for 15 years. Upon his return to civilian life, Chef Marsaud worked in breweries and catering, then joined Sodexo, where he

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Past, Traumatic Experiences, False Memories, and Imagination Inflation

Thomas Maranian
Assistant Editor-in-Chief

Traumatic experiences are as subjective an experience as they come. The same holds true for memory. All that is good, all that is bad, and all that is somewhere in between is processed differently and to the individual's detriment or potential benefit. Therefore, it is viable to say that trauma related events cause a whole number of varying impacts on the way the long-term memory operates. Universally, memory is far from perfect regarding everyday tasks, interactions, and encounters, never mind an event that causes an extensive degree of fear (anxiety, panic, alarm), bodily agony (insomnia, nightmare, physical pain), emotional distress (shock, anger, self-blame), or some combination of the three in the written past, the ongoing present, and the eventual future.

The human mind sees what it wants to see, copes how it deems proper, and is constantly bombarded with conflicting information that makes it so taxing to process everything in a way that can be understood. The mind continuously seeks to be in equilibrium; that is, the mind does not welcome any sort of threat casually. The fight-or-flight response has, since the beginning of all time, been the go to array of decisions for all life forms when encountered by a force seeking to do harm. Either the mind is compromised or it is shielded to block out looming emissions of potential radiation—radiation, in this case, meaning all potential incoming danger radiating from a predacious source. Either an individual chooses to combat the source or chooses to flee for survival. Life presents numerous situations in which the mind is compromised, and thus, is forever altered. These are the situations in which individuals choose to fight and not flee. These are the situations in which individuals endure some of the worst pains this world, and those who inhabit it, have to offer. Traumatic experiences may result in false memory creation in the mind, as well as imagination inflation, that, in some cases, take complete control over both iconic and echoic memory. Post-traumatic stress disorder varies to an indefinite degree per individual, but what remains constant for all who experience it is the need to cope with what has happened at some point in the past. The research presented in this report supports and acknowledges the claim that false memory creation and imagination inflation result in distorted memories from what actually occurred in the traumatic situation, and gives rise to the claim that a greater degree of trauma than originally imparted can result from one or multiple such occurrences.

Problems that arise with these memory flares are for attorneys at law who must determine whether defendants are lying under oath in regards to what truly happened in the case, children who have a much easier time believing something that did not happen and thus will accept those false thoughts for the rest of their lives, and relationships and interactions that are tampered with as a result of false, inflated recounts of the past. In the case of authors who set out to write autobiographical nonfictions, but then alter the events of their past in ways that seem more severe than they actually were, they begin to believe that what they write really happened to them. These nonfictions quickly become fictions, without the writer even realizing or knowing it. The more one tells themselves something, the more they believe it. Flashbacks and unpleasant emotional thought can traumatize individuals for a lifetime unless properly dealt with. If memory is distorted and one begins to believe occurrences that really did not happen, the trauma can become even worse.

However, as with all problems in life, there is a solution to this communal pandemic. In fact, there are multiple solutions. The key is to identify and target the source of the issue—the trauma itself. For those who go through it, it is the cause of all chain reactions of their memory distortion. Although traumatic memories may never be erased from the mind, there are structured practices like Cognitive Processing Therapy that aid in relieving pains and emotional hardship during the post-trauma phase. Individuals can also treat themselves with a variety of personal therapies, including but not limited to meditation, eating a well-balanced diet and exercising regularly, getting plentiful sleep, and replacing poor habits with positive ones (focusing the mind on tasks that promote serenity and joy rather than hysteria and depression). To effectively be rid of nightmarish past experiences and expunge the possibility of distorted memories that lead to greater trauma, it takes both a personal approach—actually talking with expert therapists who can promote a state of equilibrium and comfort once more—and the

willingness to heal the wounds of the past. Consciously suppressing memories will do no good to an individual, simply because they will eventually come back to haunt their thoughts. Trauma experiences can truly become valuable life lessons and even open one's mind towards the beauties and natures of life, so long as the afflicted set themselves up for growth, healing, and a better tomorrow.

Memories, as are understood today, are not instant replays of what happened, but rather they are a retracement of steps regarding what happened in a specific past experience. Any given sequence of events can be drawn in a straight, horizontal line on a line graph. If memories were drawn, horizontally, on a line graph, they would not be straight, but rather skewed up and down. This is because no matter how much memory is believed to be an exact retelling of events, it is not. Instead, false memories are easily the result of distortions (Jelinek, Hottenrott, Randjbar, Peters, & Moritz, 2009, p. 375). They are naught more than a trace of what really occurred.

In a study done by Lena Jelinek, Birgit Hottenrott, Sarah Randjbar, Maarten Peters, and Steffen Moritz (2009), 48 traumatized participants were selected from the University Medical Center Hamburg-Eppendorf. Of those selected, seventeen had already been diagnosed as full PTSD victims. All 48 participants took a Post-Traumatic Diagnostic Scale test so that the administrators of the test could get a sense of just how distressed they were from said trauma experiences. To assess false memories, a visual false memory test was administered with four pictures depicting prototypical scenes like a beach, a classroom, a funeral, or a surveillance room. Some objects that would generally be known to be in these scenes, like beach towels, were purposely left out as bait; additionally, the classroom acted as a neutral background, the beach acted as a positive scene, and the funeral and surveillance room acted as negative scenes in order to target an array of emotions (Jelinek et al., 2009, p. 377).

The results showed that PTSD participants had far greater numbers of false memories for the recollection of objects in each scene than those who had traumatic experiences but no PTSD, as well as the control group with no experiences of prior trauma or PTSD. The PTSD participants argued that specific objects were, in fact, present in the four images when they really were not. Furthermore, the inability to recall certain memories took place for the PTSD participants more so than any other group of participants.

It can be concluded that those who have been diagnosed with PTSD are far more likely to experience memory aberration, which is the inability to recall certain memories as a result of certain traumas and false memory recollection. Depression was found to be highly correlated to false memories. The funeral scenes, which brought to mind death and loss of loved ones, were the scenes that stirred PTSD participants the most. This meant that they were more likely to produce false memories.

It can be inferred that depression results from traumatic experiences, which then results in false memories about said experiences and the formation of new memories about newer occurrences—these new memories are more likely to be falsely remembered, as well. It can also be concluded that false memories are created because the expected outcome of a traumatic experience did not happen, even though an individual might have expect it to occur if they had seen a similar case on the news or heard about it from a friend. Since depression is linked to trauma, and trauma is linked to false memory creation, feelings of hope, delight, and optimism may collectively work over time to stimulate the restorative and healing nature of those who have gone through horrific instances.

A similar test was conducted by Chris R. Brewin, Zoe Huntley, and Matthew G. Whalley (2012) in which PTSD participants wrote a trauma narrative reporting their flashbacks from the experiences. Test administrators then showed provoking stimuli to each participant that related to their narratives, as well as those that related to the other participants' narratives. Each ruled on whether the stimuli showcased belonged to their own narratives or those of the other participants. Additionally, they made known whether the stimuli brought to mind a flashback of their traumas.

The results indicated that it was likely that stimuli were wrongly reported as relating to their own narratives. If they reported as having a flashback, they had greater recognition testing. (Brewin et al., 2012, p. 236).

The findings of this test conclude that there is indication of a cognitive mechanism responsible for the fabrication of untruthful memories in trauma victims.

Fictional happenings may be responsible for aberrations to personal memory.

With all the exposure to what is seen in movies and television, read in books, or viewed on the media, it is no great wonder that trauma experiences are warped. So much information is constantly relayed through the many platforms of the twenty-first century. Violence has become an everyday exposure, especially for teenagers and children. Violence in media can inflate one's own trauma experiences in ways that immensely increases the trauma that inflicts upon the afflicted. While imagination inflation and false memory creation are fairly common, this is another reason why the trauma must be dealt with ahead of time. Any more exposure to the violence in media and the news, after just a few days or weeks following the trauma event, will only continue to worsen the distortion of memory. The influence of the here and now has never been more prevailing.

The mind itself has a hard-enough time grasping the notion of a future that is not yet in existence. That is why so many fear the unknown—because the mind cannot yet perceive something that is not real and does not exist. The same holds true for the past. At best, the memories people create are derivatives and reconstructions of the actual experience once faced. The first time one recalls a memory could be completely altered from the thirtieth time one recalls a memory because of newly learned information about the world, those who inhabit it, and how the individual interacts with everything around them. This demonstrates the system of autobiographical memory (Conway & Loveday, 2015, pp. 574-575).

Another test for the creation of false memories was done by Deryn Strange and Melanie K.T. Takarangi (2012), in which a particularly emotional video of a car crash that killed five people, one of which was a baby, was showed to participants. The video was segmented into scenes, and the administrators purposely removed a particular number of scenes so as to truly test the memories of those participating.

The results showed that the participants scored exceedingly in detecting what they had seen and what they had not seen. On the other hand, a significant 26% of participants claimed to have seen the clips that were not shown to them because they fitted the stereotypical scene of what transpires during a car crash. The majority of these participants were the ones with the most severe forms of traumatic events happen to them in the past, and they wholeheartedly believed to have seen those nonexistent incidents in the videos, even though they were not shown to them (Strange & Takarangi, 2012, pp. 324-325).

The findings of this study document that the finer, small details of traumatic experiences are the key items of focus that are distorted the most. The general idea of what happened is remembered in full. For example, unless individuals have damaged their hippocampus and developed retrograde amnesia, they will, of course, remember that they were in either a car crash, a shark attack, or a deadly war. The small details are what get distorted the most, and the further after the event has transpired, the more the details are clouded and perhaps replaced with fictitious, made-up details.

When one is in the moment of a trauma incident, the number one response from the body and the mind is fight or flight. The fact that those individuals with PTSD have survived the experience, says that they fought the oncoming dangers in those moments by either defending themselves from threat, fleeing the scene, or enduring pain until relief was found. The flight response, in a way, is also a fight response. One may choose to combat their battles by fleeing the scene. For someone to be diagnosed with PTSD, they had to have survived the incident, which inherently means that they were physically and mentally stronger than whatever threatened to either injure or kill them. Because they survived, there is hope of recovery and relief from the past. The past has already taken place; it is done, over with, and finished. However, it must first be dealt with before moving on with life. If not, it will haunt memory, daily life, and relationships with both others and oneself.

There are, however, highly effective techniques recognized to provide relief and restoration to the afflicted individual. These include structured and organized therapy sessions like Cognitive Processing Therapy that restore balance, tranquility, and a state of contentment for those who, truly, have been traumatized.

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In a study done by Patricia A. Resick and Monica K. Schnicke (1992), 19 females, who had been raped within the last six months, attended Cognitive Processing Therapy for 12 weeks in the form of group sessions. This type of therapy is designed to treat the symptoms of post-traumatic stress disorder for victims of rape, abuse, and a great number of other trauma-related experiences. These participants were evaluated before the therapy took place, after the 12-week sessions were completed, and two intervals of three-month periods, afterwards. The participants had substantial improvement from before to after the 12 weeks for both their PTSD and disparity. They maintained their progress for the 6 months thereafter (Resick & Schnicke, 1992, p. 753).

These results say that there is a direct correlation between Cognitive Processing Therapy and the healing of trauma. This study also provides evidence that group sessions are incredibly supportive in the healing process. One on one therapy might not be the best measure to take for those who have been traumatized. It is both relieving and beneficial for an individual to hear other people's experiences that are entirely different, but also, in a way, similar to their own. This allows those individuals to share what they have gone through and what they are going through, how it plays a role in their daily lives, and what they are doing to heal themselves. On the other hand, sharing to a group of people, rather than just one therapist, may influence how the trauma experience is communicated. Some traumatized people may actually tell the story differently than it was and inflate the memory in a way that makes their experience seem more troubling than it really was. There are both ups and downs for group therapy sessions, with more emphasis on the ups. What remains clear is that organized therapy does work and is great long-term approach to progression and recovery.

The fact that people have PTSD means they survived and they are survivors. This needs to be addressed to traumatized people first and foremost to express with them that hope is already existent because they survived. There is always hope so long as there is a heartbeat inside a man, woman, or child. Hope is vital to recovery; although, it is not always viewed in such a way.

As much as an organized setting helps to heal traumatized people, it takes an equal amount of individual methodologies for restoration and self-improvement. Of course, what remains true for both is that they must coexist together for the healing process to progress exponentially. As much as one may allow the past to negatively impact the present, one must change their approach to see that everything that ever happens in life is to be both a learning experience and an awakening to realize that overcoming adversity is what defines, refines, and enlightens an individual. Closure must be found so that the present can be the primary focus to shape the unknown future.

Everything in life is only as effective as one chooses to make it. Childhood is only as happy as one allows it to be, college is only as educative as one allows themselves

to be educated, and work is only as productive as how much one loves their job. Meditation is no exception; it can be the supreme go-to mental and spiritual exercise if one passionately practices it on a regular basis. Mitsunobu Yoshimura, Etsuko Kurokawa, Takayuki Noda, Koji Hineno, Yasuo Tanaka, Yuji Kawai, and Michael C. Dillbeck conducted a study (2015) following the earthquake and tsunami that hit Japan, in 2011. They administered meditation techniques to 171 residents who were, in some manner, affected by the disasters. The purpose was to reduce trauma related symptoms such as stress, fear, and anxiety. The participants were tested before and after learning the meditation technique for their symptoms. They meditated for 15-20 minutes, twice per day, for up to 8 months following the disaster (Yoshimura et al., 2015, p. 215).

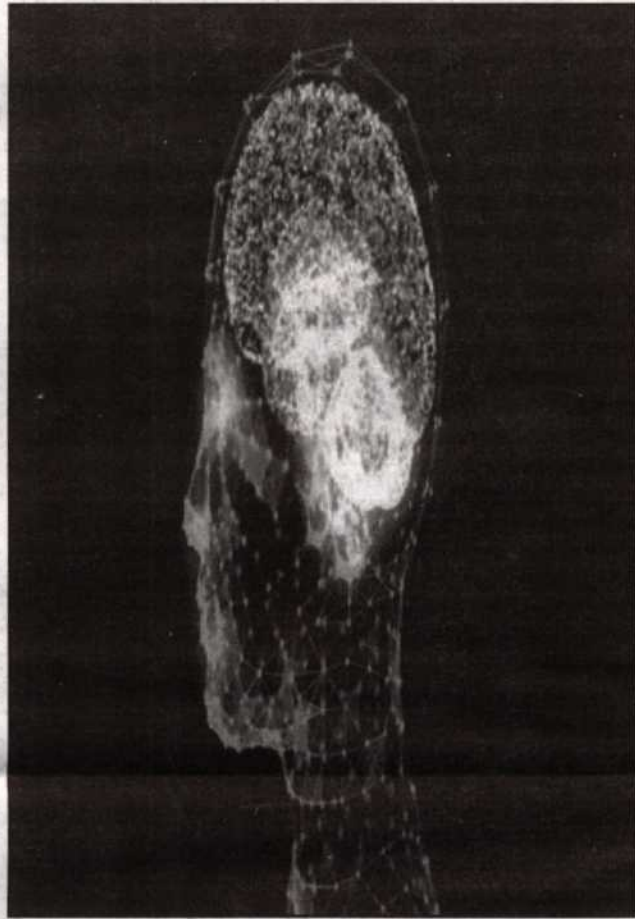
The results indicated that the meditation technique used vastly improved and healed the symptoms of the disaster experience, and gave significant bodily and mindful relief to those impacted. They were able to move on from the traumas of death, destruction, and chaos, and continue their lives in a much better state of mind than prior to the self-treatment.

This study explains how personal treatment at home, with no one else around, is just as effective as group therapy. It may actually be more effective than group therapy. At the beginning and end of the day, what it comes down to is an individual's drive and will to change, heal, and progress. The connection between mind, body, and soul in meditation is greatly enhanced and allows for a once hopeless future to become reality for traumatized individuals. The connection between the mind, body, and soul has forever been the overall guideline for mental, physical, and spiritual wellbeing. By creating a tri-connection between all three at a young age, the unexpected can become expected, and the unknown can become known. Anything in life is possible, and one must always be ready for any possible alteration to the content state of being too often found in life. In a way, the healing of a traumatic event may very well begin before the event itself. If the unexpected is to come to pass, the tri-connection will have already established itself to act as a learned response to such a trauma. Meditation, nutrition, and fitness are the three parts of the soul, mind, and body, respectively. Meditation fortifies one's soul to become a safe haven, nutrition enlightens one's mindset towards making healthy food choices and in turn, healthier life decisions, and fitness strengthens the body as an outer shield to the inner temple that is the soul.

The findings of this research exhibit the importance of healing on both a personal and organized fashion. It takes both the will to change, the desire to heal, and the hope of a better tomorrow. No one will ever deny that trauma related experiences are difficult and frightening; they all are, in some way or another. Linger on the past or suppressing the past is not good for anyone related to the afflicted individual, and especially not to the afflicted individual. Instead, the past must be addressed, faced, and dealt with, now, not tomorrow, if there is to be any proper

progression of recovery. And the process is not just about recovering; no, it is about becoming stronger and wiser than one once was prior to the life-changing event, as well as learning how to properly deal with it in the case it is to happen again.

If, instead of thinking of every experience in life as negative, people thought of them as potential for growth and progression in this vast world, everyone would be far better off. By these standards, failure would be seen as a tool and a useful ally in life. Although false memories and imagination inflation are a result of not properly dealing with the trauma right away, there is no doubt they can be prevented. The longer a memory is deferred or suppressed, the easier it is for the truth to be corrupted and warped. One must not turn away from trauma to try and focus on other things in life. No amount of that will ever erase the trauma itself. Instead, it must first be targeted and dealt with in order to eventually receive closure and move on. Personal healing via meditation, peace from the loud of the world, and group therapy must be the primary focus immediately following traumatic experiences. The past is set in stone; it cannot be changed. It can, however, be a source for a new light in the world and a stronger, wiser future.



(BrandQuarterly)

Introduction to the Creative Writing Club



Thomas Maranian & Matthew Carvalho
Assistant Editor-in-Chief & General Manager



You, yes you dear reader, may know me as Matt Carvalho, the charismatic News Editor and General Manager of The Archway, but I am a man of many hats. I also serve as the Public Relations Chair of the Creative Writing Club here on campus. Now, you may be asking "what is the Creative Writing Club?" Well, the CWC is a fairly new club on campus. The current E-board is only the second administration that the club has had. Our goal as a club is to encourage creativity in people's writing and to make creators feel more comfortable with sharing their writing. During our weekly meetings, there are different sorts of activities that we like to do with the club. Some meetings we start off with a prompt. In the past, we have had prompts about being a character in the Hunger Games, a spooky story during the Halloween season, and being lost in space. Writers will usually have about fifteen minutes or so to write as much or as little as they would like. Afterwards, it is not mandatory, but it is encouraged that authors can share what they have written. We like to take ideas seriously and to listen to our fellow peers' work, and perhaps provide some feedback. There will also be times where we like to work as a group to create a story. In the past, we have written two complete stories together. One was a science fiction, futuristic story, and the other was our own take on the Pokémon series. When deciding what kind of story to write, members can tell us their ideas and then we have a vote on the topic. Our next story was decided at our last meeting; it will be set in Ancient Rome. We all work together to incorporate everyone's ideas and increase our creative writing skills. Members are also encouraged to email their own writing to us. It can be any form of writing and can be as short or long as they wish. At least one E-board member will read the entire piece and give feedback if that is desired by the author. We like to make our members feel comfortable with their own writing and be confident when it comes to having others read it. Often times, we will have the entire club critique his or her writing for more feedback.

Now, I would be just ashamed of myself if I did not introduce you to the other author of this article. You may know him as the tenured Variety Editor and Assistant Editor-in-Chief of the newspaper, but I like to think of him as the Calvin Coolidge of the CWC. Ladies and gentlemen, I introduce to you the President of the Creative Writing Club, Mr. Thomas Maranian.

Thank you for that lovely introduction, Matthew. I would like to segment into our group's mindset when it comes to Creative Writing Club. Writing, as you very well know, is a form of communication that is used every day, everywhere, in numerous forms. Think

it's going extinct? Think again. There are many forms of communication, and writing is amongst the most important. It's what gets messages across the world in the blink of an eye. Writing has always been a central part of business, too. And seeing as we are at Bryant University of all universities, we must know how to write superbly. No, it is not enough to be good at it. We must excel. Writing can take many forms. Our club focuses on the creative aspect of it and manipulating words on paper to tell an original story. We may not all take the path of the writer, but we will certainly dabble in its nature over the coming years. Some of us in club, like myself, continually strive to perfect our prose and eventually get our work published. For others, this is their first time writing creatively. Especially because we are on a campus in which few people really excel at writing or even give it any thought, this club is a gem waiting to be found. We've spoken with peers, professors, and faculty here on campus, and the quality of writing amongst the student body needs work, overall. It's not even about getting a good grade but excelling in the workforce post-graduation.

There is something amongst people called 'lazy.' We have grown far too accustomed to paraphrasing, shortening words, and using slang in text messages and social media posts that when tasked with writing a formal paper or a verse of poetry or a short story or a novel or even telling a story aloud, many of us stumble. Many of us think of writing as a chore, rather than a thing of beauty. I am here to tell you that if you think of anything as a chore, the results will be subpar. Writing cannot be taught, nor can it be perfected, but it can be honed and exploited.

We firmly believe that writing is vital to our success, both now and in the future. That said, joining a club like the Creative Writing Club or an organization like The Archway will benefit you greatly. Why? Because you practice writing, you get your name out there by publishing in a newspaper and blogs, and you feel inspired to want to keep writing.

Now, was that not some fantastic creative writing crafted by Tom? With the CWC, that could be you some day! I do hate to include another cheap plug in this article, but as the Public Relations Chair, it would be a blunder on my part to leave out the fact that our club will be hosting our first event of the semester. On November 8th, 2019, we, here at the Creative Writing Club, will be hosting our Open Mic Night in Papitto from 3-5 in the afternoon. I told you that we love to encourage writers to be comfortable with sharing their work; therefore, we are providing you with an open forum to share your masterpiece. To make things even better, it can be whatever you could possibly dream of. A short story? Yes. A poem? Yes. A song? Absolutely. A monologue? Indeed. Stand-up? Yes, yes, yes. There will be food, drink, and prizes will be at stake. So, we hope to see you there and we hope that you will take this metaphorical pen and join us at the Creative Writing Club on Mondays at four in the afternoon in room 2B!

Escape to Margaritaville: Review

Matthew Carvalho
General Manager

On October 3rd, 2019, I had the pleasure to watch *Escape to Margaritaville* at the Providence Performing Arts Center. It launched its national tour in Providence at the PPAC from September 29th, 2019 to October 5th, 2019. It was just such a fantastic and hilarious show that I was glad I got to see. The show was laidback and did not take itself too seriously, and that aspect helped to make it an enjoyable experience.

Throughout the show, there were many comedic instances that I could not help but laugh. When the show first began, it made a few jokes about Rhode Island regarding the accent and different things that we say. The tap dance number with Brick and the dead insurance salespeople in his head was hilarious. It was an aspect of the show that made it clear that it was not taking itself as the most serious production around and the actors were able to have fun with it. The show was able to carry the essence of Jimmy Buffet and his music in a lot of the jokes and things that went on stage. Some of the jokes were probably things I would not want to have a small child hear, however, the lines about alcohol and sex were tasteful and hilarious. I could not help but laugh out loud when things happened like when Rachel made a joke about Tammy having a vibrator, when Tammy accidentally said she was so horny, or when Brick would keep flipping the drink of the day sign only for it to be a sexy drink.

The show also did a great job on being able to connect so many Jimmy Buffet songs to a single musical. So many of Buffet's hits were turned into over-the-top, beautifully performed musical numbers. They took many songs that were written decades ago and were able to make a story out of it. Cheeseburger in Paradise had to do with the fact that Tammy really wanted to eat a cheeseburger even though her jerk of a fiancée insisted that she only ate sunflower seeds and drank carrot juice because she was too fat. Grapefruit-Juicy Fruit was what Brick was starting to say and then sing because those were things that brought him to his happy place and calmed him down while the volcano was erupting on the island. Why Don't We Get Drunk was all about J.D. wanting to have sex with Marley despite the fact that she kept acting as if she wanted nothing to do with him.

Speaking of which, there were many instances in which the audience got to get involved with the show. When J.D. was singing Why Don't We Get Drunk, he would stay silent during the part when he would say "Screw" so the audience would be able to shout it out. There were also instances when the characters would be talking about the tourists and would be pointing at us and making comments like we look very drunk. There was also the end when tons of beach balls were thrown at us and we kept throwing them around during the big musical at the end. Alcohol and sex may have had a lot to do with

the show, but it was such a laidback show which made everyone in the audience get to a couple hours off and get on island time. It was a fun show, but it also took a few lessons away about finding yourself and that you may never really know someone until you dig up their treasure. It is a show that I totally recommend to everyone. Do not waste your opportunity!



(BroadwayDirect)

FACTS ABOUT THE BRAIN

HUMAN BRAINS WEIGH ABOUT
1.3 TO 1.4 KILOGRAMS

THE CEREBRUM IS 85% OF
THE TOTAL BRAIN WEIGHT

THE HUMAN BRAIN IS MADE
UP OF 60% FAT

IT USES ABOUT 20% OF
OXYGEN IN OUR BLOOD

IT USES UP ABOUT 25% OF
GLUCOSE SUPPLY

THE BRAIN'S CONSISTENCY
IS COMPARABLE TO TOFU

THE BRAIN IS COMPOSED OF
ABOUT 100 BILLION NEURONS

5 TO 10 MINUTES OF OXYGEN
LOSS CAN LEAD TO DAMAGE





Ronzio

PIZZA & SUBS

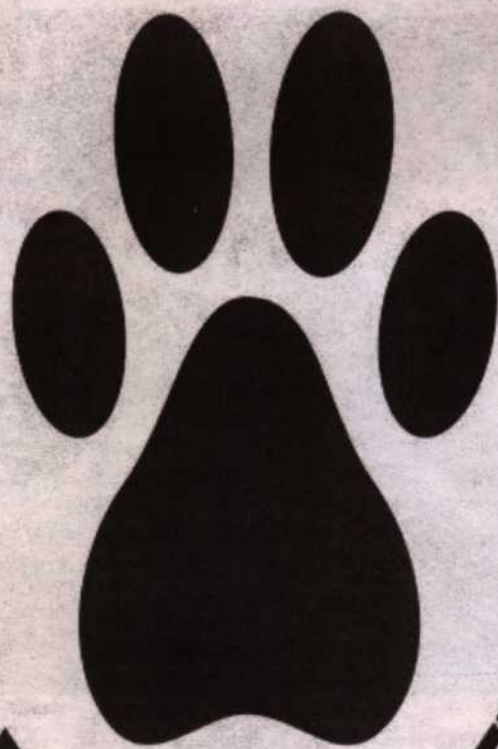
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