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CEO partners with BUNEEC Entrepreneurship Conference

By Harris Roberts
Staff Writer

The nationally ranking Bryant University Collegiate Entrepreneurs Club is bringing an innovative entrepreneurship conference to Bryant University. BUNEEC (Bryant University North East Entrepreneurship Conference) will be held on February 21st and 22nd in the Bello Grand Hall. The conference brings together industry leaders and passionate students to create an intersection of ideas. The conference will feature keynoter David Alwan who was featured on the hit ABC television show Shark Tank. Tickets are free for all Bryant students.

Dave Alwan will be the first keynote on Friday night speaking about his success after Shark Tank. Dave's company Echo Valley Meats specializes in "old fashion butcher shop" quality meats. Alwan is a passionate and engaging speaker who has an amazing story of



Chris Stevens Founder of Keurig Speaks to over 200 students at the 2013 BUNEEC Conference.

See "Entrepreneurship" page 4

The Silk Road: online blackmarket

By Dmytro Bashchynskyy
Staff Writer

Over the past decade the internet has become a crucial part of the world. It is so deeply integrated into people's personal lives as well as the global economy that it is almost impossible to imagine life in 21st century without it. The web is used by private citizens, businesses, governments, and even criminals. Over the past 10 years crime has moved its operations to the web, becoming a bigger problem than ever before. Internet criminal activities are out of control, more so than you could ever imagine.

A very eye opening example of crime on the web is the Silk Road. It is not a reference to a historical trade route that you can read about in the books, but rather an electronic marketplace for illegal drugs, counterfeit items, and more. It launched in February 2011 and operated until October 2013 when it was finally shut down by the FBI.

The website primarily focused on the sale of illegal drugs like, heroin, crystal meth, cocaine, LSD and cannabis. Drug sales attributed to 70% of its trade volume. The other 30% of sales were split between fake currencies, other counterfeit items, and pornography. People have nicknamed this website the Amazon or eBay of drugs.

It had a fully functioning and very detailed vendor review system resembling that of online giants. Clients would purchase drugs, try them, test them in the lab for purity, and then post

reviews and rate vendors for their products. There was also a conflict resolution system in place that helped clients dispute with vendors over problem with sales. Items that were forbidden

that comes to mind when learning about Silk Road, is how can something like this exist, without being immediately punished and put to heel by law enforcement, which in light of

Frontier Foundation. This program encrypts data traffic in a unique way, and wires it through numerous web relays which decrypt a layer of information at a time (henceforth nicknamed onion router). It is so efficient at what it does, that it gives its users complete anonymity on the web, concealing their location, and data being transferred. A set of NSA revelations, from British news agency The Guardian, have shown that even the NSA has an enormous amount of trouble decrypting TOR encrypted data.

Silk Road, websites alike and their users all use TOR in order to conceal their activities and even their very existence. If you were to google Silk Road, or search through any other search engine, you would not find it. TOR encryption prevents search engines from ever indexing such websites and adding them to their search database. Only a user that uses TOR and knows the website URL address can find it. That is why law enforcement has trouble not only tracking activities of such websites but simply learning of their existence is not that simple.

Until recently the situation with illegal trafficking on the web has not been that dire. Even if the transactions and users are anonymous on the web, they still leave plenty of financial traces due to real world money used in transactions, allowing law enforcement to eventually track down and catch criminals. Recently, however, the situation has escalated to a much more desperate state. This leads to the second reason as to why and how such websites exist, and it is



Just a few of the illegal items offered on The Silk Road.

to be sold on the website were those used to harm or defraud, like assassinations, stolen credit card information, child pornography and weapons of mass destruction.

To put things in perspective as to how big Silk Road was, based on the seized server data, the FBI has estimated over 1.2 million transactions were completed on the website during its existence. It generated over 1.2 billion dollars in revenue and hosted over 140 thousand buyers and four thousand vendors. Without a shadow of a doubt, Silk Road was a big and very efficient business.

One of the first questions

recent revelations about NSA's unparalleled data tracking abilities, seem to be all knowing. Silk Road might have been the biggest to date, but it is just one out of many illegal marketplace sites and exchanges that exist on the internet. There are two primary reasons as to why and how, something like the Silk Road can exist.

The most important reason is something called The Onion Router (TOR). It is a free software, widely available on the internet that was originally developed with the sponsorship and resources from US Naval Research laboratory, State Department and Electronic

See "Silk Road," page 3



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Guidelines for Comment...

Only articles and letters including authors' names and phone number will be considered for publication. (Phone numbers will not be printed. They are for verification purposes only.) On rare occasions, names will be withheld upon request if the editors deem there is a compelling reason to do so. No letter will be printed if the author's identity is unknown to the editors.

Letters to the Editor that are between 400 and 600 words will have the best chance of being published. Also, except in extraordinary circumstances, we will not print submissions exceeding 600 words. All submissions are printed at the discretion of the E-board. The Archway staff reserves the right to edit for length, accuracy, clarity, and libelous material.

Letters and submissions must be submitted electronically from a Bryant email address. Bryant University community members can email submissions to: archway@bryant.edu. Letters and articles can also be given to The Archway on disk. They can be left in The Archway drop box on the third floor of the Bryant Center or disks can be mailed through campus mail to box 7.

The deadline for all submissions is by 5 p.m. on the Monday prior to publication (for a complete production schedule, contact The Archway office). Late submissions will be accepted at the discretion of The Archway staff and will more than likely will be held until the next issue.

Members of the Bryant community are welcome to take one copy of each edition of The Archway for free. If you are interested in purchasing multiple copies for a price of 50 cents each, please contact The Archway office. Please note that newspaper theft is a crime. Those who violate the single copy rule may be subject to disciplinary action.

Bulldog Bulletin

The Archway: Writers' Meetings, Mondays 5:30pm, Fisher Student Center, Room 3
Bryant Pride: Thursdays 5:30pm, Fisher Student Center, Music Conference Room
Finance Association: Tuesday (2/11) at 5:00pm, Fisher Student Center, Room 2C
CEO: Thursdays 5:30pm, Fisher Student Center, Room 2C

Campus Calendar							
February	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
	12	13	14	15	16	17	18
						President's Day- No Classes!	

Department of Public Safety Log

<p>VANDALISM TO AUTO(S) Feb 02, 2014-Sunday at 13:19 Location: TOWNHOUSE CIRCLE LOT A student reported that her vehicle was vandalized overnight.</p> <p>ACCIDENT (MVA) MOTOR VEHICLE ACCIDENT Feb 03, 2014-Monday at 14:45 Location: JACOB'S DRIVE DPS received a report of a head-on collision on Jacob's Drive. Smithfield Rescue transported one male for neck injuries.</p> <p>EMT CALL EMT CALL / MEDICAL SERVICES RENDERED Feb 03, 2014-Monday at 18:30 Location: RESIDENCE HALL DPS received a report of a female who fell on the ice in front of a Residence Hall. EMS was activated. Patient was transported via Smithfield Rescue to Fatima Hospital for treatment.</p> <p>LARCENY Feb 04, 2014-Tuesday at 20:43 Location: CHASE ATHLETIC CENTER DPS received a report of a bag that was missing from the Chase Center.</p> <p>VANDALISM (RESIDENCE) Feb 06, 2014-Thursday at 16:49 Location: TOWNHOUSE Reported that two screens were taken off of the windows sometime during the night and are now in the front yard. The screens are broken.</p>	<p>EMT CALL EMT CALL / MEDICAL SERVICES RENDERED Feb 07, 2014-Friday at 19:13 Location: RESIDENCE HALL DPS received a request for a medical evaluation on a person having a reaction to drugs. EMS was activated. Patient was transported to Fatima Hospital for treatment.</p> <p>DUI DRIVING UNDER THE INFLUENCE Feb 08, 2014-Saturday at 01:12 Location: DORMITORY ROAD PARKING DPS received a report from a student that an intoxicated female was attempting to drive off campus. The suspect vehicle was stopped in front of Residence Hall 14. The driver was a guest, and had an underage friend with her. The vehicle was secured by DPS, and the subjects were brought to the Entry Control Station, where the parents would pick them up.</p> <p>VANDALISM (SCHOOL BUILDING) Feb 08, 2014-Saturday at 06:47 Location: RESIDENCE HALL DPS received a report of a toilet being vandalized in a Women's bathroom.</p> <p>ACCIDENT (MVA) MOTOR VEHICLE ACCIDENT Feb 08, 2014-Saturday at 13:42 Location: COMMUTER PARKING LOT DPS received a report of a parked vehicle being hit in the Commuter parking lot.</p>	<p>LARCENY Feb 09, 2014-Sunday at 01:36 Location: RESIDENCE HALL A student called DPS and reported someone had stolen her backpack with valuables in it.</p> <p>LARCENY Feb 09, 2014-Sunday at 02:32 Location: TOWNHOUSE While gathering info for report #140046 a female reported a theft that had happened.</p> <p>VANDALISM (SCHOOL BUILDING) Feb 09, 2014-Sunday at 04:20 Location: RESIDENCE HALL A DPS officer responded to a report of vandalism to a window in a Residence Hall.</p> <p>BIAS INCIDENTS: None Reported</p> <p>To report a bias incident or hate crime, go to www.bryant.edu/bias or call the Bias Incident Hotline at x6920</p> <p>Bias related incident is a threatened, attempted, or completed action that is motivated by bigotry and bias regarding a person's real or perceived race, religion, natural origin, ethnicity, sexual orientation, disability, or gender status. Examples of these incidents include name calling, offensive language/acts, and graffiti/behavior.</p>
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Email your club/org's information to archway@bryant.edu

Discover Academic Areas of Study

MyPath Gives Exploratory Students Opportunity to Discover Academic Areas of Study

By **Harris Roberts**
Staff Writer

The MyPath Showcase will give students looking to choose a major, concentration, or minor an opportunity to learn more about select areas of study. The MyPath Showcase will start in Janikies Theater on Wednesday, February 19th from 2:00-5:30pm. During this time students will be able to listen to two brief presentations by departments of their choice. The event will be kicked off by keynote Patrick Combs who will talk about "Majoring in Success!" The showcase offers primarily first and second year students the ability to explore multiple academic paths. Additionally students who attend will be eligible for drawings including a grand prize spring break trip.

The MyPath Showcase will give students a chance to talk with faculty from up to two different departments in a small, comfortable setting. Each department will have 30 minutes to present and answer questions. In addition to faculty, each room will have an upper class student who is concentrating in that academic field of study. Students can expect engaging presentations that will clarify the academic curriculum, internship, and post graduate opportunities.

The keynote speaker Patrick Combs has appeared on national television and has spoken for more than 500,000 students. He often speaks on topics including overcoming obstacles, personal growth, fearless living, and working smart. Patrick will kick off the event at 2:00 p.m. in Janikies Theater.

Academic sessions will occur in classrooms and students will receive a raffle ticket for each event they attend. The MyPath program is a collaboration between Academic Advising and The Amica Center for Career Education. For more information on the

event contact either of the departments or find more information on their social media accounts. Registration is not necessary but seats are available on a first come basis.

The following areas of study will be represented at the showcase: Accounting, Biology/Environmental Science, Economics, Global Studies, Human Resource Management, Marketing, Actuarial Math/ Applied Math and Statistics, Computer Information Systems/Information Technology, Entrepreneurship, Global Supply Chain Management, Literary and Cultural Studies, Politics and Law, Applied Psychology, Communication, Finance/Financial Services, History, Management, and Sociology.



Silk Road

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because of bitcoins.

Bitcoins are a digital, demand-driven currency that appeared in 2009. No one knows where it came from or who created it. That doesn't change the fact that a single bitcoin is worth over \$700 and currently rising. It has become very popular in recent years, and illegal online sales are part of the reason. It is not controlled or regulated by any government entities but rather by the pure forces of supply and demand. In addition, it utilizes a complex encryption system that makes bitcoin transactions untraceable.

Silk Road used bitcoins for all transactions, enabling its owner, who was receiving a commission-based income from each transaction, and all of its users, to hide behind a double wall of not only online but also financial anonymity, making them desperately hard to track.

On October 2, 2013, the FBI tracked down and arrested Ross William Ulbricht, also known as "Dread Pirate Roberts," who was the founder and owner of Silk Road. Shortly after the website was seized. Ulbricht was not the only person arrested in connection with illegal drug trade and Silk Road. Over the years a number of drug dealers and counterfeit producers have been arrested as well. However, the total arrest count in regards to Silk Road is merely in the low double digits while the total amount of registered website users was in the hundreds of thousands.

Even though Silk Road was eventually taken down, it existed long enough to become world famous. No matter how unlawful and wrong this website may seem, it is nothing compared to the many other drug trading, child pornography distributing, assassination selling, and terrorist recruiting websites that exist on the web. Hiding behind the walls of TOR and Bitcoin, to add insult to injury, Silk Road was reopened on November 6, 2013, and is now once again, the internet's biggest illegal marketplace.

IT Tips & Updates

By Dan Minor
Contributing Writer

Interested in Information Technology? Have any questions or concerns that are IT related? You've come to the right place. Representatives from the student body meet with members from the IT department and Laptop Central to discuss and resolve any issues and answer any questions students are having that are technology related. This semester we are aiming to inform students of all the technologies that are available to us that we may not be taking full advantage of. Our goal over the course of this semester is to provide students with a series of instructional YouTube videos demonstrating these technologies.

One such video has already been made which can be found by visiting the "Bryant University Student Senate" Facebook page. As a student, I thought I was utilizing Google as best as I could, however, I learned there was so much more we can do. This demonstration taught me that you can back up your files to Google Drive automatically so you don't have to worry about losing a big paper due your laptop crashing. It also will allow you to access the paper from any computer, without using flash drives, because it is stored online. This is just one small example of how we will be trying to raise awareness of all the technologies that are at our disposal.

Keep your eyes open for more IT Updates and demonstrational videos! Also, be sure to attend the Information Services and Technology Fair that has been rescheduled to Thursday February 20th from 9:30am-12:30pm in the roto! Representatives will be there to answer questions and showcase technologies they are working with. In the meantime, feel free to contact a Student Senator with any issues and we will get to work on it!

Follow Student Senate on Twitter! @BryantUSenate

Forensic Science

A liberal arts major at Bryant University

By May Vickers
Staff Writer

Popular television shows like Crime Scene Investigation (CSI) have catapulted forensic science into the media forefront by highlighting the tremendous advances made in the field of forensic science. Forensic Science represents an exciting field filled with countless opportunities for the dedicated student. If you would like to pursue a career involving police and medical investigations of crime scenes and criminal acts, Bryant University's twenty-one credit forensic science concentration is the correct place for you.

According to the Bureau of Labor Statistics, employment of forensic science technicians is expected to grow six percent from 2012 to 2022. As of 2012, the United States had 12,900 employed forensic scientists. In addition, the use of forensic evidence in criminal proceedings is expected to substantially expand partly because of the media exposure to forensic science which has created expectations that forensic evidence should contribute to court cases and trials.

Typical job duties of forensic scientists include analyzing crime scenes to determine what evidence to collect, photographing crime scenes and evidence, sketching crime scenes, recording observations and findings, cataloging and preserving evidence for transfer to crime laboratories, and using scientific analyses to determine potential links between suspects and criminal activities. Forensic science technicians have the opportunity to specialize in natural sciences or engineering depending on their preference.

Bryant University's Forensic Science Concentration was established by the Department of Science and Technology in the College of Arts and Sciences, using guidelines from the Council of Forensic Science Educators (COFSE) and was designed to match certification requirements from the American Academy of Forensic Science (AAFS). This professional concentration will prepare you to navigate through more advanced studies such as post-graduate education in areas including trauma assessment, forensic photography, ballistics, medical entomology, soil and chemical analysis, biochemistry,

geographical information systems (GIS) mapping, bioimaging, DNA analysis, pharmaceutical science and/or medical studies.

Due to Bryant University's culture and the small size of the program, students in this concentration have the unique opportunity to specialize in their area of interest by collaborating and working with dedicated faculty. Due to the small size of the program and technical expertise of the faculty, students are exposed to internship opportunities to gain practical work experience and can participate in additional special skills training or certifications.

Students with a concentration in Forensic Science can further gain a competitive advantage before entering the job market by pairing their concentration with existing majors and minors in the Department of Science and Technology. Examples of majors and minors include Biology, Environmental Science and Biotechnology. In this curriculum, students can attend special guest speakers from many different organizations including law enforcement, health management, genetic analysis, medical assessment and DNA testing.

To complete the twenty-one credit concentration, students are required to choose a capstone course. Examples include Biological Imaging, Instrumental Analysis for Environmental Life Sciences, Environmental Toxicology and Risk Assessment or a directed study either conducting research or working at an internship. Students can request further information about elements of the program or specific courses at <http://www.bryant.edu/academics/undergraduate/courses-of-study/forensic-science.htm>.

Bryant University's program provides students with some of the best opportunities to succeed in the competitive job market. The small size of the program and collaborative faculty allow students to specialize in their interests and truly discover their passion for the subject matter. With exposure to internship opportunities, special guest speakers and laboratory analysis students are well prepared to dive into post-graduate study or an entry-level position upon graduation. For further information please contact Professor Smith, rsmith15@bryant.edu or Professor Langlois, langlois@bryant.edu.



Student Senate survey results are in!

By Conor Haraden
Contributing Writer

Last semester, shortly before break, the Student Senate sent out a survey as part of one of its strategic goals for the semester. The survey asked students questions ranging from their common area to the issue of heating and ventilation of their rooms. The main purpose of said survey was to compile data regarding common issues and complaints that residents on campus have with their halls. Also to see areas of the halls that can be improved by the senate or the general student body.

The results showed an unexpected amount of responses and a fair amount of data to work with, most notably the freshman halls (Halls 14-16) and Hall 17 seemed to be quite content with the current heating and air conditioning, whereas everywhere else (townhouses excluded) the temperature control is an ongoing issue. Not surprisingly Hall 14 and 15 residents expressed

some concern for the bathrooms, specifically the state of disrepair that the current shower curtains and floors are in.

Being a Hall 14 resident myself, I can attest to these conditions. Hall 17 residents, however, are quite content with their bathroom. In regards to Res Life the freshman halls gave a big approval rating to the programs put on by some of their resident assistants. However, trash bags and toilet paper supplies remain an issue to those living in upperclassman halls. Residents of the village suites reported that they had issues with the carpeting. Surprisingly many students reported issues with the furniture being in disrepair or dismantled before the school year even starts.

More specifically it was found that Hall 12 would like to have better heat control and more washing and dryer machines, a concern that is shared by residents of Hall 14, 9, 7, and 5. Hall 1 residents expressed an interest in a recycling option and increased pick up times for

trash disposal. Hall 8 residents expressed concern for a supply closet and to have access to new mattresses. Hall 4 residents polled in with a high concern for noise and, interestingly enough, a way to meet more residents of their hall. Hall 16 occupants expressed an interest in having a printer located in their common area, an upgrade that would surely benefit its residents and could be expanded further to include other residential halls. Hall 15 residents expressed interest in more game tables located in their common areas along with an upgrade to their kitchen. The Student Senate plans to address these issues with both short and long term solutions. The Senate will be holding an information forum open to the public which will include members of res life and some faculty and staff. The forum will aim to address the main issues listed here as well as any other concerns the general student body may have. The forum is scheduled to be held February 19th in Pappito located in the Fischer Student Center.

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Tupper's Tidbits

Tupper's Top 5 ways to show Bulldog love!

By Iron Clad Tupper I



After a win, I like to absorb the positive energy from the court so I can bring it to the next game. (Christina Senecal)

Love is in the air this week. No, I swear, it's not me...I know mom puts garlic in my food, but I'm really not that gassy. Really. Okay, I know SOME bulldogs are, but what are ya gonna do? It's harmful to suppress bodily functions!

Anyway, back to love. It's Valentine's Day week. The day created to make all humans miserable. Or that's how it seems to me. No, no, don't get me wrong – I'm a lover of love. If you've met me, you know this is true. I love to hold hands. And have you scratch my bum and pet my top forehead wrinkle.

Most bulldogs are inherently love lovers. But I'm going to tell you how you can show me love even if I'm not around. I present to you "Tupper's Top Five Ways to Show Bulldog Love":

5. GO TO A GAME ON CAMPUS! Your Bulldog teams would love your support. This Saturday, Men's Lacrosse has their home opener at 1, and the Women's and Men's Tennis teams take on Hofstra at 6:30 and 7, respectively. Wondering how I know this? Check out bryantbulldogs.com/composite. Bookmark it. P.S. Those LAX parents come to every game and they are VERY entertaining!

4. DONATE! Time or money – they're both important. Check out "The Bryant University Community Service Office" Facebook page for more information on volunteering. Or you can volunteer to foster a couch potato (bulldog) through a local bulldog rescue. Long Island Bulldog Rescue helps all bullie breeds. They always need volunteers or money. Or you can make a tax-deductible donation to Bryant and put "Tupper care" in the memo line.

That'll go to support my baby carrot and bacon habit directly.

3. WRITE FOR THE SCHOOL NEWSPAPER! Yes, this very one. You ever hear the phrase "practice makes perfect?" It's a win-win. The Archway is always looking for contributing writers. Go to one of their weekly meetings – every Monday at 5:30 in Fisher Center Room 3.

2. VOTE FOR BRYANT! Ever hear of this little organization called the NCAA? Well, they're sponsoring an online contest – which of the 345 NCAA member colleges has the most loyal fans? Well, it's got to be a school with a bulldog mascot, right? Vote online at 6thFan.ncaa.com and tweet using hashtags #6thFan AND #BRYANT. We have four days to make it to the Sweet Sixteen. We've been #10 for a while. Let's keep voting! Mom said she'll give me THREE bacon strips if we make it to the Elite 8.

And the number one way to show Bulldog love:

1. GIVE ME HOT DOGS! No? Momma says, "no." She's such a spoilsport! How about plan a massive flash mob dance with the Bryant Dawg Pound? The Blackout to Whiteout was original and impressive. How 'bout we surprise everyone during a televised game with a choreographed cheer/dance? I can help you coordinate – get at me!

So there you have it. Tupper's Top Five Ways to Show Bulldog Love. Don't forget – I'm on Facebook (www.facebook.com/bulldogtupper) and Twitter (<http://twitter.com/bryanttuppy>). 'Til next time...WOOF!

Entrepreneurship

Continued from Page 1

how he created success by rejecting all of the sharks offers. Dave estimates that going on the show was worth more than \$3 million in advertizing. Dave projects his sales for this year will exceed \$10 million dollars. Dave attributes his success to the high quality of product and service he delivers to his customers.

BUNEEC takes a different approach towards an entrepreneurship conference. CEO President Renee Lawlor said, "We used to go to national entrepreneurship conferences and get really motivated, just to have the post conference high wear off in two weeks." BUNEEC is structured to allow for inspiration and personal success stories during keynotes, and then focused breakout sessions follow. In the break out sessions presenters teach specific skills necessary to launch a business. The topics range greatly and will benefit not only entrepreneurs but any students looking for personal and professional development opportunities.

Workshop topics cover issues including: sourcing international products, branding, team leadership, the lean startup, intellectual property, and many more topics. Many speakers are highly coveted and bring vast industry experience. Hannah Chung will speak on Saturday on "Creating a Killer Presentation." Hannah has been featured in Mashable as well as GOOD magazine and in 2012 was named one of the "Top 15 Women to Watch in Tech" by Inc Magazine.

The conference is both Friday evening and Saturday. Attendees will be fed multiple catered meals, and there are also many prizes and giveaways for students to win from local sponsors. Registration is limited and once tickets are gone students will be placed on a waiting list. Students can sign up for the conference at www.buneeec.com by using the promo code BUSTU.

Turner's Thoughts

Combat Crazy Cravings



By Debbie Turner
Registered Dietician for
Bryant University Dining

Winter blues are brutal and somehow derail any chance of staying on the healthy eating train. Eventually you find yourself eating mindlessly and before you know it, your pants are tight. When it's cold we tend to eat high sugar, high fat "comfort foods." Once these sugars and fats are in the blood, you continue to crave more. Stop the cycle with the following knowledge.

What is a craving? A craving by definition is an intense, urgent, or abnormal desire for some particular thing; desire is a strong wish for something.

Food cravings can be very powerful, and if you find yourself daydreaming about a fatty cheeseburger during an afternoon lull, or craving a sweet dessert even though you're full from dinner, you may need to discover the real reasons behind your cravings.

Cravings may bombard your mind for many reasons, but hunger usually is not one of them. Once you figure out why you're craving, then you can work on control; and hopefully, get through the day without getting out of control. Most cravings are not the result of poor willpower but have simple physiological causes and can be easily controlled by eating a diet that incorporates all food groups.

Four common causes of cravings:

1. Dieting: If someone told you not to think about pink zebras, your mind would be filled with images of pink zebras. The same goes for dieting; when you ban certain foods from your diet or label foods as "Good" and "Bad" (i.e. carbohydrates or fats) you are going to crave the very foods you are trying to avoid. This leads to binging and low self esteem.

2. Bodily Needs: It's possible that you may be craving nutrients your body is deficient in such as:

-Calories: Going longer than 4 hours without eating will spiral a craving. When we go a long time without eating, the first thing most people crave is sugary carbohydrates (cookies) and/or fats (a chocolate bar, French fries). In this case your body is requiring more calories and calls for the most it can get in a short time.

-Imbalanced Nutrition: A good visual for a meal is to make half your plate vegetables/salad; quarter of the plate a starch and the other quarter a protein.

-Inadequate fluid intake. A dehydrated body will often mask itself as hunger so remember to hydrate!

3. Lifestyle Habits: Some cravings exist due to habit. For instance, your family may have eaten dessert every night after dinner while you were growing up. Now, if dessert doesn't appear every night after dinner, you crave something sweet. Or maybe associations can trigger cravings. Watching movies, for example, is heavily associated with eating popcorn and candy.

4. Emotions: Emotions can also lurk at the root of food cravings especially if you consider certain foods "comfort" foods.

If you continually reach for candy every time you're stressed out or upset then you may begin to associate the taste of candy with feeling better.

Combating the Craving:

In order to fight cravings it is important to recognize them and then change the physical and/or psychological behavior causing them. Here are a few ways:

Eat meals and snacks through the day—try not to exceed 4 hours without food.

Remember to combine a protein with all meals and snacks—protein will to help keep you fuller longer.

Don't deprive yourself: Stop Dieting! Banning certain foods from your eating pattern will only make you want them more. Rather than blacklisting certain foods try the 90/10 model; Eat healthy balanced plates 90% of the time and indulge 10% of the time.

Have smart snacks

If you know that you have to go several hours without a meal then HAVE A PLAN. Carry snack bars with nuts, a banana or high fiber cereal in your bag at all times. Other good snack choices include yogurt parfait, apple and peanut butter, trail mix, and hummus with crackers. Note: these all include a protein option.

Drink plenty of water

Water, besides being necessary for survival, helps eliminate cravings. Your body needs 60-100 ounces of water per day for optimal functioning.

Master the art of distraction

Most food cravings last no longer than 20 minutes. Try to distract yourself in an activity that last longer than 20 minutes: Walking, emailing, calling a friend or taking a shower is simple ways to avoid a craving. If you still "want" that craving, have it!

Take Control:

Now that you have an idea about what induces a craving, you can begin recognizing what causes your craving, outwit your craving until it passes, or give your body a healthy alternative to fatty food.

Ask yourself these questions to determine hunger vs. craving:

-When did I eat last? Was it more than 4 hours? If no then it's a craving
-What did you eat last? Did it include a Protein (ex. Salad with chicken, Stir fry with meat or tofu)? If yes then it's a craving!

-Did you eat enough to be satisfied (not full)? Stopping before you are satisfied will leave you wanting "something". However, eating until you are thanksgiving full will leave you bummed. Find your balance. You are the only one who knows your body.

-Did you eat something that you liked? If you are eating for your "diet" chances are you are not liking it and ultimately setting yourself up for a craving binge.

Eating healthy is a way of life, not a short term fix. You need to be conscious of your eating patterns and practice good behaviors every day. All foods can fit into a healthy eating plan. Remember, combining all meals and snacks with a protein will keep you full and satisfied longer:

Examples:

-Toast with Eggs and a piece of fruit
-Yogurt or Cottage Cheese with granola
-Cereal with low fat milk and fruit
-Peanut Butter and Jelly Sandwich with a piece of fruit
-Salad with Chicken, Beans or Tofu
-Stir Fry with meat or tofu
-Pizza with a large Salad
-Cheeseburger with a side of veggies or salad

In Memoriam: Philip Seymour Hoffman

By Nicholas Calabro
Staff Writer

On February 2, 2014, Hollywood mourned. They mourned the loss of the critically acclaimed actor, Philip Seymour Hoffman. That morning he was found dead in his apartment, a death believed to be caused by a heroin overdose. In fact, the needle often associated with this drug was still in his left forearm when he was discovered.

The death was not the first time that the actor used heroin; he had been struggling with substance abuse in the past, though at one point he had racked up twenty-three years of sobriety. According to the New York Post, at 11:15 he was found by his friend David Bar Katz and personal assistant Isabella Wing-Davey. When CPR did not work, they called 911, and Philip Seymour Hoffman was pronounced dead half an hour after the initial discovery.

Philip Seymour Hoffman was trained as a stage actor, but his film career began with his performance in 1997 with "Boogie Nights." However, it was his performance as the title character in 2005's "Capote," that catapulted him to the Hollywood spotlight. His mesmerizing performance earned him the Oscar for Best Actor. In addition, he also received nominations for his performances in "Doubt," "Charlie Wilson's War," and "The Master," according to the New York Post. So, what made Philip Seymour Hoffman one of the greats?

Entertainment Weekly writer Owen Gleiberman says that it all started, again, with 1997's "Boogie Nights." When Philip Seymour Hoffman, as homosexual Scotty J, is rejected in possibly the worst way, he lets the emotion out in his car. Gleiberman writes: "Hoffman held up the mirror to something that actors, even great ones, almost never have the daring to reveal: the scrappy, private pain of an ordinary person." And he would continue to show the humanity in his characters for the rest of his career. And if you thought he could only portray characters like Scotty J, then you were very far from the truth.



In two years, Philip Seymour Hoffman went from the socially awkward Scotty J to the rich playboy, Freddie Miles in "The Talented Mr. Ripley." Why is this performance special? According to Gleiberman, "Hoffman made you feel the nearly tactile joy of Freddie's all-American blustery decadence." This was more than another excellent performance, because by playing polar opposites with equal acclaim, Philip Seymour Hoffman had proven his versatility. The following year, he was Lester Bangs in "Almost Famous." Here, he put part of himself into his character because, "he knew all too well what corporations were always going to ask artists to do." And his best performance was still yet to come.

Certainly, his portrayal of Truman Capote is the obvious choice to receive this title. Gleiberman believes that it simply is his best. In referring to this performance, he said, "for the first time, Hoffman was playing an immensely powerful man in dweeb's clothing, and so he was able to assemble the twin dynamics of his acting." In other words, this was his best performance because it had him combine what worked with Scotty J and Freddie Miles into one Oscar worthy performance. Now that all is said and done, "what I will cherish about Hoffman is his stunning commitment to the truth of his characters, and the fearless infusion of them with every aspect of his love and pain. These

combined to create a human reality on screen that you could not shake, could not deny, and could never, ever forget."

When Philip Seymour Hoffman died, he was at the relatively young age of forty-six. As I see it, we are grieving over two interrelated things. First, it is the loss itself, and what it mean to his family and friends. I find that their pain is completely unimaginable to say the least. Second, we grieve over what could have been. His last performance was in the ongoing "Hunger Games" series after all. In the case of Philip Seymour Hoffman, I agree with Owen Gleiberman when he says, that with performances "that tap the outer reaches of an audience's empathy, that have touched our souls, then when we hear about his death, the shock may be hard to get over. This is because it is almost literally hard to imagine the universe without his presence."

The importance of fellowships

National Wildlife Federation Campus Ecology Program

By May Vickers
Staff Writer

What is a fellowship? How is a fellowship different than an internship? Why should I apply for a fellowship? These are just a few of the questions many students ponder regarding fellowships. Fellowships represent an opportunity for professional development through research and collaboration between different stakeholders to enact positive change. Fellowships are often sponsored by specific organizations that provide training and reflection to support the fellow's growth. In May of 2013, I applied to the National Wildlife Federation's Campus Ecology program with my project proposal for No Light Left Behind, a feasibility study and analysis for opportunities for solar power at Bryant University.

The National Wildlife Federation is an organization dedicated to protecting wildlife and habitats through conservation. The National Wildlife Federation strongly encourages and inspires America's youth to take action regarding green education and sustainability efforts. The Campus Ecology program was founded in 1989 to include funding for student outreach programs, campus consulting, climate action competitions and educational events. The successfulness of this program has brought green/sustainable actions to over one thousand campuses annually in the United States of America.

Without the support of the National Wildlife Federation and the Campus Ecology program, I would have found it more difficult to discover avenues for networking, training and resources to explore the opportunities for renewable energy at Bryant University. This program has provided me with funding to analyze how installing solar panels on top of Bryant University's outdoor lighting systems will increase the university's triple bottom line (people, planet, profit).

This project was inspired by the increasing trend towards sustainability not only in corporations but campuses worldwide. With the higher education sector spending approximately \$10 billion each year on energy, colleges nationwide are infusing renewable energy into their campus culture. Benefits of on-site renewable energy development include reduced energy costs, enhanced service reliability, positive brand marketing and a smaller carbon footprint.

While many argue that the initial investment in renewable energy can be substantial, my research for this fifteen month fellowship highlights the cost incentives for universities to use solar-photovoltaic systems. For example, several colleges who have installed and use solar-photovoltaic systems have been able to obtain a 30 percent investment tax credit to cover the cost of all equipment and its installation. Many competing universities are switching to renewable energy. For example, Babson College has made a significant commitment to reducing its greenhouse gas emissions through energy efficiency investments and investing in solar power generation from 2011 to 2015.

My fellowship from the National Wildlife Federation has provided me with numerous methods for professional development. As part of the fellowship, Campus Ecology fellows attended a professional leadership training seminar in August, 2013 to meet and network with the other Campus Ecology fellows visiting from around the nation. In addition, from conducting research for this project I have learned the importance of stakeholder engagement in all levels of this process. Without input/feedback and communication from all stakeholders it proves difficult to enact positive change. I have had multiple opportunities to present this project in front of various organizations around campus.

The National Wildlife Federation has a world class fellowship program that I strongly urge Bryant University students to apply to. For more information regarding No Light Left Behind please contact me at jvickers@bryant.edu.

Kelsie's Korner

Deep Dish S'more Cookies

By Kelsie Hollenbeck
Staff Writer

Are you craving a little summer after trudging through all this snow? I can't say these cookies will actually bring you that scorching heat and beaming sun, but I can guarantee they will send you off into a summer daydream. With the mixture of graham cracker crumbs, Hershey's chocolate, and marshmallows, you'll think you're sitting in front of a roaring fire that's crackling right before your eyes. The combination of the s'more taste and a chocolate chip cookie is probably one of the least known, but BEST groupings ever...it may even beat out peanut butter and chocolate! And to make this cookie even more amazing, you top it off with additional chocolate and marshmallows just to get that classic gooey s'mores effect. Safe to say, the Deep Dish S'more Cookies may just beat s'mores themselves. If you don't believe me, I just dare you to bake them yourself; your stomach will be glad you did.

Ingredients (makes about 15 Deep Dish S'more Cookies):

Cookies:

- 1 cup butter, room temperature
- 1 1/2 cups light brown sugar
- 2 eggs
- 2 tsp vanilla
- 1 1/2 cups graham cracker crumbs -1 tsp baking soda
- 1 tsp salt
- 2 1/4 cups flour
- 1 (3 oz) container Marshmallow Bits, or 1/3 cup mini marshmallows
- 2 cups coarsely chopped milk chocolate bars (about 6)



Toppings:

- 8 Large Marshmallows, cut in half
- 2 Milk Chocolate Bars broken into pieces

Directions:

1. Preheat the oven to 350°.
2. Spray muffin pan or muffin top pan with cooking spray. You can also bake these without the muffin top pan. Just place the dough on baking sheet, 2 inches apart and bake for 8-9 minutes, following the same guidelines as used for the muffin pan. If made in a muffin pan, you can use muffin liners to make less of a mess.
3. In bowl, mix butter and sugar together until light and fluffy; about 2 minutes. Turn speed down, and add eggs and vanilla, mixing until smooth.
4. Add graham cracker crumbs, baking soda and salt.
5. Turn mixer to low, and add in flour until just combined.
6. Stir in your Marshmallow Bits and chopped milk chocolate bars.
7. Use 1/3 cup of cookie dough for each cookie, pressing mixture evenly into the pan. When you place the dough in the individual muffin spots, press down in the middle of each cookie, using your thumb so a small indent is made to fit the extra chocolate and marshmallow that are applied later on.
8. Bake for 8 minutes, remove from oven, and press marshmallow half onto the top. Continue baking for 4-5 minutes until marshmallow is puffed and slightly golden and cookie is lightly golden.
9. Remove and immediately press reserved chocolate onto the top of the cookie. It will melt from the heat.
10. Allow cookies to cool in pan for at least 10 minutes. Loosen edges with knife and carefully remove from pan, transferring to a wire rack to continue cooling.

AOL performance metrics overlooked amid controversy

By John Zeiner
Business Editor

Chairman and CEO of AOL, Tim Armstrong, annulled an unpopular change in the media company's employee benefits program. Additionally, he apologized for publicly singling out two families' health care issues as a motive for those changes. In a companywide phone call last Friday, Armstrong mentioned that the babies of two employees had cost the company over \$1 million in health-care costs each. He stated that he wanted to continue to offer health benefits with that kind of kindness but believed that the Affordable Care Act would cost the company \$7.1 million.

Recently AOL had modified its 401(k) program, changing its matching payments to one lump sum at year-end as opposed to payments throughout the year. This leaves employees who depart the company before December 31 at a disadvantage. Armstrong announced the company's reversal in an email to employees late on Saturday.

He wrote, "The leadership team and I listened to your feedback over the last week. We heard you on this topic. And as we discussed the matter over several days, with management and employees, we have decided to change the policy back to a per-pay-period matching contribution."

Despite the recent slip-up, Armstrong has helped transform AOL from an Internet portal to a diversified media company. He has been able to support the company's financial performance by placing strong bets on video advertising. Unfortunately, this was the second time in the past year that Armstrong has been forced to apologize for actions or comments regarding AOL's benefits program during internal meetings. Amid a tense meeting this past August with employees at AOL's troubled Patch unit, which is a collection of local news sites, he fired an employee for taking photographs of him during the meeting. Similarly, he apologized four days later. AOL has since sold a majority stake in Patch to Hale Global, a turnaround firm.

Armstrong came under criticism for what many AOL employees believed to be crass remarks while discussing the company's increased medical costs. In doing so, he cited specific health care examples. According to a transcript of the call, he said, "We had two AOL-ers that had distressed babies that were born that we paid a million dollars each to make sure those babies were O.K., in general."

Although he did not specifically mention any names, numerous co-workers were unhappy with his comments. Armstrong's comments garnered significant attention and criticism on social media. In a first-person account for online magazine Slate, Deanna Fei, who is the mother of one of the babies stated, "For me and my husband -- who have been genuinely grateful for AOL's benefits, which are actually quite generous -- the hardest thing to bear has been the whiff of judgement in Armstrong's statement, as if we selfishly gobbled up an obscenely large slice of the collective health care pie."

On Saturday, Armstrong said, "I made a mistake. I apologize for my comments last week at the town hall when I mentioned specific health care examples in trying to explain our decision-making process around our employee benefit programs."

This commotion comes after an earnings call in which AOL had finished the fourth quarter of 2013 with better results than it had seen in a decade. This story raises a few questions: How will this affect AOL's future earnings? Does this cast a shadow over Armstrong and the company as a whole? Finally, is it worth it to cut employee benefits in attempt to increase profitability?

3D printing in a nutshell

By Ashley Smith
Staff Writer

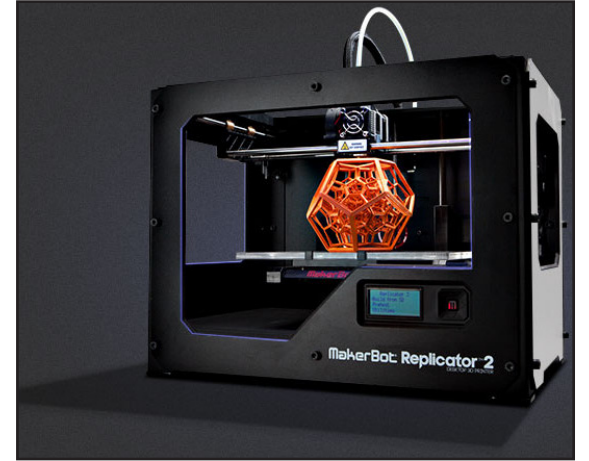
When I first heard about 3D printing it was as if my imagination had been ignited. It took off in various directions; it seemed to me that the possibilities were endless. We could now basically make something out of nothing, at least, just some powder material that I hadn't learned about yet. The first video I watched of 3D printing in action was where a man scanned a wrench, changed the color on the computer program associated with the printer, and then printed a fully functioning tool. All of the moving parts worked flawlessly, it was riveting. I had to learn more!

Upon further research I've learned that there are actually six different types of 3D printing and twelve subtypes. However, as of right now there are only two types that are typically available for in home use.

The most popular is extrusion 3D printing. Extrusion printers use a process that is known as fused deposition modeling (FDM). In this process, the printer takes a material that most commonly consists of thermoplastics in the form of a wire. The wire is fed through a nozzle where it is heated to a temperature that causes it to become tacky and pliable. The heated material is then extruded through the end of the nozzle and onto plate-like surface inside the printer. Each pass of the nozzle adds a layer to the object it is printing. These 3D printers are currently the most affordable and easy to use. Companies are also developing 3D modeling software to accompany their printers, making them more user-friendly.

The second type of 3D printing that is accessible for home use is power bed head printing. This type is more expensive than extrusion printers but offers many more possibilities. With this type of printing, the printer actually gets filled with a powder (most commonly plaster, but many new powders are being experimented with). This printer uses a standard inkjet printer head with a few modifications to apply a liquid binding agent to the powder. In this way, as the powder bed moves down each level, the binding agent is precisely aimed and causes only the powder that has been sprayed to harden. Consequently, after the printing is complete the printer head moves off to the side and your solidified object is within the powder. Once you remove your object and brush away excess powder, one would coat the object with wax to seal the porous material. However, if you use ceramic powder you could use a kiln to bake the object just like you would a ceramic sculpture.

Knowing that it is already possible to own your own 3D printer, what would you create? The possibilities truly know no bounds, especially considering that innovations and improvements



are being made daily. 3D printers have been used by companies to create inexpensive prototypes for years already, but now they're becoming a bit more significant. There are actually printers that can replicate human body parts by using human cells instead of the typical powder material. This includes prosthetics such as ears, noses, etc. and even bones. There is research being done to start developing human organs! However, on a less serious note, they've also been used to print pizza, clothes, and guitars! Or how about the people that are putting an end to animal testing by printing human stem cells to test on instead? This is a piece of technology that allows us to experiment and create things of our own. Sound too good to be true?

There are some skeptics. Most of them rise from the possibility of people printing firearms. A 3D printing company called Solid Concepts has officially printed the first metal gun using a metal 3D printer. This type of 3D printer costs \$850,000, more expensive than its counterparts. However, others have accomplished printing firearms made of a weaker plastic material which may not be as durable but will not set off metal detectors. Cody R. Wilson, a 25-year-old University of Texas law student has been working to build semiautomatic weapons using 3D printers. On top of this, there are various websites where people can share their creations and the files needed to print out the same objects. This puts power into people's hands like never before.

Whether you're one to embrace the possibilities this technology is providing or cringe at the thought of people having such power, there is no denying that this will impact our society in more ways than we can foresee.

Professor Michael Roberto's Blog: Helping First-Generation College Students Succeed

By Professor Michael Roberto
Faculty Writer

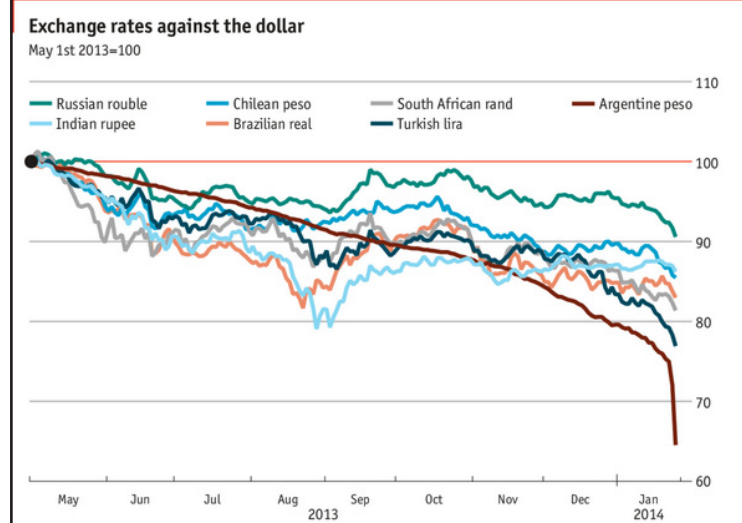
Northwestern Professor Nicole Stephens and her colleagues—MarYam G. Hamedani of Stanford University and Mesmin Destin at Northwestern University—have conducted several studies examining the academic performance of first-generation college students. Not surprisingly, they have found that, all else equal, first-generation college students do indeed underperform those young people with parents who have attended college. Their research aims to understand how we might close that performance gap. I'm particularly interested in this topic, since I was a first-generation college student. Moreover, companies should be interested in this topic, since they want to insure that they can attract talented young people who have learned a great deal and achieved their potential in college.

This research challenges the notion that extra academic skills-based preparation for these first-generation students yields performance improvement. Many schools offer these "skills" enhancement programs, but they have not yielded positive results. These scholars designed a program whereby college seniors would share their experiences with new students, describing to them how "their backgrounds affected their experience." According to Kellogg Research Insights, "Seniors were asked, for example, to share an obstacle they faced in college and how they overcame it."

The scholars found that those students receiving this intervention earned higher grade point averages than those who listened to seniors share their stories without an explicit discussion of backgrounds and social class. Amazingly, the researchers found that this program "eliminated the GPA gap between first-generation and continuing-generation students, as well as the disparity in the rate at which the two groups took advantage of institutional resources."

Stephens explains, "If you understand that it's normal for students from a background like yours to encounter obstacles—and that it doesn't mean that you're deficient, but that rather you need to do different things to succeed—that equips you to deal with the challenges you face."

Graph of the week



Weekly Business Quote

"I'm not a businessman — I'm a business, man."
- Jay-Z

Revenge is sweet: Bulldogs end season with two straight victories

By Alyssa Ricci
Staff Writer

To kick off the month of February, Bryant's hockey team hosted the Keene Owls at the Smithfield Arena. The last time these teams met was in October and the Bulldogs returned home with a 2-1 loss. Saturday's game resulted in a much different outcome - six goals different for the Bulldogs to be exact. The scoreboard read 7-3 by the end of regulation, handing down a significant loss to the Owls. Unfortunately, the Owls responded by trying to eliminate Bryant players, resulting in the loss of Bulldog captain, defenseman Josh Fattore. Playing beside him on the first line was assistant captain and center Mike Catanzariti (#11), left winger Aaron Witty (#21), assistant captain and right winger, Jerry Theiler (#14), and defenseman A.J. Germain (#15). In net was senior Jay San Antonio (#29) opposite Keene's #33, Dylan Strogon.

The Owls made it clear they were out for blood, not even a minute into the game. Keene's Tyler Clark started a fight in one of the corners after battling for possession with Catanzariti and Germain. Somehow, this resulted in a Bryant penalty and no consequences for Keene.

After a successful penalty kill, the Bulldogs drew first blood with less than five minutes having elapsed in the first period. Freshman left winger Bryan Stipek put Bryant on the board with his first goal of the season. Stipek described it to be "a relief to finally score." He continued by saying, "it felt like a huge weight was lifted off of [him]." Freshman



Bulldogs hockey was able to earn two victories to cap off a great season (Alyssa Ricci)

Pat Melanson was credited with the assist. With a little less than half the period remaining, Jerry Theiler scored off an assist from Captain Josh Fattore. With 5:52 remaining in the first, Fattore scored a goal of his own by firing a one-timer at Strogon. San Antonio held the Owls at zero, ending the first with Bryant up 3-0. Unfortunately, Josh Fattore did not return to the ice after breaking his wrist sliding into the boards. The Keene player responsible for his injury served a ten minute major but that does not make up for eliminating Fattore from his final two games as a Bryant Bulldog.

Not quite halfway through the second period, Keene scored a powerplay goal and then a full strength goal almost two minutes later. Soon after, freshman defenseman Spencer Martin picked the corner for a fourth Bryant goal - or so it seemed. The

goal was not counted for reasons unbeknownst to the audience and the team.

However, Martin's attempts did not go unrecognized. The crowd was impressed with his determination during the five-on-three that occurred just after this, favoring the Bulldogs. He sent roughly eight more one-timers sailing to the net but unfortunately could not capitalize due to Keene's desperate defensive front. With 4:41 left in the second, starter Mike "Ziti" found the back of the net with the assistance of defenseman Kevin Anderson and left wing Aaron Witty. Bryant netminder, Jay San Antonio, made a phenomenal stop on a breakaway to end the period 4-2 in their favor.

The Bulldogs were called for a penalty at just under a minute into the third but successfully killed the penalty. In fact, they

seemed to gain momentum after being shorthanded. Number 18, Clayton Caron, scored Bryant's fifth goal of the night. His goal was assisted by Dan Congiusta and Bryan Stipek. Finding themselves again with a two-man advantage, the Bulldogs found the back of the net. Unfortunately, no announcement was made for this goal but it counted for Bryant's sixth goal.

With 10:43 left in regulation, assistant captain Mike "Ziti" put one final goal past Strogon for his second of the night and Bryant's seventh. His fellow assistant captain, Jerry Theiler, assisted on the goal along with forward Aaron Witty. After a handful of antics throughout the game, Keene's Tyler Clark was finally ejected from the game with about five minutes left in the game. The entire crowd seemed to be thinking, "It's about time!" Keene salvaged one more goal

for themselves but their attempts were in vain. The final score at the end of regulation was 7-3, Bryant Bulldogs!

The entire game had been rough and physically exhausting. "Playing dirty" would be an understatement for Keene. Sadly, there were a few visibly injured Bulldogs by the end of the game, including but not limited to captain Josh Fattore (#12), defenseman A.J. Germain (#15) and Justin Taylor (#44), and forward Bryan Stipek (#27). Thankfully, all players returned to the ice with the exception of Fattore. Keene may have won the battle but Bryant won the war.

This past Saturday night, Bryant hosted the Providence College Friars club team in Smithfield to end their season. The five seniors were acknowledged before the start of the game. Pictures and flowers are nice, but the boys were of course after a win. When the Bulldogs faced the Friars on the road, the game ended in a tie, but not this time. Bryant finished out their season with a 6-3 victory over PC with goals by #17, Raffaele Colella, #11 assistant captain Mike Catanzariti, #3 Tom Pingree, and #14, assistant captain Jerry Theiler. Pingree scored on a shorthanded breakaway with just 1:17 remaining in regulation. Eighteen seconds later, senior forward Jerry Theiler netted another shorthanded goal to finish his Bryant hockey career with a hat trick. The crowd exploded with excitement for Bryant's final victory. We wish all the best to our graduating Bulldog hockey boys and hope for a restful offseason for our remaining members!

Faceoff: An Olympic hockey preview for Team USA

By Mark Gallant
Contributing Writer

With the NHL going on standby this weekend, Sochi is just around the corner for the league's best. While some players will have a nice extended break, others will be playing for the gold medal, an opportunity that only comes once every four years. The Bruins sent Captain Zdeno Chara off two games early so he could bear Slovakia's flag for the opening ceremony. Patrice Bergeron, David Krejci, Loui Eriksson, and Tuukka Rask will also be heading to Russia for the games, which should give Bruins fans plenty of reasons to watch. Of the 12 different nations to play, only four have a real shot at the coveted gold, starting with the Americans.

Team USA: The United States came as close as they could, just missing gold in their overtime loss to Canada in the 2010 finals. They will certainly be looking to be back in medal contention, and considering their talent, it would be very disappointing if they don't come home with some hardware.

Forwards: Up front, the Americans are headlined by Patrick Kane, Phil Kessel, and Zach Parise, three highly skilled forwards who will be able to use the extra

ice to their advantage. Strong two-way players such as David Backes and Dustin Brown will give the U.S. some much needed toughness that other countries will lack. Team U.S.A. will have no problem rolling out four lines of highly skilled players and won't have to rely on just their first and second lines to put goals on the board.

Defense: On defense, Ryan Suter will most likely be seeing the most minutes on the team, which will be no problem for the workhorse who sees 30 minutes on a regular basis. Kevin Shattenkirk may be the number two blue-liner and will definitely see a large chunk of powerplay time. A young slew which includes John Carlson, Cam Fowler, Ryan McDonagh, and Justin Faulk all join the squad for the first time, while two veteran Penguins, Paul Martin and Brooks Orpik, round out the group. It will be interesting to see how the Pittsburgh duo in Martin and Orpik will play on the larger ice, as they may be tested in the speed department. If opposing teams are aggressive, they may be able to exploit the oldest skaters on the team.

Goaltending: In net, Ryan Miller will be back for the third time for the U.S. and will most likely be starting



Team USA hopes to be both fast and competitive in these games (MCT Campus)

after leading his team to a silver medal in the last games. If he can't handle the task, Jonathan Quick and Jimmy Howard will be backing him up. Quick, of course, won the Stanley Cup just two years ago and will be hoping to add to his accomplishments this February. Howard has been hurt several times this season and his play has been inconsistent, which will probably make him the third option.

This star-studded roster full of NHL pros will surely make their presence

known in Sochi over the next few weeks. Their grit gives them an advantage over Canada and the European nations and their skills surely isn't lacking either. With only one superstar defenseman, they may have trouble stopping teams with depth up front, such as Canada and Russia. However, if their goaltenders perform at their best, U.S.A. should have no problem going for gold.

Tim O'Shea: the secret behind the Bulldog's success

By Zach Friedland
Contributing Writer

If fans flash back to the 2009-10 Bryant Bulldogs Men's Basketball campaign, they see a program trying to flip the switch on a transition from D2 to Division I. But fast forward to February 2014, and Tim O'Shea has this group of Bulldogs on a fast track to March Madness.

Sure, the 1 and 2 win seasons were difficult, but O'Shea saw progress, potential, and growth from his teams. The ability to believe in a program that many had lost faith in was what separated the Boston College alum from other head coaches that simply would not have had the patience. But O'Shea knew the transition would eventually reap reward, and finally that time has come. Following a 19-12 campaign last season highlighted by a second place conference finish and sellout crowds seldom seen from the Smithfield faithful, the Bulldogs have surged to a 16-9 start.

O'Shea never felt as if he was on the hot seat after signing an impressive eight year contract. His proposition to Bryant University President Ronald Machtley and Athletic Director Bill Smith was that he would start from scratch but he was committed. He did warn them that although he had a plan, he would need some luck in the early years. His luck came in the form of his core four. O'Shea planned to build around key transfers and internationals, and that he did. Dyami Starks and Joe O'Shea moved from Columbia and Holy Cross respectively, while Corey Maynard migrated from Australia after encouragement from



Head coach Tim O'Shea is the one of the main reasons for the Bulldogs' quick turnaround the past couple of seasons (MCT Campus)

then-freshman Claybrin McMath. Cornerstone Alex Francis closes out the core that has powered the Bulldogs.

The transfer Starks has provided a key scoring attack that was unforeseen by many before O'Shea was able to pry the underutilized guard from the Ivy League. O'Shea mentioned his familiarity with Starks' AAU program in Minnesota through his years coaching at BC and Ohio University. He has had previous success with players from Minnesota and knew his work ethic on the court and in the classroom would fit well in Smithfield.

O'Shea's ability to grow this program has gained much needed national

attention with games on ESPN U and CBS Sports Network. Former BC head coach Al Skinner, a close friend of O'Shea, has joined the experienced coaching staff to provide much needed visibility for the program. Coach O'Shea has believed that both Skinner and assistant coach Happy Dobbs have brought an incredible identity with their success in past endeavors. While other schools have established reputations as D1 schools, Bryant is continuing to grow. The two coaches are beginning to solidify the Bulldogs name as one to remember in the college basketball world.

With the recent success and press the

program has received, O'Shea has brought in a stellar freshman class, headlined by potential NEC rookie of the year Daniel Garvin. The head coach believes the first year forward has had a terrific year, despite missing five games due to Mono. Although he has a lot of work to do in the offseason in the weight room, he is a very nice addition to the main four. His ability to block shots and his athletic spring has set him apart.

Garvin allows O'Shea to work with a seven man rotation, with the complimentary talents of sophomore guards Curtis Oakley and Shane McLaughlin. While some might worry that the starters carry such a heavy workload, O'Shea takes comfort in it. He believes depth is the most overrated thing in college basketball, and teams need to establish a rhythm early on. Experimenting with rotations is essential in the early goings, but by conference play the rotation needs to be set. Deep into the NEC season play, this team's rotation is most certainly set.

The passion that the students have created in the Chase Athletic Center is unparalleled, O'Shea notes. He can't say enough about the home crowd's impact, noting that the atmosphere in the Chase is as good as any gym in the country in terms of electricity and atmosphere. The precedent that the student section has set has led the way in the conference and energizes the team night in and night out. For the Bryant University Bulldogs, the pieces are all there for a deep postseason run. Time can only tell how far the passionate New Jersey native will lead the team.

Push comes to shove: how will Marcus Smart's actions affect rule changes in NCAA?

By Justin Beaucage
Sports Editor

When one of the best college basketball players in the nation hasn't had anything go wrong all year, sometimes, he might forget what it's like when they do go very wrong. When his team has been almost unbeatable all season long, when a loss is finally a likely possibility, that player could lose his cool.

That is exactly what happened to Oklahoma State's Marcus Smart against Texas Tech. He just simply snapped.

In a one-possession game against the unranked Texas Tech, Oklahoma State turned the ball over with less than fifteen seconds remaining. After a hard foul on the other end, with free-throws, Texas Tech could make it a two-possession game, sealing what would be one of the bigger upsets this season. The Red Raiders went on to pick up the victory against the heavily-favored Cowboys.

However, this was not the next day's headline. In the final seconds, on a dead ball, Cowboys guard Marcus Smart was exchanging words with a Texas Tech fan in the first row. The fan, Jeff Orr, said something to Smart that made him lose it.

Smart pushed the fan, exchanged more violent words, and returned the court. He was ejected from the game, and was then suspended for three more games for Oklahoma State. This is an action that cannot be tolerated and, obviously, Smart has disappointed and embarrassed his coaching staff.

Now, the reason for the altercation occurring is still being investigated. There were rumors that Orr made racial and derogatory comments to Smart, which offended him. There are other rumors that Orr simply was trash-talking and was trying to get under Smart's skin. If this is the case, his comments definitely worked. Orr has been known to be a huge contributor to Texas Tech and the organization, and it is highly doubtful that regardless of what was said, he will be punished for his actions.

On the other side, even though he made his apology, this is an incident that will follow Smart for the rest of his career. As a projected top ten pick when he declares for the NBA draft, issues about his character and temper will follow him until draft day. This is simply an incident that won't be put to rest for quite some time.

With all of this going on,



Oklahoma State's Marcus Smart following the altercation with a Texas Tech fan (MCT Campus)

in an in-game atmosphere, it is common for people to lose their cool, players included. The question becomes whether this incident will cause an increase in both security and protection for players and fans at these games? If Orr and Smart were to meet in a dark alley, Smart would be the obvious choice. The tale of the tape doesn't help Orr at all, as Smart is around 6'4" and would probably make Orr regret anything he ever said.

The NCAA can't afford for a fight club to happen on

television. It's just a game, and fans and players shouldn't be able to have this type of interaction. It's almost like the Smart and Orr altercation is just a warning of what could happen at these games.

It's tough to determine what could happen or what adjustments could be made to make the game safer. However, there have been too many incidents where players and fans are both at risk because of something that breaks out. For example, when the "Mallace at

the Palace," happened in 2005 between the Indiana Pacers and the Detroit Pistons, the league wasn't looked at the same way for quite some time. This is a situation that the NCAA can't afford to have, and stronger security should be enforced.

The incident between Smart and Orr is just a sign of how bad things can get between players and fans. The NCAA should make some changes sooner rather than later to avoid anymore altercations.

Do you enjoy sports?
You should write for *The Archway*.
Meetings Mondays @5:30 in FSC Room 3

Sochi Olympics struggle to break free from image of controversy and danger

By John Scorzelli
Contributing Writer

As the world's spectacle of cold-weather athletic competition has gotten underway, we've seen some early breath-taking ski performances, thrilling ends to speed-skating races, and unfortunately a fair amount of early mishaps that have left the 2014 Olympics in Sochi with a less-than-perfect image for the two-week event.

While the Olympics usually serve as an exciting, popularity-generating event for their host city, Russian President Vladimir Putin has failed to create the fantastic, flawless image he hoped to portray for the country and its first Olympics since the 1980 Moscow Games.

While the Olympic Games are usually the most-watched television event in every year they're held, the Games this year have actually failed to even draw sell-out crowds at numerous events. Usually a well-attended event by Americans regardless of location, this year's Olympics have failed to fill seats with American spectators, or any others for that matter.

The US-Finland women's ice hockey game was watched by a stadium only 60% full with fans. Meanwhile, the spectator area for the men's slopestyle snowboarding final also appeared nearly half-empty on



Team USA bobsledder Johnny Quinn is one of many players who had to deal with complications at Sochi (MCT Campus)

Saturday, February 8th.

The U.S. has issued numerous warnings to American travelers regarding safety and health concerns at the games. Hotels in Sochi have reportedly been ill-prepared for the games and have also been operating with a dangerously unhealthy water supply. This issue, paired with the very real concern of terrorist attacks at the Games, caused many fans to stay in the States to watch the Games. The Sochi games have been surrounded by controversy, but the general consensus that the area would

be safe and ready on time for the competitions unfortunately did not come to fruition.

Safety concerns for the athletes have arisen as well as two highly-publicized hotel incidents which received international notoriety. US bobsledder Johnny Quinn got stuck inside a bathroom and was forced to destroy the bathroom door to make a hole big enough for him to escape. In another, potentially deadly shortcoming, British bobsledder Rebekah Wilson nearly stepped inside an opening elevator only to discover that the

elevator car was missing.

Sochi's recent warm weather has certainly not helped the Games go as well as planned. Complaints by numerous half-pipe skateboarders also led to an unexpected need to restructure the pipe, as several athletes publicly dissed the quality of the course and its snow. Iconic superstar Shaun White announced his displeasure with the half-pipe's quality, while fellow American snowboarder Hannah Teter deemed it "dangerous" and "crappy."

While many people felt that

Putin hoped to use the games to improve upon the common, negative "Soviet" image that remains in the minds of many, the country's dishonorable plan to exterminate the thousands of stray dogs in Sochi blew up into a worldwide controversy. Though not confirmed, Russia's Olympic image was further tainted as accusations of collusion by American and Russian figure skating judges were made less than two days after the Games had begun. This unfortunate claim has only added to the shady image of the country and its leader.

While the Olympic Games are always a wonderful way for countries to come together and compete in a friendly manner, there is always a hope that the Games will also go smoothly and serve as a long-term economic stimulant for their host country. The men's ice hockey tournament is sure to be a highly competitive, international display of excellence.

We'll see countless inspirational stories about on-the-field achievements as well as off-field accomplishments by the various Olympians. We can only hope that when the Games come to a close, we'll have witnessed a safe and fair competition that will be remembered for the incredible performances by its athletes, rather than controversy and corruption by its officials and organizers.

Week's Best Sports Tweets

BRANDON JENNINGS @BrandonJennings Feb 8
I hate when people tell me you had a good game.....
Man I'm just hooping!!! I love the playoffs

Aaron Rodgers @AaronRodgers12 Feb 9
Alright back to Chuck Norris' roundhouse kicks.
Check in with you all later. Thanks for the questions..

TJ Lang @TJLang70 Feb 9
1 week until I'm defrosting in Mexico!

Metta World Peace @MettaWorldPeace Feb 10
The best way to make \$42 work on a date ?

Chad Johnson @ochocinco 20h
I like everyone but Barbie comes first RT @louiLDN4:
@ochocinco don't you like London girls Mr Johnson ?

Want to get to know your Bryant Bulldogs?



If you're interested in player interviews contact

Justin Beaucage
Sports Editor

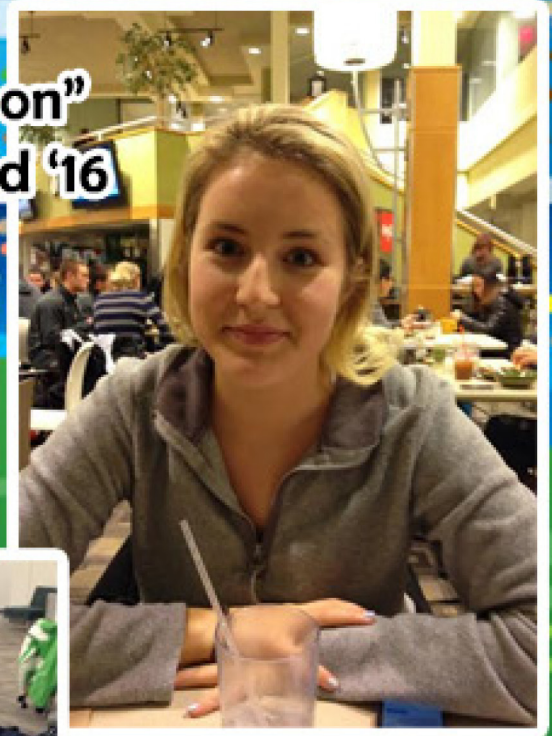
jbeauca1@bryant.edu

"Which professor would make the best NFL coach?"



"Michael Roberto"
Mike Malenfant '14

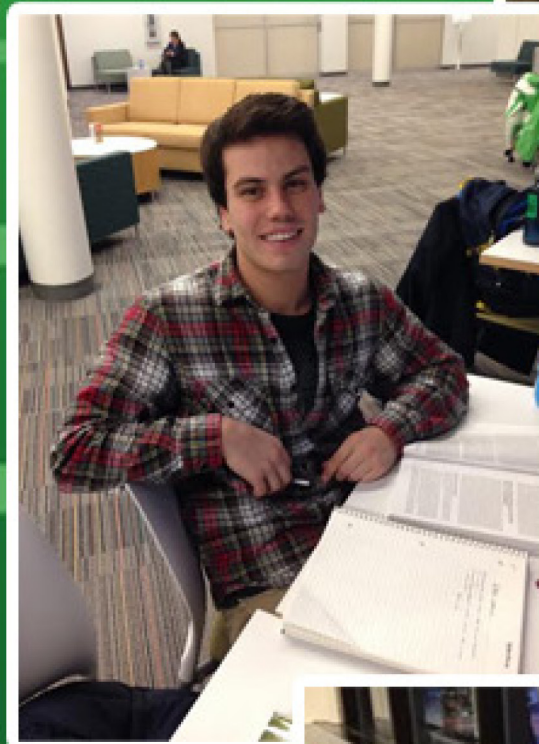
"Billy Anderson"
June Candland '16



"Zdravkovic"
Jerry Gargano '15



"Maryann Clark"
Mariah Lang '15



"Zdravkovic"
Mitch Dupre '15



Just keep flapping

By **Brendan Barstow**
Staff Writer

You're the last one awake. Your heavy eyelids are begging to close but the light of three suns is ripping them up from a backlit screen. Class starts at 9:30 tomorrow and you've taken it upon yourself to do everything in your power to prevent sleep; to grip the opening until every finger falls off this side of the miserable tunnel connecting freedom to the debilitating agony of another weekday morning.

You've mindlessly scrolled through BuzzFeed's 763 reasons why your 20s are the best years of your life. You've slowly pulled down on your twitter feed countless times - desperately hoping for one distraction, one link, one update, yet your only reward is an Earthpic picture of a photoshopped lake in Africa you'll probably never see. Homework remains in the dark confines of a Targus backpack, aware that the possibility of productivity died after the second successive episode of Breaking Bad.

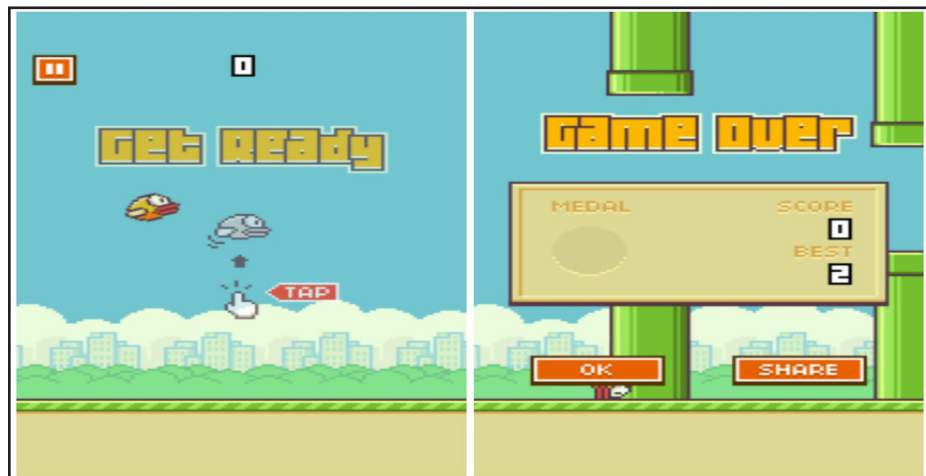
Preparing to realize the body's inevitable bed-based destiny, the brain begins to innervate the legs with just

high score. This is the crucial moment. This is the lone opportunity to abandon the attempt and forget the woes of a bird trapped in a perilous universe. But we do not. We play.

Confidence and frustration rise side by side in the painfully slow progression from one pipe, to three pipes, to five pipes, and finally to ten: the bronze medal is won. The satisfaction of effort and improvement set in and the possibility begins to form in your mind that you might even be good at this. With a high score of 15 you fall asleep on the common room couch only to wake up to a Game Over screen taunting yet beckoning you to return.

You decline for now, with the implicit promise that you will be back, and head for class. You excitedly tell everyone you know about the game and how great it is, only to discover that they've been playing for a week and have already tripled your score. "They have too much time, anyway," you lie, brushing away the taste of defeat. Yet you return, enticed once more by the prospect of artificial improvement and competition.

First comes the thrill of a Gold medal, then Platinum. You've reached the end the



enough motivation to move when a memory from the day paralyzes your fatigued body as you begin to recall: "There was a new app I heard about today..." "Charging Moose? Leaping Lizard? Curious Cat?" ... "Flappy Bird."

Upon opening the app store, your eyebrows raise in a combination of surprise and intrigue when the app is found proudly sitting at #1 on the charts - downloaded over 10,000,000 times already. The only hint of the game is the pixelated profile of a round duck - bright yellow, orange, and white against a contrasting green background. The app opens to reveal a serene scene of skylines, forests, and simulated grass. A 0 rests at the top of the screen, followed by the classic video game text of "Get Ready!" and one deceptively simple instruction: Tap.

An excited tap on the center of the screen yields a responsive flap from the bird, and it's quickly discovered that subsequent taps will keep it afloat. It remains afloat for a few seconds, giving its new commander time to acclimate, until it reaches the first obstacle: Two green pipes. One juts out from the top and one from the bottom, coming together to form a window of space barely large enough for the bird to fly between.

One overcorrection sends the pixelated parakeet softly and stupidly into the side of a green stalactite, followed by a drop to the ground and the ironic text 'Game Over,' flanked by a missing picture of a medal, the current score, and the best

designer had intended - there's nothing left to earn but a number on a screen. Yet the number alone becomes enough. In fact, you begin to entirely ignore the pathetic scores of amateur players. Suddenly there isn't enough time in the day to play between classes, homework, and a social life and so they become hindrances on your life.

You resent the group meeting, the night class, the weekend party, the charity event. People themselves lose their nuance and warmth, their value to you can now be communicated in one simple number. Days and nights have lost their separation, the only times you fail to remain awake are illuminated by the glow of a cell phone screen and punctuated by dreams of blue skies and green pipes, of the numbers of victory and the numbers of defeat.

Flappy Bird, as both a game and a title, have completely lost their meaning in the subsummation of your old world into this one. Day after Day the numbers come. Some high, some low, all instantaneously forgotten. On the very last Game Over your soul can bear to witness, your eyes glaze over, and it feels for a moment that it may be time to move on, that it's better to do what's right than what's easy, that life has become hollow, that love is more than an ambiguous obsession with a poorly-animated bird, that you long for meaning, that you don't want to die in the cold metaphorical arms of a cell phone. But the moment passes, and so you resume. Tap... Tap... Tap.

Top 3 ads that almost made me cry

By **Matthew Gillen**
Contributing Writer

What the Super Bowl is to NFL players, coaches and fans, is to the advertising agencies and companies. It is a very rare treat that companies can reinforce their brand's awareness to over 100 million viewers at the same time. That is of course, not counting fans who miss the commercials because they're too busy chest bumping, getting up for another Bud Light, or releasing the previous one on a bathroom break.

Funny commercials are great at grabbing viewers' ever wavering attention but it has been proven that an ad that makes a person feel something emotionally builds a more powerful and lasting connection. This is why I picked commercials that made me feel all warm and fuzzy inside for my Top 3.

3.) Cheerios: "Family"

This spot was great for so many reasons. It didn't promote the product or deliberately try to sell you at all, but in the end sold you on the brand anyway. Well-known companies like Cheerios can get away with this kind of thing. The ad features the same biracial family that it did in one of their commercials last year. The father and his daughter, who is about 5 or 6 years old are sitting at a kitchen table lit up by sunlight, each with a few cheerios laid out in front of them. Mom is standing at the counter showing a baby bump. The father is depicting their family to daughter Gracie, illustrated by three cheerios. Then explains how pretty soon she is going to have a baby brother as he slides a fourth cheerio into the mix. Gracie barely skips a beat, gives dad a half smirk, saying, "and...a puppy", as she sharply puts a fifth cheerio into the family. She makes a sassy face and dad caves saying, "deal." The commercial ends with mom giving dad a priceless, "what did you just do" face and then switches to a yellow screen simply displaying the word, "Love.", in black letters followed by a cheerio instead of a period.

This spot by Cheerios was genius, and I really recommend looking it up on YouTube. It is amazing how something so short and simple could be so powerful. First off, when this family was shown in a commercial last May it created such a disgusting racial backlash that Cheerios had to remove the ability to post comments from the video on YouTube. Now bringing the family back and shelling out \$4 million to do it shows where their values lie. The message here was love and how Cheerios is not only part of a balanced breakfast, but a happy family. Any family. This has been a theme of Cheerios for a long time, and when a company does something like this it takes the product from just a breakfast cereal and turns it into breakfast at home with whoever you love. This commercial is phenomenal because Cheerios took a little circle made of grain and gave it a personality, turned it into an experience.

2.) Hyundai: "Dad's Sixth Sense"

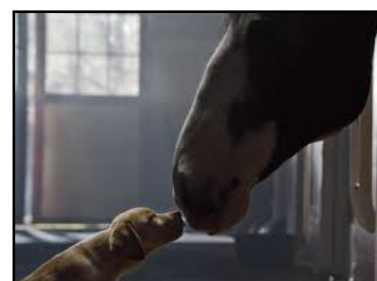
This Hyundai commercial did what few other commercials did this Super Bowl and targeted a huge demographic that was actually watching the game, fathers and sons! It's baffling to me that this wasn't touched on more.

The 30 second spot begins with "Count On Me" by Bruno Mars and shows a quick montage of a father saving his son throughout the years from running headfirst into a wall, into a flaming grill, off a cliff into a lake, and from getting hit by a bat that was meant for a piñata. Next, the son is about 16 and dad has gray hair. The dad is in the passenger seat and the son is driving for the first time in a brand new Hyundai the same color as dad's hair. Along the way he stares at a girl his age walking by and keeps staring and then finally, keeps staring some more. Suddenly a car pulls out of a driveway right in front of them! Their car beeps, a danger light flashes on the windshield and the Hyundai stops automatically, saving them from a crash and dad from a hefty insurance bill for the rest of his life. The narrator says, "Remember when only dad could save the day? Auto Emergency braking, on the all new Genesis, from Hyundai."

I can't stop watching this commercial; the song is catchy and every time I still think the kid is going to bang his head on the wall. Hyundai reached their target market, flawlessly introduced their new car and new safety feature touching on one of the most basic human needs for security. Just like Cheerios this spot took a lifeless vehicle, just a product and turned it into an experience, driving for the first time with dad. By the time we got to this moment we viewers feel like we know the characters a little, and the final tie in with the feature was very clever.

1.) Budweiser: "Puppy Love/Best Buds"

You've all seen the Budweiser Puppy Love commercial with the golden retriever and the horse. Me trying to explain it won't do it justice. Other than the tagline, "Best Buds", this short had nothing to do with beer, and that's okay because what it did do is play on viewers' heartstrings. Nearly everyone I've talked to has picked this ad as their favorite of Super Bowl 48. Set to Passenger's, "Let Her Go", They took a classic theme of friendship and used it to tell a beautiful story in only 60 seconds. People around America fell in love with this ad, because, in that short amount of time they made us feel. So much so that it stuck with most of us long after the game. That is a huge win in advertising.



Battle of the Sexes

Keep it in the family?

By Justin Beaucage
Sports Editor

You know the old saying: keep it in the family? Well, why isn't the same said about relationships? Look, I know it's a little unorthodox, but I think it is okay to date the sibling of someone you have had a relationship with. There are certain times where someone might be attracted to the sibling of a significant other.

If you get out of a relationship with someone and you want to give the other sibling a try, why not? First and foremost, you are an independent person who can make your own choices. Someone should have the right to date whoever he or she wants, regardless of the relational closeness between that person and your ex. Also, some siblings aren't even that close to each other. If this is the case, there shouldn't be any problems with two people dating, or moving on to the next family member because there won't be any emotional damage to the other person.

Now, there are a few things that should be taken into consideration before someone, "shakes up the family tree." First, the relationship must be ended on good terms. If you ended your prior relationship with a blowout or a big fight that ruined your relationship with the entire family, then I wouldn't advise going after a sibling. There could be too many burned bridges to rebuild if you went after a sibling. Otherwise, if this isn't an issue, I don't think there is an issue with this.

Now, I know it sounds cruel to go after a sibling and break your ex's heart by moving on to someone who could live in the same house they do. However, the initial relationship could have not worked because of the other sibling. I know, doesn't make sense, right? Let me clarify. You could have broken up with the first sibling because of a few things that person didn't have, such as

enough support, love, or commitment. What if the second sibling had all of that? You could have the total package, and you could be really happy with this person. Someone shouldn't disregard his or her own happiness just based on prior circumstances. This is a risk that you should be willing to take, and, who knows, maybe it will pay off someday.

Now, if you do ever make this decision and go after a sibling, there are a few steps you can take to make this tricky relationship work. First, avoid all family functions at all costs. As fun as picnics, gatherings, or dinners may be - this is the one place where you could run into an ex. Second, try to hook your ex up with one of your siblings if you have one. The saying, "an eye for an eye," could go a long



way in this situation, and could really help make amends with an ex. Lastly, if all of the above doesn't work, a restraining order is both recommended and a smart decision. The last solution is to make it illegal for your ex to see you, and this would help you get to know the new sibling better without any distraction.

So, there is a guide to how someone can, "keep it in the family," and why dating an ex's sibling isn't so bad after all.

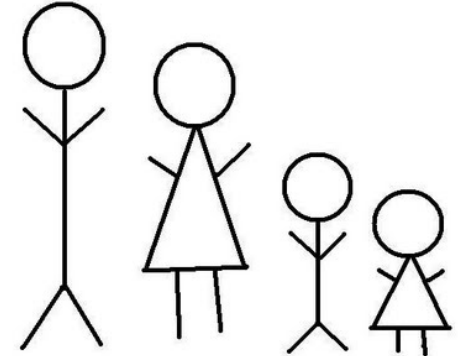
By Kelsey Nowak
Editor-in-Chief

Now, here is an issue I hope to never have to deal with: having an ex significant other try to date my sibling. I don't think my one and only brother would appreciate an ex-boyfriend trying to get with him. Trust me people - the kid is strong and won't hesitate in showing you how his upper cut feels (speaking from experience). Anyway - as funny as that picture is in your mind...

Why do guys (and girls for that matter) think it is a good idea or even kosher to try and date a sibling of someone they were once with? I don't

Not me.

Also - what was so wrong with sibling one that is suddenly the best trait that sibling two has to offer? I



don't want to stereotype and say that most siblings are super similar but really?! You couldn't find anyone to like-love that was outside of this family??? It's almost as if you are the world's largest asshole and are just trying to stir the pot. Well - congrats. Consider it stirred so vigorously that the contents of the pot are pouring out... in the form of sibling one's tears.

While we were all in The Archway office debating this - someone says, "We're all adults, get over it! It's a fact of life!" I'm not sure if that is true. Adults are sometimes more emotionally unstable than kids. Think about it... Adults hold grudges and look for revenge. Kids just cry for a few minutes and then get distracted by something shiny across the room.

End of the day - it's not suggested that you go after the ex's sibling. Venture to new ground, find a new fish in the sea, or just take a break from dating. Don't conquer a family tree. It's not worth the trouble for you or for the family. It's just awkward and restraining orders take time to process.

understand.

Let's all just picture this... sibling one breaks up with significant other. Significant other is seen at family picnic two weeks later with sibling two. AWKWARD. What are the parents going to say? How is sibling two still alive? If I were sibling one, sibling two would be dead by now. That's not cool.

Who in their right mind would want to "shake up the family tree" like that?

Government regulations: helpful or hurtful?

Even though the Nutrition Labeling and Education Act was passed, do people know what is being put into their food?

By Madyson Milordi
Staff Writer

In 1990, the Nutrition Labeling and Education Act was passed. The law allows the Food and Drug Administration (FDA) to require nutrition labeling of most foods as well as the inclusion of ingredient lists. In addition, the FDA can also require that all nutritional claims, such as "high-fiber" and "low-fat", met the FDA standards of those claims before the product was labeled. The government felt as though consumers deserve to know what is in the food and beverages they consume, and I concur. However, do consumers really know what is being put into their food?

After the unsanitary and rather revolting methods of meat processing and slaughter were discovered, the government passed an act to ensure sanitary methods were performed. While the government has gone to great lengths to ensure that our meat is processed in clean conditions, there has definitely been a lack of attention to what is really being put into our meats and food. Of course, there are plenty of rules and regulations listing

the maximum amount of certain ingredients that can be used, but some of those ingredients shouldn't be used at all.

It is safe to say that the scariest place to consume meat (or anything at all) is at fast food restaurants. While the government has enforced rules on the cleanliness of meat slaughter and processing, they have yet to ban some extremely dangerous chemicals being used in fast food. In fact, it seems as though the rules the FDA has set for ensuring that food is not infested with bacteria has had an adverse effect.

According to Melissa Breyer's article, 8 Creepy Mystery Ingredients in Fast Food, many manufactures of processed and fast food items have over-treated their foods and gone as far as to use chemicals such as ammonium hydroxide. This particular chemical can also be found in household cleaners and in fertilizers.

The FDA also approves, as they have named it, "mechanically separated poultry" (MSP), which consists of pureed meat and bone bits. Originally, the FDA was working against unsanitary meat processing when they created a series of acts in the past. So

then why do they allow products like MSP? Do chemicals that can harm our bodies suffice as a solution to these processes?

These scary methods and chemicals are not only being

Nutrition Facts	
Serving Size 4oz (112g)	
Servings Per Container 10	
Amount Per Serving	
Calories	110
Calories from Fat	10
% Daily Value*	
Total Fat 1.5g	2%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 810mg	34%
Total Carbohydrate 3g	1%
Sugars 1g	
Protein 20g	
Iron 4%	
Not a significant source of saturated fat, dietary fiber, vitamin A, vitamin C and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet.	

put into fast food but also food items from the grocery store shelf. Common ingredients such as, high-fructose corn syrup, MSG, soybean oil and caramel color are just a few of the many artificial and highly processed ingredients found in a variety of different packaged foods. These ingredients in particular have been linked to obesity, harm of brain tissue and heart disease, to

name a few. These ingredients are clearly listed on the product labels, so the choice is up to the consumer, right?

Since the government is not truly protecting you from harmful additives in your food and beverages, it is up to you to take hold of your own health. Do some research, don't consume products with ingredients that you can't pronounce and become aware of advertising scams. For example, "low-fat" often means added sugar and "high-fiber" can mean processed wood pulp, also known as cellulose, was added to the product.

While the government leaves it up to consumers to figure out the confusing tricks of advertising and translating nutrition labels, it has no problem banning 'super-sized' soda drinks. I personally don't believe in drinking soda at all, never mind a super-sized soda. However, if I really wanted that much soda, I could easily get it by ordering two large size drinks. Moreover, I believe there are more concerning issues with our food that should be addressed. Our government allows fast food restaurants such as McDonalds, to use chemicals used in cosmetics to condition

and preserve their breads. In fact, one of those chemicals is found in most acne creams and was recently banned in China. Are over-sized sodas still the major issue here?

Overall, the government should have a place in the regulation of food processing. However, I believe the government needs to change the standards and regulations within the FDA to create a healthier America. Manufactures will do awful things to our food in order to make the most money. I believe finding effective ways to educate people about the harmful additives, processes, and chemicals in our food, would be one giant step in the direction towards a healthier America. Until then, consumers (that means you) can make a difference by taking the time to do some research, read ingredient lists, and by purchasing more all natural foods and fresh produce. You get just one body to live in, take the time to make sure it is a healthy one!



Bryant Horoscopes

Your love matches here on campus for this Valentine's Day

By Molly Funk
Staff Writer



Taurus & Leo

Although Taurus attempts to be affectionate and loving, Leo is stubbornly hard to please. Romantically, there may be a strong connection between the Leo and Taurus, but forming a long-standing relationship may be challenging. Take a minute to look up from your meal at Salmo, you are destined to meet eyes with your potential partner, don't be afraid to say hello! There is a strong emotional and physical attraction present, which will lead to a fun, temporary affair. If both Leo and Taurus enter into the affair without expectations of a romantic relationship, they will both be emotionally satisfied.

Gemini & Virgo

Gemini and Virgo are compatible in the sense that opposites attract. Virgos tend to be cautious and detail oriented, where Gemini are carefree and spirited. The relationship is destined to be successful as both work to better each other. Gemini must keep in mind that some jokes may be perceived as offensive to Virgo. At the same time, Virgos must work to lighten up if the relationship has any potential to be successful. Together the Gemini and Virgo will prosper both individually and as a couple. This pairing is often the couple you will see at Chace, watching the basketball game together—they find great fun attending events on campus together, engaging both the Gemini and Virgo.

Aries & Cancer

The Aries and Cancer jive romantically as both zodiac signs are light on their feet and have the flexibility to adjust to new situations. If the Aries is looking for a warm place to come home to after a night out at the bar, pairing with a Cancer is a wise choice. The Cancer will provide

Aries with a loving home, and delicious dinners (a plus if Aries is sick of Sauté-Salmo). Cancer will appreciate Aries ability to bring joy and spontaneity to the relationship. There is a strong physical bond between these zodiac signs due to their intense desire to maintain happiness in the relationship. Give this connection a chance—both Cancer and Aries will thrive off this romantic pairing.



Libra & Capricorn

Capricorns are controlling and have a strong desire to build material security and power around themselves. Libra is highly social and spontaneous, and more importantly adventurous. Capricorns often find themselves accruing large sums of money, which Libras will find comforting as they tend to have expensive tastes. This relationship is bound to have challenges with the conflicting personality traits involved; however, if both parties exert similar effort into the relationship, happiness

will follow. So Libra, don't be afraid to reach out to the cute Capricorn in your finance course; you'll be surprised how outgoing the Capricorn is once getting to know each other.

Scorpio & Aquarius

The Scorpio is intense, passionate, and complex; Aquarius, however, avoid emotion at all cost and thrive off pranks. An odd pairing indeed, considering the inevitable power struggle, and jealousy. In order to make this relationship stick, Aquarius will need to cut down on some more radical friendships, mostly those random hookups from the townhouses and that cute bartender. Scorpio, accordingly, will have to relax the possessive grip and allow the Aquarius' free spirit. On a hopeful note, this relationship will never get old as both partners are difficult to figure out. Overtime this relationship can be successful and both Aquarius and Scorpio will develop a deeper understanding of understanding others.

Sagittarius & Pisces

Keep in mind that the best relationships form when least expected. This is the exact sentiment Pisces and Sagittarius should express when entering into a relationship, or more likely, a short-term fling. Sagittarius is brutally honest and will give intense feedback, especially when not asked. Pisces avoid conflict at all costs, but will have to stand up to Sagittarius to maintain happiness. Sagittarius is bound to directly confront Pisces, whereas Pisces will attempt passive aggressive tactics that won't be absorbed by their dense partner. Both partners fear commitment and tend to prefer fantasy land. This relationship will most likely stem from a Saturday night dance—sprinkled with passionate magic but unfortunately, will not breed a long-term partnership.

Winter workouts

By Kendra Hildebrand
Staff Writer

It's another winter day, halfway through the second semester and it's a struggle to find the motivation to get out of bed, let alone leave the building. The sun is bleakly peeking through a curtain of clouds, making a sad attempt to melt the white blanket of snow that coats the campus of Bryant University. The bare trees, shaking in the frigid wind, are a stark reminder that we still have a handful of weeks left of this dreadful weather. There's nothing that sounds better than staying in bed and curling up under piles of blankets.

Leaving bed is a struggle, so braving the walk through the cold winter chill all of the way to the gym is out of the question. Don't let the unfavorable weather conditions deter you from exercising. Contrary to belief, a full gym isn't necessarily required in order to get in a good workout. If you're looking for a way to increase your heart rate or crank up your energy levels, read on to discover a few simple yet effect moves that can be performed in a dorm—no equipment necessary.

1. Squats. Air squats can conveniently be done in a dorm room with no equipment. This is a full body exercise that targets the lower body. Start by positioning your feet shoulder width apart with your toes pointed slightly outward. Simultaneously, bend your knees while pushing your hips and butt out, mimicking the movements you would make to sit in a chair. Throughout this exercise, it is important to make sure that

your bent knees don't go past your toes. Lower your body until it is below parallel with the ground. Hold a neutral forward looking gaze as well as an upright torso. To come back to the starting position, straighten your legs by driving through your heels. To make the move more challenging, do frog jumps. Instead of straightening your legs to come back to the starting position, jump straight up.

2. Dips. This workout focuses on the triceps but also works your chest and shoulders. Sit on the edge of a chair with your hands placed beside you. Straighten your arms, use your hands to support your body weight, and slowly lower your body downwards until your elbows bend at a ninety degree angle. Straighten your arms to bring your body back up, completing the first rep. To challenge yourself, put your feet on another chair across from you and complete the same motions.

3. Push-ups. Push-ups mainly work your chest but your shoulders and triceps are also utilized to perform the movement. Start by lying on the ground face down with your feet together and your hands on the ground next to your shoulders, palms faced down. Your hands should be shoulder width apart. Use your arms to push yourself up while maintaining a straight and flat back. Your butt should not bow to the ground. Slowly lower your body back down until it almost touches the floor and then explode back up. To challenge yourself, try elevated push-ups, in which your feet are on a table, thus "elevated". The same movement applies.

4. Planks. A great workout that targets the abdominals is a plank. Start this exercise by lying face down on the floor with your forearms on the ground beneath you. and by keeping your feet together. Push up so that your forearms and feet are supporting your wait. It is important to make sure that the body is straight and flat. Furthermore, your butt should not bow to the ground. Hold this position for a minute. To challenge yourself, try and hold this position for longer periods of times.

5. Cardio. Some great workouts that can be done in a small space are jumping jacks, high knees, butt kicks, and burpees. These conditioning exercises increase both strength and endurance. Burpees are fast paced exercises. Start in a squat position with your hands on the floor in front of you. Kick back your feet so that you are in a push up position. Arms should be straight and the body should be straight and flat. Immediately bring your feet forward so that you are back in the squatting position. Finally, jump up as high as you can with arms reaching to the ceiling. These movements should all be executed quickly. To make the exercise more challenging, add a push-up into the burpee. Icy temperatures make the walk to the gym less than appealing, but no matter what the weather is, you now know five workouts that can be performed in your dorm without using any gym equipment. Now that you don't have an excuse to not exercise, get up and get moving.

Bryant Said What?!

Compiled by Bryant Students

"Do you think butterflies ever get tattoos of white girls?"

"I wish I was as good at being a student as I am at going out on the weekends."

"Thanks autocorrect but I meant brand loyal not bra floral."

"Better late than pregnant!"

"At least eat it sexually if you're gonna steal my ice cream"

Profit and Loss



If snow means more canceled classes, then bring it on!



Congrats to both basketball teams on their wins! Go Bulldogs!



Students seem to be getting 100 alerts each and every Monday this semester.



Hey, at least Valentines Day comes with a three day weekend!

Rowling's Next Series: The Cuckoo's Calling

By **Charlie Zizza**
Staff Writer

Only a month had passed since I had finished reading J.K. Rowling's edgy and controversial new book, *The Casual Vacancy*, when the general public was told that the billionaire author had released another book. This time, however, Rowling released her new work under the pseudonym Robert Galbraith. To some, this might seem strange since any book with the name J.K. Rowling on the cover would surely sell by the millions. It was for this precise reason, however, that she decided to keep her name off the book; she wanted to see how it would be received without the guaranteed boost of her name. Unfortunately, the cover was blown when a friend of Rowling's leaked the information which forced her to reluctantly acknowledge that *The Cuckoo's Calling* was hers.

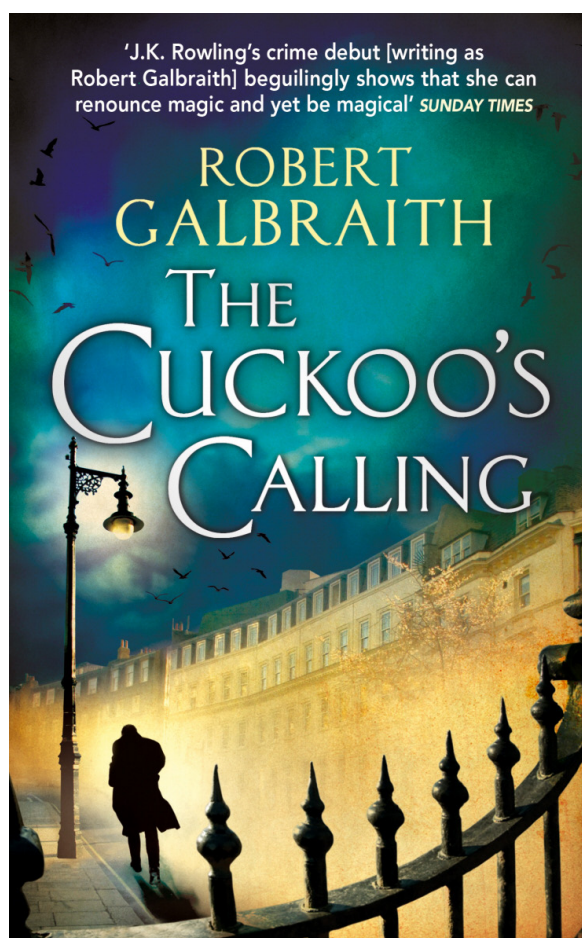
The new addition to Rowling's resume is something she has never done before, or at least has not published before: a mystery. More specifically, it is a private-eye mystery (a sub-genre which can be more broadly categorized with mysteries) and the "eye" (investigator) is a unique one.

Cormoran Strike is a massively-built veteran of the Afghan War in which he lost one of his legs and his civilian mindset. Having recently gone through a rough divorce, he is living in his humble office, while only just fending off the debt collectors. To make matters worse, he is under contract with a temping agency and is sent a new temporary assistant, Robin, who Strike can neither afford nor has any significant need for due to his lack of a large clientele. Luckily, for the readers, because of Robin's frequently entertaining contributions to the investigation and the detective's life, Strike finds a way to pay for her services.

The relationship between Strike and Robin is laughably awkward from the beginning, partly because of Strike's unspoken relationship status and his finances, but also because of their assumed difference in age, lifestyle, and situation—the first few pages of the book take the reader through Robin's recent engagement to an accountant. Nonetheless, both Strike and Robin are happy with the temporary arrangement that they have, although for different reasons, and the pair make a practical and entertaining duo.

I would have liked to have seen more of Robin throughout the story, but Rowling plans to publish more books as part of Strike's story in the coming years which leaves plenty of opportunity for Robin to get a stronger taste of the world of private investigation that fascinates her.

At some points throughout the book, the mystery itself takes a secondary role compared to the side stories and character development of the characters—mostly Strike—but it is intriguing, and I found myself more interested in it than I did the side stories. Lula Landry, a



The Cuckoo's Calling book cover (hachette.com)

stunning mixed-race supermodel, is killed after falling from the fourth floor balcony of her luxury London penthouse. While her death is quickly deemed a suicide by the police, John Bristow, Lula's older brother, seems to think otherwise and seeks out Cormoran Strike to investigate.

There is a large cast of characters, most of whom I was suspicious of at one point or another. As is the case with many mysteries, I was developing my own theories as to what or who caused the death of Lula Landry. Was it suicide or was it murder? Even this broad question was not answered for certain until the last hundred pages of the book.

With that being said, there are times when I wasn't as invested in the mystery itself as I would like to have been. Some of the questioning was repetitive—Mr. Strike takes his job very seriously and is as thorough as he can be—and the unraveling of the big picture was slow to say the least. Even so, I would still catch myself thinking about the different possibilities even between reading sessions which is a good sign for any mystery novel.

The main problem with the book is that there aren't

many pieces of information that Strike obtains which turn the entire case on its head and cause you to make drastic changes to your own personal theories. Of course, this is probably what real private investigation is like in most cases which makes for a more realistic story, and it certainly takes a tremendous amount of skill to keep the readers hooked despite the slow-paced story. This is where I get to give unwavering praise to one of my favorite authors.

From her first book, the first installment of the Harry Potter series, it was clear that Rowling had the rare skill of a good writer. *The Casual Vacancy*, which was Rowling's first published book after the final Harry Potter book, was enthralling, not because of the story itself, but because of the flowing descriptions of which it was composed. *The Cuckoo's Calling* is in a similar position, although, in my opinion, the story was more interesting.

When I read Rowling's books after Harry Potter, it becomes clear why her epic series was successful enough to make her a billionaire; her clear, descriptive, and captivating writing combined with the awe-inspiring tale of Harry Potter was like the perfect storm. While Rowling's more recent books do not have the incredible stories of her earlier works, they do have her writing style which could turn even a mediocre story into an enjoyable book.

This is exactly what *The Cuckoo's Calling* is: an enjoyable book. It played the role of a classic mystery novel, not unlike those of Agatha Christie. It did not have notably deep character development or similar features (although there is more to the Cuckoo characters than what I have seen in my experience with Agatha Christie novels), but that doesn't appear to have been the author's objective. Instead, we have a thoroughly fun and relatively light read (despite the suicide/murder case).

Even before Robert Galbraith's true identity was revealed, the professional opinions of *The Cuckoo's Calling* were high despite it having sold fewer than 10,000 copies before it was publicly associated with Rowling. In fact, some critics suggested that it was difficult to believe that the book was the debut novel of a war veteran. Of course, we now know that it wasn't, but it is difficult not to wonder whether or not I would have recognized Rowling's writing had I read the book before it was tied to Rowling herself. Unfortunately, I'll never know the answer to that question, but the bright side is that it was this announcement that caused me to read this exciting book.

If you enjoy a good mystery, you should definitely pick this book up. If you like J.K. Rowling, you should put this on your list before the next Cormoran Strike book is released later this year. If you like mysteries and you enjoyed Harry Potter or *The Casual Vacancy*, you should drop everything and clear off your schedule for the next two days to read *The Cuckoo's Calling*. **4/5 stars.**

One Day: a review

By **Sarah Rozenburg**
Staff Writer

July 15, 1988, St. Swithin's Day, is the day when Emma and Dexter met for the first time. Over the course of twenty years, the book checks in on the lives of Em and Dex on this one day. The first year begins the day after graduation from the University of Edinburgh in London, and the two college graduates collide, creating a bond that will last a lifetime. The two are complete opposites in their beliefs and goals; however, this does not stop them from becoming inseparable.

Dexter Mayhew is handsome, confident, and not to mention wealthy. With all of these perks, it is no surprise that he gets nearly everything he could ever want. A job presenting a late-night youth program, plenty of women, and as many drugs and drinks he can handle. Emma Morley, on the other hand, is stuck waitressing in a Tex-Mex restaurant, unable to attain her dream job as a publisher. After many years, she finally gets out of the restaurant business and becomes a teacher. Her true passion is writing, and throughout her years of working at various jobs, she is always writing on the side.

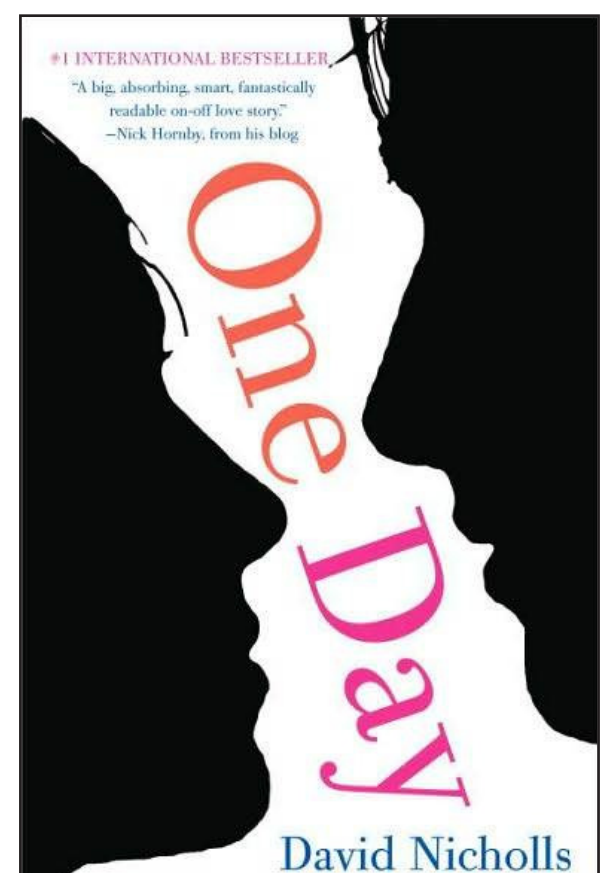
The book touches upon their lives once a year, yet they are not necessarily together every year. Both Emma and Dexter have several boyfriends and girlfriends, and can never seem to be on the same page. Emma sometimes longs for Dexter, and Dexter longs for Emma, but rarely at the same time. This will frustrate readers and have them

wishing for Em and Dex to be together.

One Day by David Nicholls tells a fascinating story of two people living their own separate lives, and somehow makes them unite. He touches on friendship, hardship, and the changes that twenty years can bring to two people on one day. Readers will be wondering what will happen to Emma and Dexter. Will Dex and Em get together before it's too late? Will they ever act on their unconscious thoughts they have been holding in their heads since the day they walked away from each other on July 15, 1988?

This is a book you will not be able to put down. Even though at some points in the book you may be irritated at what is happening, you will continue reading in the hopes that the events will change to your liking. Twenty years is a long span of time, and almost anything can happen. Emma and Dexter partake in traveling around the globe, meeting interesting people, going through the ups and downs in the workplace, and even go skinny dipping.

The book is humorous, entertaining, and will have you wanting another twenty years when the story is finished. The relationships both characters have with other people and each other contribute to the whole story David Nicholls is trying to tell. The relationships they create, the ones they destroy, and the ones they keep forever all have a purpose. Neither Emma, nor Dexter can foresee what the future holds for either of them, and readers too will have a grand time trying to predict what will happen in the end.



One Day book cover (eatingbender.com)

No date for Valentine's Day? No worries!

By Lauren Kordalski
Assistant Editor-in-Chief

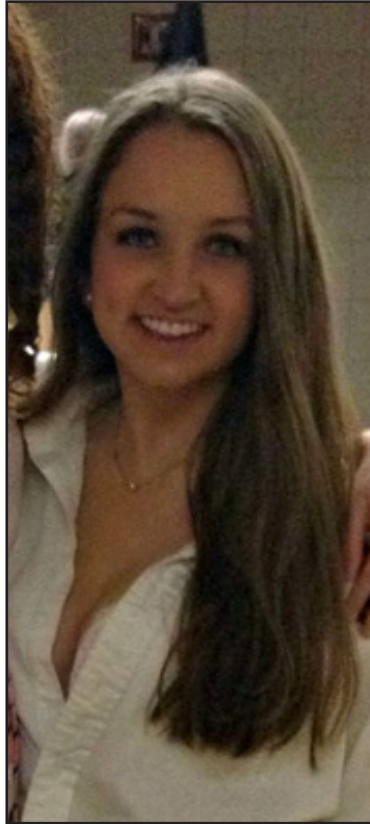
Clayton Caron

Hometown: Bow, New Hampshire
Year: Sophomore
Major: Communications
Campus Involvements: Member of the hockey team & Bryant Outdoor Adventure Club
Fun Fact: Favorite activities include hunting and fishing
Perfect date: Late night MacDonald's
Turn on: Good cook
Turn off: Bad cook



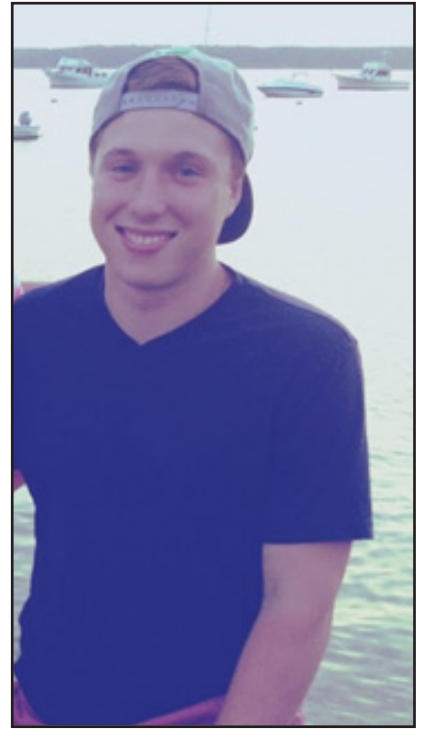
Ariella Esterkin

Hometown: Needham, MA
Year: Freshman
Major: Marketing and Psychology
Campus Involvements: Bryant Student Ambassador, Bryant Outdoor Adventure Club, Hillel, Sigma Sigma Sigma
Fun Fact: Fluent in three languages!
Perfect date: Chipotle burrito bowls and a decked out pillow fort
Turn on: Compliment me on my eyebrows so I know it's real
Turn off: Knees



Nick McAfee

Hometown: Lunenburg, MA
Year: Senior
Major: Management
Campus Involvements: Pi Sigma Epsilon, Zeta Rho, Intramurals, Bryant Outdoor Adventure Club
Fun fact: Search "Sinking into a Bog" (First video) on Youtube. Nick is also graduating Bryant in just three years!
Perfect date: Dinner and a Celtics game in Boston
Turn on: Sense of humor
Turn off: Bad cook



Don't have a valentine this year? Don't fret, we have plenty of eligible bachelors and bachelorette's running free around campus, just waiting to be tamed! Check out the profiles of a few awesome candidates!



Margaret Markowski

Hometown: Rutland, VT
Year: Junior
Major: Accounting & CIS
Campus Involvements: Bryant Outdoor Adventure Club, Bowling Club, Big Brothers, Big Sisters of Bryant University, Accounting Association
Fun Fact: Check out Marge in the made for YouTube short film "A Day in the Life of Marge!"
Perfect date: Chicken patties and the Dark Night trilogy
Turn on: Chocolate milk
Turn off: "Exercise"



Todd Nigro

Hometown: Randolph, NJ
Year: Junior
Major: Marketing
Campus Involvements: Rugby team & Bryant Outdoor Adventure Club
Fun fact: Has a one-year old nephew
Perfect date: Late night diner
Turn on: Intelligence
Turn off: People who are self-centered



Stephanie Barrett

Hometown: Marion, MA
Year: Junior
Major: Finance & Psychology
Campus Involvements: Bryant Outdoor Adventure Club, Bowling Club, Student Experiences Abroad, The Archway
Fun Fact: Has 33 first cousins
Perfect date: Thai food and chess
Turn on: Puns
Turn off for what?

Sensational Bettye LaVette

By Molly Funk
Staff Writer

Wednesday February 5th, Bettye LaVette performed in Janikies as part of President Machtley's Cultural Series. The soul-sensation captivated her audience with her entrancing vocals and spunky dance moves. Bettye was a true performer interacting with the audience in and out of her musical selections. She explained her life's journey throughout her song choice, emphasizing her personal growth during her fifty years in the music business. Bettye spoke to the audience of perseverance, as she is just now, in her 50th year as a performer, maintaining a strong following. Her spunky attitude was prevalent throughout the entire show, as well as her humor—she expressed her thanks to “the sexy” President Machtley for hosting her performance that evening, getting a laugh out of the student-filled audience. Bettye LaVette was a true musical inspiration to watch perform as she acknowledged hard work was the major key to her success.

Bettye LaVette was born Betty Haskins on January 29th, 1946 in Muckegon, Michigan, later raised in Detroit. Uniquely, Bettye began singing R&B and country-western music in her parents' living room, rather than the church. At age sixteen, LaVette recorded her first single “My Man—He's a Lovin' Man” with Johnnie Mae Matthews, a local record producer. This hit led to a rhythm and blues tour with Clyde McPhatter, Ben E. King, Barbara Lynn, and Otis Redding. In 1982, Bettye was signed with the label Motown and recorded her first published album titled Tell Me A Lie, produced by Steve Buckingham. The first single “Right in the Middle” was on the R&B Top 40 list. She then took a break from recording to appear in the Broadway sensation “Bubbling Brown Sugar” for six years.

In 2000 Let Me Down Easy—Live in Concert was issued by Dutch Munich label. At the same time A Woman Like Me was produced by Dennis Walker. The combination of both these hit album releases renewed the interest in LaVette's music. As a result in 2004 A Woman Like Me was released. The album won 2004 W.C. Handy Award for ‘Comeback Blues Album of the Year’. The album shares the same title as her 2012 autobiography.

LaVette's 2007 album, The Scene of the Crime, was nominated for a Grammy Award under the category “Best Contemporary Blues Album”. Then in 2008, Bettye LaVette was awarded a Blues Music Award for “Best Contemporary Female Blues Singer”. Also in that year she performed a memorable rendition of Love, Reign o'er Me in tribute to Roger Daltrey and Pete Townshend of The Who.

In 2009, LaVette shared the stage with Jon Bon Jovi performing A Change Is Gonna Come at the Obama Inaugural Celebration at the Lincoln Memorial. Soon after in 2010, she released Interpretations: The British Rock Songbook, an album including unique performances of songs by artists such as The Beatles, The Rolling Stones, The Animals, and Pink Floyd. This CD was also nominated for a Grammy Award for Best Contemporary Blues Album. Currently, LaVette is on her 50th Anniversary Tour, scheduled to perform February 12th in Sacramento, CA, and March 21st at Carnegie Hall.

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Archway Sukoku CHALLENGE: first person to correctly complete this puzzle and bring it to our meeting on Monday February 17th at 5:30pm in Room 3 will win a Dunkin' Gift Card!!

The Archway
Meetings Mondays at
5:30pm in Rm 3 of FSC

Comic of the Week



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