



THE ARCHWAY

Black and Gold and Read all over

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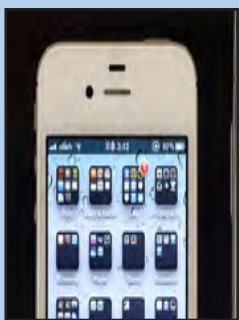


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Bryant: not just a business school

University's first-ever Day of Arts celebrates creativity on campus

By Liam Rice
Staff Writer

As part of Bryant University's continued quest to create a vibrant Arts community on campus, a strong network of performers and creators is essential. This theme of a celebration of togetherness describes my mindset in constructing Bryant University's first-ever Day of Arts this past Sunday, a celebration of the varying performances on our campus. The Bryant Players, The Bottom Line, and Velocity Dance joined together for a full day of shows, showcasing the level of artistic talent on campus.

The Bryant Players produced a first here on campus: a full-length, two-play production. While the Winter Short Shows, a clustering of short plays, are a staple at Bryant during end of the Fall semester, the Bryant Players shook things up this year. The group staged *God of Carnage* and *Reasons to Be Pretty* this past weekend, two full-length plays. *How I Learned to Drive*, the Players' acclaimed Fall play, occurred October 23rd-25th, leaving the club a mere month turnaround! While this schedule would prove difficult for a singular play, the students managed to produce two full plays. While the club performed *Reasons to Be Pretty* Friday night and *God of Carnage* Saturday night, both shows were featured at the Day of Arts Sunday, kicking off the



The Bottom Line performed fan favorites including 'Level.' (Liam Rice)

beginning of the event.

Reasons to Be Pretty led the Day of Arts at 2PM, featuring a talented cast of freshmen and sophomores. It follows Greg and Steph, whose relationship spirals out of control when she hears Greg call her face 'regular.' Along with their married friends Kent and Carly, the characters explore the repercussions of infidelity, and how society teaches us 'how to be pretty.' The cast was highlighted by a stand-out performance by

Tayla Giuffrida, whose heart and strength as Carly was a pleasure to experience. She made sure you left the show remembering her name.

Following the show, the Bryant Players showcased their second play, *God of Carnage*. Familiar to some from the film adaptation by Roman Polanski, the play features the narrative of two couples coming

See "Arts", page 4

Response to UN Climate Summit



Leonardo DiCaprio was among the high profile attendees of the climate summit. (United Nations)

By Patricia Velez
Contributing Writer

In response to the threats and dangers that climatic changes pose to for the world and the global economy, the United Nations has convened a summit of nations to discuss the issues involved in this matter. The summit is being held in Paris, France from November 30 to December 11, 186 nations have accepted the invitation to join the discussions, contribute ideas, and negotiate solutions.

Basically, the summit intends to achieve several main objectives. First, every nation needs to make a commitment to clean its environment of gases and emissions that pose a threat to the ozone layer of the planet, particularly those emissions generated from greenhouses. Second, the nations must agree to take steps directed at achieving a cleaner environment in their own nations and to negotiate with each other to implement measures that improve the climate worldwide. This includes sharing information and technology, as well as providing funds to poor nations to help them towards this goal. Third, every nation must agree to comply fully with all of the agreements reached during the summit.

This is not the first time that these talks have taken place. But

what makes this summit different is that the United States of America and China have agreed to participate and take part in the agreements. China and the U.S. are the biggest polluters, so it is a huge step that they are coming forward to try to make a change. Another thing that makes this summit different is the objective to provide funds and education for poor countries that have not developed clean environmental policies, either because of lack of funds or lack of education about the subject, or both.

Even though every nation has to comply with the agreement, every nation will have its own goal or achievement based on its



individual circumstances. For example, some will need to put in more windmills, while others will need to plant more trees. This flexibility ensures compliance with the agreement because it takes into consideration the individual concerns of each nation.

The summit is a step in the right direction. By committing all nations to uphold the agreements and by asking rich nations to contribute funds for education and technology to help poor nations achieve control of their environment, we may start to see significant changes in the near future. At the very least, the summit will produce an agreement among the nations to regulate the gases produced by the greenhouses to at least stabilize them at their present level. The summit also has put this issue in the forefront of public opinion, thereby generating the public interest and awareness that is necessary for citizens to get involved and request action of their government.



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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 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.



The top five moments of Fall 2015

1. The opening of Bryand Zhuhai
2. Groundbreaking of the Academic Innovation Center
3. USA Today/College Factual ranked six of our academic programs in the top ten for their categories
4. President Machtley received The Region I President's Award
5. President Machtley and Kati became grandparents on December 9, 2015

(Photo courtesy of Business Editor, John Logan)

Department of Public Safety Log

EMT CALL EMT CALL / MEDICAL SERVICES
 RENDERED Nov 30, 2015-Monday at 17:55
 Location: RESIDENCE HALL
 Summary: DPS received a call from a student reporting an injured male in the Chase Center. EMS was activated. Patient was transported by Smithfield Rescue to Fatima Hospital for treatment.

MOTOR VEHICLE ACCIDENT Dec 02, 2015-
 Wednesday at 12:09
 Location: Upper Class Student Parking
 Summary: DPS received a report of a hit and run accident in the C parking lot. No injuries were reported.

BURGLARY (NIGHT) Dec 05, 2015-Saturday at 03:29
 Location: UNISTRUTURE

Summary: A DPS officer making routine rounds of the Academic Hall reportedly found a student who had stolen food from the Salmonson Dining area.

EMT CALL EMT CALL / MEDICAL SERVICES
 RENDERED Dec 05, 2015-Saturday at 05:15
 Location: RESIDENCE HALL
 Summary: A DPS officer on patrol came across an unresponsive male in the lobby of a Residence Hall. EMS was activated. Patient was transported by Smithfield Rescue to Fatima Hospital for treatment.

VANDALISM (AUTO) Dec 05, 2015-Saturday at 13:09
 Location: DORMITORY ROAD PARKING
 Summary: DPS received a report of a student vehicle

being damaged while parked on the strip.

EMT CALL EMT CALL / MEDICAL SERVICES
 RENDERED Dec 06, 2015-Sunday at 01:02
 Location: RESIDENCE HALL
 Summary: While responding to a call, a DPS officer came across an unresponsive male in the lobby of a Residence Hall. EMS was activated. Patient was transported by Smithfield Rescue to Fatima Hospital for treatment.

VANDALISM Dec 06, 2015-Sunday at 06:00
 Location: KOFFLER CENTER
 Summary: A DPS officer on patrol found a damaged University owned golf cart by B Block. Damage was also found on the electrical meters attached to B Block.

We hope you'll consider writing for *The Archway* next semester!
 Contact us at archway@bryant.edu

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Happy holidays from your friends at The Archway and good luck on your finals, Bulldogs!

Support R.I. refugees with granola

By **Marta Gravier**
Contributing Writer

Amid the recent attacks in Paris is the constant conflict and terror in the Middle East, namely in Syria. With the Islamic State gaining more and more power, more civilians are attempting to escape the area. They are leaving behind homes, any sort of wealth, and whatever remained of their rights as human beings. They seek asylum in neighboring countries, and many seek to come to the United States. The trouble is, Syrians are not the only civilians looking for safety and economic opportunity; all over the world, families—and children in particular—are moving toward the U.S. But how do they get here? And more importantly, how do they manage to build a new life in a country they may have never heard of, speaking a language they do not know?

Believe it or not, Rhode Island is home to a large

number of refugees according to the state's website. Every year, the state is allowed to accept 250 refugees. There are multiple organizations in the Providence area that assist in the resettlement process, including the International Institute, the Dorcas International Institute, the Catholic Diocese of Providence, and the Refugee Dream Center. These organizations advocate for and support the large populations of immigrants that make their home in Rhode Island. They provide help with learning the English language, understanding local law and culture, and assist in facilitating U.S. citizenship and immigration services.

There is another organization, a social enterprise that has risen in the hopes of helping resettle refugees—the Providence Granola Project. Founded back in 2009, Providence Granola has been organizing refugee employment through an innovative business model that hires refugees, pays them a living wage, and teaches basic

job skills. How do they do this? Simple—by making granola.

Many of those who leave their country end up in refugee camps for months, and oftentimes, years. They have no access to proper education, no means to achieve financial stability, and are literally stuck. When they do have the opportunity to leave these camps or their countries behind, they have been out of work and school for a long time. Providence Granola is closing this gap, and making it possible for refugees in Rhode Island to succeed and build a new home. As the Providence Granola website explains, they work with all the resettlement organizations in the area to bring in refugees, teach them time management, practice their English, work in a kitchen, and work on a team. These may sound like very simple skills, but the difference they make in the lives of these people is exponential. This is what the American Dream is supposed to be all about, right?

In a sociology course called Social Problems, Social Solutions, Professor Sandra Enos and her students have been analyzing and discussing the social issues facing immigrants and refugees today. In partnering with the local Providence Granola Project, her students have been able to deepen their knowledge on the subject, and have organized an event to take place December 10th. The event will feature representatives from many of the local resettlement agencies, and a few refugees from Providence Granola itself. The Multicultural Student Union, International Student Organization, and the Department of History and Social Sciences invite you to join us at 5PM in the Interfaith Center for local ethnic food, humanitarian conversation, and of course, some delicious granola.



There are an estimated 4.3 million Syrian refugees according to World Vision. (Reuters)

The cold hard truth about Cryotherapy

By **Madyson Milordi**
Contributing Writer

There is yet another beauty treatment emerging among celebrities and their followers. In efforts to look and feel their best, people are now stepping into barrel-shaped machines that are open at the top. As the New York Times reports, after stepping into the chamber, gas suddenly emanates throughout the machine and the patient is surrounded by nitrogen gas. The chamber becomes as cold as minus 300 degrees Fahrenheit, which patients endure for up to three minutes. This fast-growing practice is known as cryotherapy treatment.

Why are patients willing to pay \$90 to put themselves through what sounds like a torturous three minutes of extraordinary cold conditions? Well, of course because cryotherapy chambers produce results and produce them fast. In just a short three minutes, patients can burn up to 800 calories, boost their metabolism, reduce cellulite, tighten their skin, reduce pore size, relax their muscles, and improve their mood.

Cryotherapy has been immensely popular among celebrities as well as professional athletes. With stars like Lindsey Lohan and Mandy Moore, as well as NBA superstars like LeBron James and Shaquille O'Neal, raving about the treatment on social media, it was only a matter of time before people became intrigued.

While the benefits may seem well worth the few minutes of enduring shockingly cold conditions, there are other components to consider. As indicated by Julie Turkewitz of The New York Times, "health research has concluded that there is 'insufficient evidence' that the practice reduces muscle soreness or improves recovery times in athletes when compared with rest." In fact, most of the benefits of cryotherapy may just be psychological.

Furthermore, little is known about how long someone can survive the extreme temperatures of cryotherapy without clothing. Chambers' temperatures usually range anywhere from 160 to 300 degrees Fahrenheit. To put that into perspective, the coldest naturally occurring temperature on earth is minus 135.8 degrees Fahrenheit, which was recorded in Antarctica.

Another concerning aspect of cryotherapy is that some patients want to stay in the chambers for more than three minutes. After completing the treatment more than once, they may believe that their bodies can handle more time. However, the human heart fails when a person's body temperature is at about 81 degrees Fahrenheit. It is still unknown how long it takes for human's body temperature to go from its core body temperature of 98.6 degrees to this fatal temperature.

While fatality may be an extreme, there are other possible side effects of cryotherapy treatment to consider. Unprotected skin can freeze at a very fast rate, in fact frostbite can occur in as little as two minutes. Patients go into chambers mostly naked with just mittens on their hands, socks and slippers on their feet, and men wear boxers. However, there have been reports of frostbite, some resulting in third degree

burns and even the loss of use of one patient's arm. These cases occurred after patients went in with either wet or sweaty socks or mittens that were given to them wet.

Cryotherapy chambers are a prime example of how people nowadays will go to extreme measures in order to achieve what is believed to be 'beauty.' Through media, people have become increasingly interested in cryotherapy. When celebrities and athletes rave about the treatment, their fans think that they will be more like them if they undergo the treatment as well. However, how many patients take the time to do their research before participating? If they were to take the time to do so, they might find that the practice is not regulated and health departments do not oversee cryotherapy centers.

Unfortunately, this information may not affect many patients' perception of the treatment because the power of media is so strong today. The desire to achieve perceived perfection is derived from media and people will go to extreme measures to achieve it. It also highly impacts our decision making, especially when it comes to purchase decision. Cryotherapy is just another example of how strong the presence of media is and its ability to influence.



Photo shows woman getting cryotherapy treatment at negative 138 degrees. (Franck Fife)

Thanks for reading The Archway this semester!
Be sure to check out our website for articles over break
www.bryantarchway.com

World leaders meet in Paris to discuss climate change threats

By Kianna Woods
Contributing Writer

Two Degrees Celsius. That doesn't sound like much does it? A simple two degree increase sounds nice to we New Englanders while we trudge through the below freezing temperatures for three to four months out of the year. But we seem to be blissfully unaware that a global climate temperature increase of two degrees Celsius could be a nightmare waiting to happen. This is the topic of discussion this year at the 2015 United Nations Climate Change Conference, also known as the COP21.

The COP21 is a formal meeting of all United Nations countries' representatives and is being held in Le Bourget, France from November 30 – December 11, 2015. It will be the 21st yearly session of the Conference of the Parties to the 1992 United Nations Framework Convention on Climate Change (UNFCCC) and the 11th session of the Meeting of the Parties to the 1997 Kyoto Protocol. The conference's objective will be to achieve legally binding and universal agreement on climate change measures. World leaders will discuss major issues and make plans for what steps they are going to take for the future. Unfortunately, world leaders have still failed to agree on a plan to decrease global greenhouse gas emissions. Renewable resources are still too expensive, and the world continues to fall back on burning fossil fuels. While time is ticking away, the Earth's climate sensitivity is at a critical range and is causing sea levels to rise due to the melting of large quantities of permafrost. A change needs to be made in a big way before some of the very cities we know and love are underwater.

The best hope for change at COP21 is that world leaders will agree on making a shift toward renewable energies. The world has been so concentrated on fossil fuels and has forgotten how much damage it is causing our planet every single day. There is a huge potential in renewable energies that we need to harness. As discussed at the conference, Norway is the world leader in production of hydropower per capita. Around 64 percent of their total energy consumption is produced by hydropower. This simply means over half of their entire country is powered by water!

Imagine the amount of energy that could be produced, and the amount of carbon dioxide not released into the atmosphere if there was global participation in hydropower energy. This is just one of the renewable energies available. We are not truly taking advantage of our renewable energies. In order to prevent the global temperature from rising that dreaded two degrees, global action and teamwork need to take place. Awareness of this crisis needs to increase. The world needs to be conscious of the fact that our planet is in danger, and it needs to be protected for future generations.



According to CNN, these pictures represent what the Sydney Opera House in Australia would look like if the temperatures rose two degrees (above) and four degrees (below), respectively. (Photos courtesy of CNN)



Arts (Continued from pg. 1)

together after one son hits the other couple's son with a stick. What ensues is a whirlwind of hilarity as the serious exteriors of the adults deconstruct into childlike carnage. A hilarious play that explores actual human nature when social constructions breaks down, it features an incredible cast of four that cannot be divided. In trying to find a break-out star to write about, I found that I could not pick just one. This entire group was magical!

Keeping the momentum going, The Bottom Line took the stage at 6PM to show their vocal repertoire. Performing beautiful arrangements of fan-favorites such as "Level," The Bottom Line shone like a bright star. Having a group on campus that specializes in an interesting genre of music that is all too often neglected is a huge feat that the university should be proud of!

Wrapping up the performances was Velocity Dance, who displayed dazzling dance moves in very touching scenes. The team focuses primarily on Jazz, Hip-Hop, and Lyrical, consisting of about 20 girls ranging from freshmen to seniors. Flowing together as a team, Velocity Dance produced deeply touching and quite professional work. Any audience would be lucky to see them; check them out at their showcase Spring Semester!

It is this exact type of showcase that Bryant University needs. A school that wishes to call itself interdisciplinary, featuring a strong Arts program, must purport a vibrant Arts community! Bryant University is known for its business; Day of Arts is an important step in getting it known for its Arts. A scattered army cannot succeed. Day of Arts was a success, albeit a small one. From it, though, the Arts clubs of Bryant must come together to develop their voice at this school and highlight their performative power.

Stewart returns to 'The Daily Show'

By Meredith Blake
MCT Campus

Jon Stewart returned for a special episode of "The Daily Show" Monday night dedicated to one of his most passionate causes, health care for 9/11 first responders.

In 2010, Stewart successfully helped shame Congress into passing the James Zadroga 9/11 Health and Compensation Act by bringing a panel of first responders onto his Comedy Central program. The legislation, named after a New York police officer who worked at ground zero following 9/11 and later died of a respiratory disease, covered medical expenses for emergency workers thought to be sickened by their exposure to toxic substances during the recovery efforts.

Most of the act expired Oct. 1, and, much to Stewart's dismay, it has not yet been renewed despite the repeated efforts of many first responders.

"The only conclusion that I can draw is that the people of Congress are not as good a people as the people who are first responders," said Stewart, who retired from "The Daily Show" after 16 years in August and was sporting an off-duty gray beard and t-shirt.

As he told his successor, Trevor Noah, Stewart and a team of first responders visited Capitol Hill last week "to see if shame works." A pre-taped segment showed Stewart visiting the offices of Republican lawmakers such as Sens. Rand Paul, Rob Portman and Ron Johnson, where he was met with polite rejection.

He was able to corner Portman, "on his way from voting to make sure people on the terrorist watch list could still buy guns," as Stewart put it. Although the Ohio senator expressed concerns over paying for the bill, he voted later that night to reauthorize the Zadroga Act, Stewart explained. "So maybe shame does work," he said.

Back in the studio, Stewart gave Noah an update on the status of the bill, the fate of which, he said, now lies in the hands of "the two people who now control Congress," Speaker of the House Paul Ryan and Senate Majority Leader Mitch McConnell.

"I believe that when push comes to shove, Paul Ryan is going to do the right thing because ultimately he is still, uh, human," joked Stewart, who was less complimentary about McConnell.

"So far he has been an enormous obstacle, unwilling to move the bill forward for purely political reasons."

As evidence, Stewart cited McConnell's support for a bill compensating workers at a nuclear fuel plant in his home state of Kentucky.

He added that McConnell had removed the Zadroga renewal from a transportation bill because of a dispute over oil-export regulations.

"He used the health of 9/11 first responders as a bargaining chip to make it easier to sell oil?" Noah asked in feigned disbelief.

"Yes, Trevor," Stewart replied. "He's not nice."

Finally, Stewart decided to reconvene the panel of first responders whose appearance on "The Daily Show" helped get the Zadroga Act passed in 2010. The only problem? Only one of the original four panelists, retired firefighter Kenny Specht, was able to appear on the show.

"It's unacceptable to tweet, to post on Facebook, around the anniversary of Sept. 11 that we'll never forget," said Specht. "It's inexplicable to get re-elected off the back of the soldiers of this country and the first responders and then when you get a chance to do something about that to back away from it."

Noah and Stewart concluded by urging viewers to take up the cause on social media using the hashtag #worstresponders.

Charging Chair featured at Brown Demo Day

By **Tim Levene**
Web Editor

Nick O'Hara, a junior at Bryant, is the founder of a cool new startup, Charging Chair. This product is essentially a foldable beach chair that has a built in battery to charge your electronics. In addition to two USB charging ports, the chair comes fully equipped with a phone sleeve, cup holder, magazine holder and backpack straps for easy transportation. The product will most likely be priced around \$50 and is expected to be sold online and in multiple retail locations.

Nick's company has already received considerable recognition and was awarded second place in the Bryant New Venture Competition earlier this semester. Now after already winning \$2,000 in funding, Charging Chair was invited to be featured at Brown Demo Day. The event was on December 8th at Brown University and there were a total of 15 student projects from students at Brown, MIT, and RISD.

While many of the presenters at the event

showed off their programming skills, Nick's Charging Chair was a crowd pleaser being the only physical product. Having just finished the first prototype a few days in advance, the timing of this event couldn't have been more perfect. The feedback he had received was crucial for his company's success and he is satisfied with the initial reactions.

The demos don't end there. Nick will be showing off his prototype in the Rotunda in the coming weeks to get further feedback from potential customers. His plans for the product are to launch a crowdfunding campaign on Kickstarter and raise money to create the first version of his product. Keep your eyes open, the Charging Chair will be soon coming to a store near you.

If you are interested in working with Nick on the Charging Chair, he is looking for a digital marketer as well as someone skilled in web development to join his team. Feel free to reach out to Nick through email (nohara@bryant.edu) with your resume and a brief overview of your interest.



The Bizz Update with Shayan

By **Shayan Ushani**
Business and Marketing Director

For many, it seems like the bear market has finally set in. It took eight years between the Dot-Com Bubble and the Housing Bubble and now eight years after the end of that, 2016, for it to seem like the bear has finally returned.

This time instead of domestic troubles, the crisis is abroad. Internationally geopolitics and different economic data are not in favor of the bulls. From Japan to Luxembourg, many countries have serious debt problems, and even a local territory: Puerto Rico. The small island south of the U.S. is having a debt restructuring hearing at the Supreme Court, and its fixed income instruments are rated as junk with extremely high rates due to the risk involved in investing in them.

The energy sector is also worrying a lot of economists. The only businesses that stand to gain are companies that produce customer discretionary items. Energy companies have let over 100,000 workers go since oil has

started to seriously drop last October, and in November had dropped 11,000 jobs, mostly miners. Stocks like KMI have been hurting and lost over a third of their value in a week. Additionally, OPEC has recently met to discuss output and a new supplier, Iran.

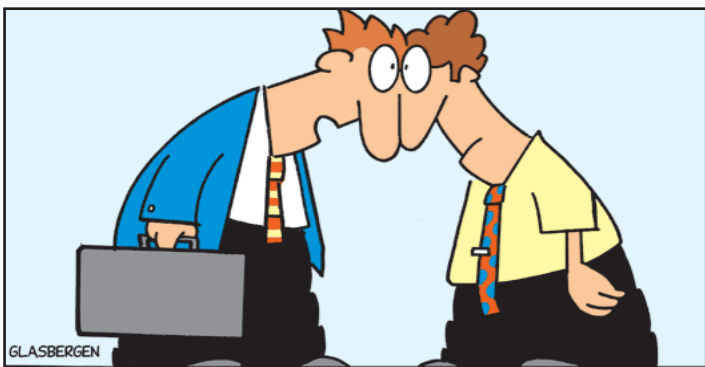
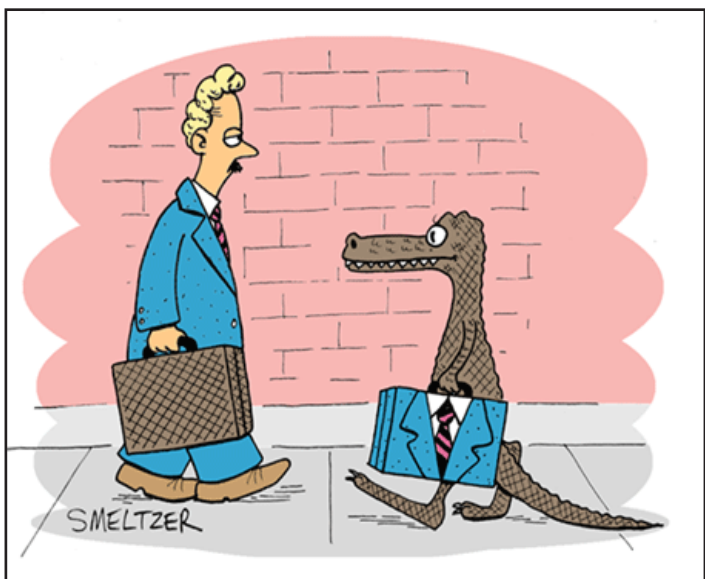
Iran expects to supply a large amount, and Saudi Arabia has responded by continuing not to drop supply in order to maintain market share. By crushing the fracking industry and making up for a loss in profit margin for volume, companies like Aramco are getting by. The dangerous companies in energy stocks right now are fracking companies primarily in the U.S. and Canada that offer high dividends with low cash, highly decreasing revenues, and high debt.

Despite a loss of jobs in the energy sector, there were 211,000 jobs added in November. With a steady growth, the Federal Reserve is expected to raise interest rates soon. Janet Yellen has been hinting that with recent data indicating they are good to go to raise rates by 25 points soon. A problem in the

impending rise in interest rates has caused a strengthening U.S. dollar and, subsequently, a decline in exports. Also, the trade deficit widened up to \$2.8 billion.

A strong dollar could not stop the Euro's biggest gain against the U.S. Dollar in years as the ECB went against analyst's opinion and cut rates. The ECB, along with Draghi, are encouraging higher spending, investments in capital goods, and a bull market. The DAX has responded accordingly and has been shooting up.

Dell remains in mystery, especially when they have decided to sell their assets; they are either signaling a focus in a different business or struggling with payments of debt. Geopolitical problems also remain high with different news coming in, such as Brazil's president's impeachment. The bull market is dead, and what we have ahead of us is a bear market. Volatility raises the interest in options trading and rising interest rates for debt instruments, as well as investing in financial equities.



"I read someplace that eye contact is a very important business skill."

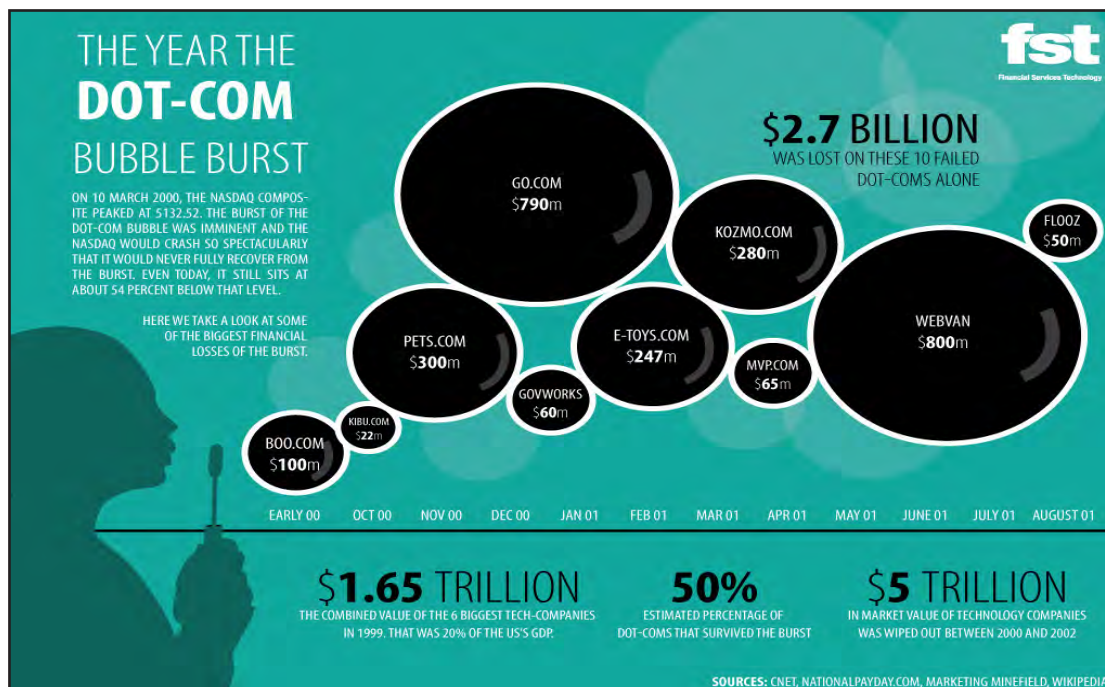
Persistence & Creativity

By **Professor Michael Roberto**
Bryant University

Brian Lucas & Loran Nordgren have conducted a series of interesting studies about creativity. They find that people tend to underestimate the number of creative ideas that they can generate. The scholars asked people to generate ideas on a particular topic. Then they asked them to predict how many more ideas they could generate if they continued thinking about the topic. The subjects then continued to try to generate ideas.

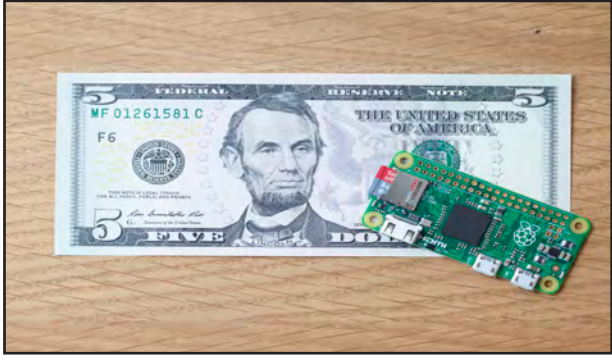
The scholars found that people underestimated how many ideas they could generate by persisting for that additional period of time. Moreover, outsiders judged the ideas generated after persisting as of higher quality than the ideas generated initially.

The study shows the value of persistence, but it also demonstrates that we sometimes downplay its importance. I think it's because we often think of creativity as a flash of brilliance. It's not. It's hard work! It takes time to reflect, think, make connections among disparate concepts, and synthesize ideas.



The next evolution of computers

By Shayan Ushani
Business and Marketing Director



The Raspberry Pi Foundation is a unique charity executing a vision to help promote the study of computer science. The charity was founded in England in 2009 and has since launched a line of Raspberry Pi computers that are much more affordable than the current alternatives and provide a platform for eager, yet needy, students to learn. Despite the charity's focus on certain demographics, their product has drawn in thousands of engineers and consumers of different backgrounds internationally.

The foundation has just released their new product that has sold out 10,000 units in a matter of days, according to their website. Listings were found on eBay that were offering to sell the item up to ten fold their

original price. The computer can fit in the palm of your hand and it features a 1 GHz, Single-core CPU, 512MB RAM, Mini HDMI & USB On-The-Go ports, Micro USB power, HAT-compatible 40-pin header, and a composite video and reset headers. All this is featured for \$5, about the cost of a cup of coffee. The foundation expected to sell out their full supply and they will not be able to supply the rest of the demand until the next month.

Raspberry Pi Foundation also has set out on a course to educate people and offer an educational book, such as "Learning Python With Raspberry Pi", which will raise funds that will go to support their cause. Many schools across the world, even impoverished villages in Africa, have found great use in these cheap and small computers which only essentially need a monitor to learn coding. Educators around the world are teaching programming and computer science skills so their students have opportunities to work. India, as well as Africa, have been a main driver behind units sold.

To the average person like you and me, the small handy computer may have different uses. The first being as a flash drive; why buy one for \$5 when you can store your documents on this device that also serves as a computer? Also, if you have an old monitor lying around that you don't use, it can be adjusted to a site and you can get an endless stream of content such as news, stock ticker data, sports, or more. To add on to this idea, it could be used as a personalized photo frame as well. Different internet bloggers have introduced methods to

install WhatsApp onto the Raspberry Pi so it can also serve as a \$5 smartphone. Different hobbyists have also shown their use of Raspberry Pi to power homemade appliances and projects.

One of the only strong competitors in the market to Raspberry Pi is Google's joint venture with Asus; the Google Chromebit. This device is offered for \$75, fifteen times the costs of the Raspberry Pi Zero. The product has also been subject to plenty of scrutiny and poor reviews. It does not have as much room for expansion and is limited to Chrome OS devices, but still acts effectively as a small micro-desktop. Raspberry Pi may have future competitors that may dent their venture into changing the microcomputer world, but for now they are the clear winners.

The Raspberry Pi Foundation has donated £1 million to support the study of technology, particularly in STEM. Its founder and CEO Eben Upton still currently serves as CEO. They have challenged the methods of teaching to a world of users and businesses. Even the concept of charity giving has been challenged to a new level. Instead of raising solely awareness or cash, investing in technology and consumer goods that could change people's lives for the better seems like a more beneficial and rewarding route. They have inspired Google to step their game up and continue to serve as an inspiration for philanthropic entrepreneurs who are out to make a difference.

Chipotle responds to a food safety crisis

By Professor Michael Roberto
Bryant University

Chipotle finds itself facing a major crisis these days. The company has experienced a major E. coli outbreak. It began in the northwestern United States, and the firm closed a number of restaurants temporarily to address the situation. However, reports now indicate that some Boston College students may have gotten ill after eating at a Chipotle in Boston. According to Boston.com, "City inspectors closed the Chipotle, located in Brighton near BC's campus, "until further notice" after reporting three critical health violations following a visit Monday... Chipotle believes norovirus is to blame for the rash of illnesses that seemingly stem from the Cleveland Circle restaurant, but the Boston Public Health Commission says it's too early to tell."

The Wall Street Journal asked several crisis management experts to assess Chipotle's response to the crisis. Richard Levick commented,

"Long term, Chipotle will need to carefully examine its supply chain. Its 5 percent stock drop is likely due to the fact that this is the third instance of foodborne illness connected to Chipotle since August. That leaves the company more vulnerable to lawsuits and potential regulatory action. It also directly contradicts a brand built, at least in part, on the sourcing of fresh, organic, farm-sourced fare. Thus far, the supply chain has not been a major focus of the company's communications. In the coming weeks, that may need to change."

Levick raises a crucial point. Product quality and safety crises become especially threatening to a company when they go to the heart of what a brand has chosen to

stand for over many years. In fact, companies can be punished even more extremely by customers (and investors) when a crisis undermines the core of their competitive positioning. Chipotle has staked its reputation on the quality and freshness of its ingredients. Thus, the supply chain has been at the heart of their competitive positioning. Any substantial defect in that supply chain will have long-lasting repercussions. The company not only has to address the situation at the restaurants, but they will have to reassure customers that the supply chain indeed lives up to the reputation that has been cultivated over time. As a big fan of Chipotle, I hope they get it right!



Daily Fantasy Sports: A game of skill?

By Samantha Robinson
Contributing Writer

Over the past decade, sports have been revolutionized in many unique ways. Rule changes have improved the quality of sports, while athletes only continue to get better as they progress. With that being said, games are more competitive and the demand for fans to be entertained is fulfilled more and more with each coming season. As you can imagine, a sports franchise is like a holy grail for marketability through advertisement and sponsorship.

Fantasy football came into popularity in the early 2000's. The platform was simple; you and a group of friends started a league in which you have your own teams and compete head to head every week throughout the season. The teams were devised by holding a mock draft in which people in the league drafted players that would eventually fill their roster. Players were selected based upon their potential to earn points off of statistics that may be achieved in a real football game.

As you can see, this is a very time consuming process. Fantasy sports

seasons also last for weeks on end within the real sport season. The innovation of daily fantasy sports created an ease for the consumer, as well as a much higher potential to gain profit. In these cases, you pay money to pick up players rather than hold a draft. Players that typically do better cost more money to purchase and with that, your chances of winning against others that week would obviously increase. The seemingly effortless aspects with quick upside profit potential became popular almost overnight. Sites such as Fan Duel and Draft Kings both respectively struck advertisement deals with major sports leagues, and popularity quickly rose faster and faster. Why wouldn't you want to play the fantasy game you love in a fraction of the time while making tons of money?

When you put money into something and expect to see a quick and substantial profit based upon an outside force, you have little to no control over and it begins to sound a lot like gambling. Yet, because a game of this nature requires knowledge and strategic planning, it is not considered as such; at least not in the eyes of those who run these daily fantasy franchises.

Thus, this brings us to the controversy:

are daily fantasy sports considered methods of illegal gambling? In the public's eyes, it's a game you play for fun, and it requires methods and studying of statistics to win big. In select states eye's, it is unregulated cash flow and should be considered one in the same as other games (such as online poker), and thus outlawed. Steps have already been taken to begin removing these sites from public use in six states. The newest to join that crowd, New York, holds over 500,000 daily fantasy users. New York holds more players in their state than any other currently, and the upholding and removal of such a number of customers could be detrimental to these businesses. Though there is uncertainty for the final say in New York, the bottom line is that daily fantasy sports sites show no signs or intentions of slowing down. This poses an intriguing predicament for someone who may be a young investor or a consumer.

As a consumer, this controversy may steer you away because of potential sanctions that may fall against you, depending on the state you live in. As an investor, you may be pushed away from a potential opportunity due to the negative tag, as well as the fact of how

these companies got so rich so quickly. On the other hand, you may be persuaded to invest based upon the popularity of the game. After all, who wouldn't want to make an extraordinary profit in an unprecedented amount of time?

Whether it be classified as gambling or not, is this not the image being created? One thing is certain, daily fantasy sports are the hot new trend. The outcome of this ongoing controversy will either solidify them in the business world or knock them down and out as other trending companies before them.



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Patriots blow another large lead; Lose to Eagles 35-28 Sunday afternoon

By Pat Curran
Staff Writer

I started covering the Patriots for The Archway in 2013 and the Patriots did something Sunday that they haven't done in my three years writing about them. They lost two games in a row. I don't have much practice writing about losses so please bear with me.

Danny Amendola, and then they took their foot off the pedal. I was at Gillette on Sunday, and I can personally tell you that this did not have a big game feel.

One thing I have learned throughout my years of athletics is that a team is never as bad as their worst loss, and a team is never as good as their best win. The Eagles had let up a combined 90 points in their last two games. They came into the game with a 4-7 record. My

Monday night the Eagles will have the lead in the NFC East with a 5-7 record.

When the Eagles were playing well early in the season they were getting to the Quarterback at will. That is what they were able to do yesterday, sacking Tom Brady four times. Brady was able to throw for 312 yards and three touchdowns. However, his Achilles heel yesterday was his two interceptions. He should be credited for his furious comeback attempt in the fourth quarter. It wasn't his fault his receivers dropped three straight potential first downs down the stretch, but he does need to be held accountable for his interceptions. They were both in the red zone, which is a cardinal sin. His first interception came on the Eagles one yard line when he tried to force a throw into a double covered Danny Amendola. Malcolm Jenkins was able to pick Brady off and race 99 yards for a touchdown, one that would give the Eagles the lead 21-14. His next interception he threw into a double covered Brandon Lafell. Lafell looked like he gave up on the route, leaving it an easy play for Eagles cornerback Byron Maxwell. Speaking of Lafell, he had one of his worst games as a Patriot Sunday in what has been an incredibly disappointing season from him.

Special Teams was another area where the Patriots got thoroughly dominated. They had a punt returned for a touchdown seven seconds before the half, which tied the game and completely took the air out of the stadium. They had two failed inside kicks. Eagles running back Darren Sproles returned a punt 83 yards for a touchdown. For a team that prides itself on winning all phases of the game, the Patriots' special teams left a lot to be desired.

The Patriots will travel to Houston and face a 6-6 Texans team on Sunday night. The Texans will be all sorts of fired up to beat the Patriots, as many players and coaches are former Patriots, including Texans Head Coach Bill O'Brien.



Tom Brady threw for 312 yards and three touchdowns, but still couldn't pull out a win for the Patriots (USA today)

The entire Patriots organization is to blame for the loss that took place on Sunday. They were not excited for the game. They had no pep in their step. They went up 14-0 thanks to touchdowns from James White and

friend even said to me in the parking lot "I love games like today, there is no pressure. The Patriots aren't going to lose to the Eagles." Little did he know how much this game meant to the Eagles. If the Redskins lose on

With Summer Olympics less than a year away, Brazil wonders if it's ready

By Vinod Sreeharsha
MCT Campus

With less than a year to go before the opening of next year's Summer Olympic Games, preparations are entering their most critical phase. With 10,500 athletes from 205 countries, expected officials are proclaiming that everything is looking wonderful.

Athletes, including rowers and swimmers, have started testing sporting venues, including waters considered highly polluted and possibly unsafe. Reporters from around the globe have arrived. International Olympic Committee President Thomas Bach met with Brazilian President Dilma Rousseff and radiated optimism that the Games will be a roaring success, despite previous IOC criticism of the slow pace of preparations.

"Brazilians will show the entire world your unique combination of passion and efficiency," he said during a speech, the latter word almost never associated with this country.

Rio de Janeiro Mayor Eduardo Paes also oozed confidence, telling reporters this week that Olympic Park construction is 82 percent complete and that six of the seven new venues being built will be completed by the end of the year, including the velodrome and the basketball and tennis arenas. The golf course is expected to be ready by

November.

Residents of the city are viewing the preparations with less enthusiasm.

"Only the beautiful parts of Rio will benefit," said Lucimar Caetano, 33, an artist.

That reflected the belief that only the wealthy enclave of Barra, where the Olympic Village will be located, will see new economic development from the Games.

That cynicism comes from the experience of the World Cup last year, which also promised an economic boon that didn't happen.

And Brazil's economy is in much worse shape than it was when thousands crowded Rio's famed Copacabana beach in 2009 to cheer raucously at big-screen televisions carrying the IOC announcement. Then, Brazil was on the rise.

Today its economy is in the dumps. The Brazilian currency closed in August at a 12-year low, compared to the dollar. Rousseff has an approval of just 8 percent.

A major corruption scandal is growing involving state-owned oil company Petrobras, politicians in several political parties, and numerous construction companies, including the international mega firm Odebrecht, whose chief executive, Marcelo Odebrecht, missed this week's Olympic festivities because he is in jail.

And Brazilians are skeptical about

promises that the Games will do for Rio what the 1992 ones did for Barcelona, which went from a dirty industrial town to one of the world's leading cities as a result.

Cariocas, as residents of Rio are called, have heard it before: in 2007, before the Pan American Games and then last year, ahead of the World Cup, which many argue actually hurt small businesses.

Providing security for the World Cup had other downsides. Military police patrolling the streets became aggressive to deter dissatisfied Brazilians from protesting. Many poor Brazilians were forced from their homes to create space for new projects, many of which were never built.

Many of the plush soccer stadiums built for last year's tournament already are abandoned. In the most cruel irony, the cost of attending soccer games in the new venues has skyrocketed.

Much of this has continued during the Olympics preparation, especially forced evictions of poor residents in the slums.

Paes, the mayor, said this time will be different. He drew a contrast between the IOC and FIFA, the world soccer governing body now undergoing a corruption scandal and which is highly unpopular in Brazil.

"FIFA only wants to know about stadiums, airports, and hotels," he said. "The IOC, on the contrary, is closely following everything. They are concerned

about leaving a legacy."

If nothing else, planning appears to be better. The stadiums and sporting venues seem like they will be ready well in advance of the Games in contrast with the last-minute rush that took place prior to the World Cup. And extensive test events at venues will take place, something that was reduced for the soccer tournament.

Some venues like the stadium that will host gymnastics are awaiting only minor modifications early next year, Paes said.

Unknown is what, if anything, will be done about water pollution, especially in the Guanabara Bay, site of the sailing events.

A study commissioned by The Associated Press found dangerously high levels of bacteria and viruses in the bay as well as waters at other venues, a consequence of Rio de Janeiro government's failure over decades to build a proper sewage system.

After the AP reported the results, the World Health Organization recommended that new tests be done and virus levels be monitored, something the IOC and Brazilian officials had not previously done.

For many, that water pollution and inadequate sewage has not been addressed all these years reflects a huge missed opportunity for Brazil. It has made them further question what kind of legacy the Summer Games will leave.

Intramural Update

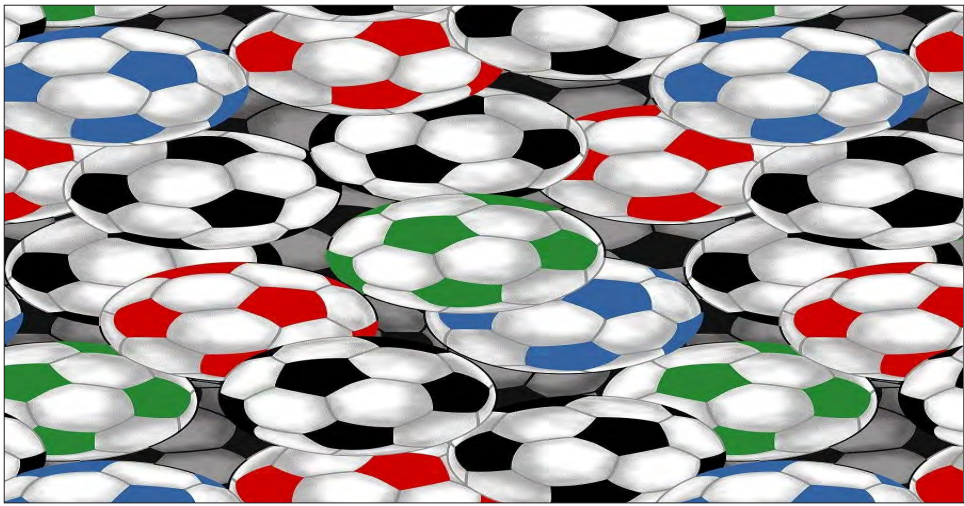
By Kevin Pawlack
Staff Writer

Indoor Soccer

Indoor soccer was back in action last night with some entertaining performances. Barely legal defeated Messi When Wet by a score of 8-3. Barely legal did a terrific job of spreading out the offense, with many players scoring multiple goals. Daniel Coveney, Kelly Glatt, and Sam Ruzzi all scored twice. A solid goal-keeping effort also kept the team in the game. Jose Maita, Sam Ruzzi, and Sebastian Garcia all made contributions in net to lead their team to victory. It was a true team effort that was able to propel this team to victory.

Another great team performance from this week came from the Crazy Legs 10-3 victory over Hope Solo Dolo. Parker Dubuque and Andreas Armenis both led the team in scoring with three goals apiece. Tony Flaim and Suzanne Sanders also contributed by scoring three goals between the two of them. With the high powered offense and a solid goal keeping effort by Michael Thomas, Crazy Legs was easily able to pull off the victory.

The Habibiz propelled themselves to another monster win this week, taking down Kicking and Screaming 10-0. The MVP of the game had to be Vraajesh Kurup, who led the way with seven goals, while captain Arsh Majithia scored three times.



Week's Best Sports Tweets

“Hit the road with the Bulldogs this weekend! Sign up for the fan bus at http://bryantbulldogs.com/register/Fan_Bus/PCFanBus”

@BryantAthletics

“Breanna and T we missed you today against Brown. Get well soon so we are ready for the NEC!”

@BryantUprez

“Intramurals named 1 of the top 50 program in the entire country!”

@Bryant_Rec

“Klein, Schulte named Navigant Credit Union Athletes of the Week”

@BryantAthletics



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This week's scores

Track and Field – Brown University Alden Invitational Dec. 5th

School records set by Kehma Johnson and Kristen Hayes. There were 17 Bryant athletes who finished in the top 10 in their races.

Women's Basketball – Game Dec. 6th

Bryant (2-5) 67

Brown (8-1) 84

Men's Basketball – Game Dec. 5th

Bryant (2-7) 68

Brown (3-5) 76

Women's Swim & Dive – WPI Invitational Dec. 5th&6th

Finished second with 2,783.5 points.

Winners included the 200 medley relay team (Nicole Salzano, Julia Messina, Taylor Polisen, and Jillian Rice), the 400 free team (Rice, Valeria Watson, Salzano, Mackenzie Kirk), Rice (100 free), Kelci Abernethy (1-meter dive).

Men's Swim & Dive – WPI Invitational Dec. 5th&6th

Finished third with 2,098 points. Winners included Ben Schulte (200 breast).

Inside scoop on the contracts of the NCAA's top college football coaches

By Geoff Baker

MCT Campus

The highest-paid nonprofessional sport coaches in the world squared off this weekend as college football played its conference championship games.

And those curious about how highly compensated these coaches are — including Washington coach Chris Petersen, who recently received a raise — can now instantly peruse their contracts online thanks to a group of curious Seattle lawyers.

The six lawyers manning the Seattle head office of HKM Employment Attorneys LLP have built a website containing PDFs of the full contracts, exhibits and appendices of virtually every football coach working for an FBS and FCS public university.

"It was kind of random to begin with," said Jason Rittereiser, one of the lawyers who worked on the site ahead of its launch Wednesday. "A couple of employment lawyers at our firm who are also big sports fans started talking about NCAA football coaches and how much they get paid. As far as public employees go, they're some of the best, if not the best-compensated employees in the states they work in. So we wanted to see exactly how they are compensated."

They knew that was possible, just not altogether easy.

One of the things about public universities is they are held accountable for the tax dollars given them and are subject to public-disclosure requests. Within a year, the HKM crew had acquired the contracts of just about every college football coach in their hands; 167 in total.

They could see exactly what top-paid coaches like Nick Saban, Jim Harbaugh and Urban Meyer earn in base salary and incentive bonuses. But also quirky clauses: like the 60 hours of private-jet time given to former Minnesota coach Jerry Kill, or the eight tickets to gymnastic events provided Robert Ambrose at Towson State.

The site doesn't have contracts for private universities like Notre Dame, Stanford and Miami. Nor for Penn State, Pittsburgh and Temple, which claimed exemptions under Pennsylvania records law.

Some sites, like USA Today, were already posting NCAA football coaches' salaries in a database before the HKM one launched.

"But none of them gave any analysis of it, or actually allowed users to view the actual contracts," Rittereiser said.

So, the HKM lawyers took things a step further: posting a PDF of every contract. The site also has a best-to-worst ranking of the 167 contracts in terms of compensation, bonus clauses, perks, contract length, buyouts and golden parachutes, done by lawyer Daniel Kalish; who devised an algorithm to calculate final rankings.

A former King County prosecutor who specializes in complex trial litigation, Kalish,

selected as a "Super Lawyer" in this year's Washington Law and Politics Magazine, compiled the rankings and picked Alabama head coach Saban as having the No. 1 contract. Rick Comegy of Mississippi Valley State was assigned the 167th spot.

Of interest locally, the contract of Washington's Petersen, ranked No. 13 overall; just behind No. 12 Les Miles of Louisiana State. Washington State head coach Mike Leach came in at No. 43.

Petersen's contract stands out, given he's the third-highest-ranking coach not to have his team in the final top-25 college rankings in the past three seasons (Charlie Strong of Texas is No. 8 and Brett Bielema of Arkansas No. 11). And that was before the UW last month gave Petersen a two-year extension valued at \$4 million in 2019 and 2020.

Of course, Petersen only joined the Huskies from Boise State last season, finishing 8-6 overall after losing the Cactus Bowl to Oklahoma State. This year's team needed an Apple Cup win over Leach's Cougars to finish 6-6.

Petersen's original five-year, \$18 million deal, posted on the new website, shows him earning base salaries ranging from \$345,161 to \$420,000 in each of those seasons. But bigger money comes from compensation for participating in media programs, promotion, sponsorships and appearances set forth by the school.

For that, he gets \$2,286,559 in 2014, \$2,020,000 in 2015, \$2,190,000 in 2016, \$2,360,000 in 2017 and \$2,530,000 in 2018. In addition, his appearance in last year's Cactus Bowl garnered a \$75,000 bonus; the same he'll earn from this year's bowl game.

Perks include two "courtesy cars," a country-club membership and the UW paying for Petersen's wife and children to fly to away games. Also, the original contract contained a clause that Petersen would automatically be extended through the 2019 season if athletic director Scott Woodward were to leave the school before the end of 2018.

As they say, the devil can sometimes be in the details.

The website opines that LSU coach Miles, rumored to be on the chopping block until recently, may have kept his job because of a termination clause that would have paid up to \$15 million over a set period of years if he were fired before Dec. 31. That declines to \$12.9 million if fired starting next year, then \$8.6 million if a dismissal happens as of Jan. 1, 2018.

"Compensation matters big, obviously, when it comes to these deals," Rittereiser said. "But it isn't all about straight salary. There are a lot of hidden things in these contracts that make them better than others that may look the same."

And now, football fans; and taxpayers who don't care much for the sport; can comb through details and judge for themselves.

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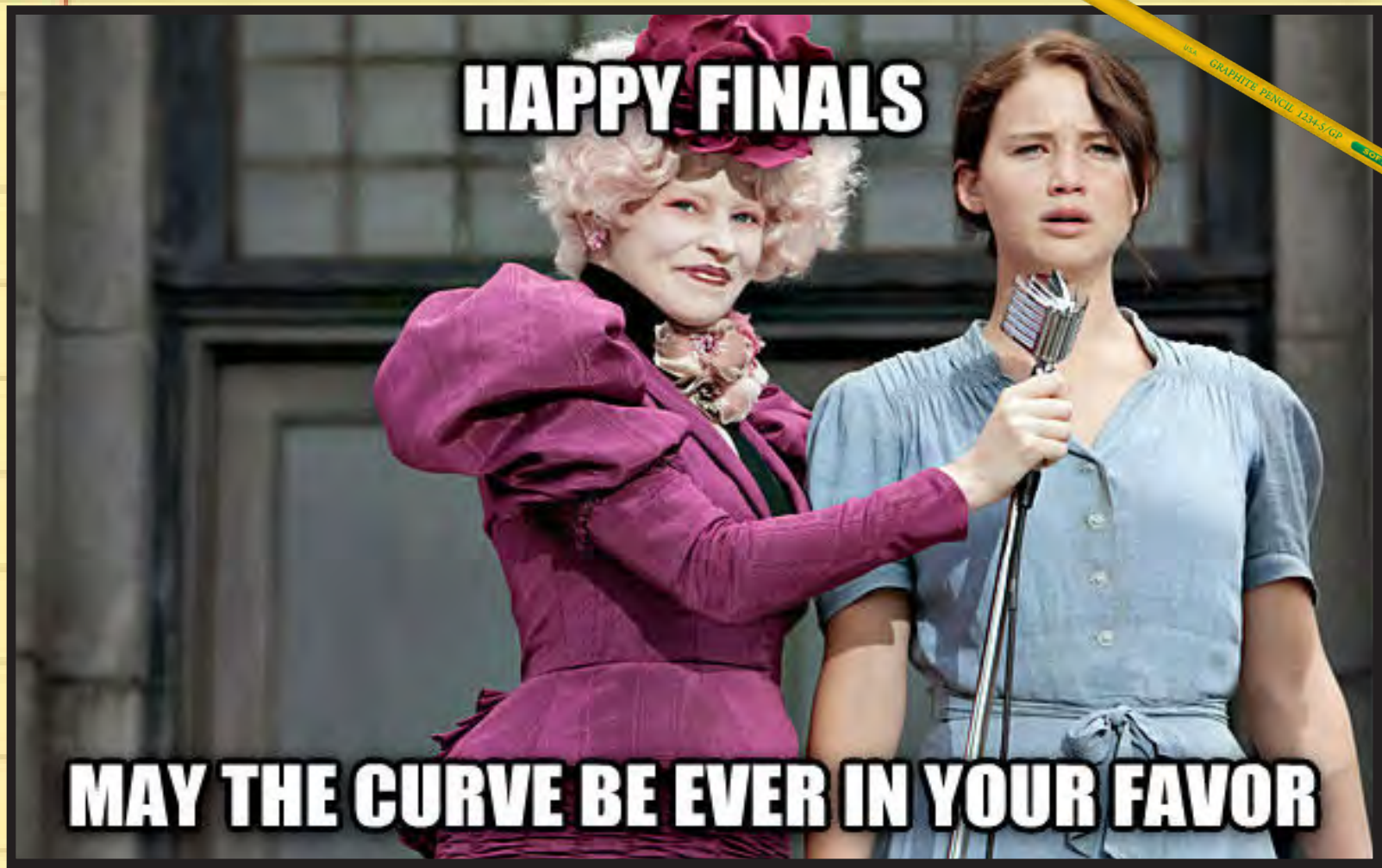


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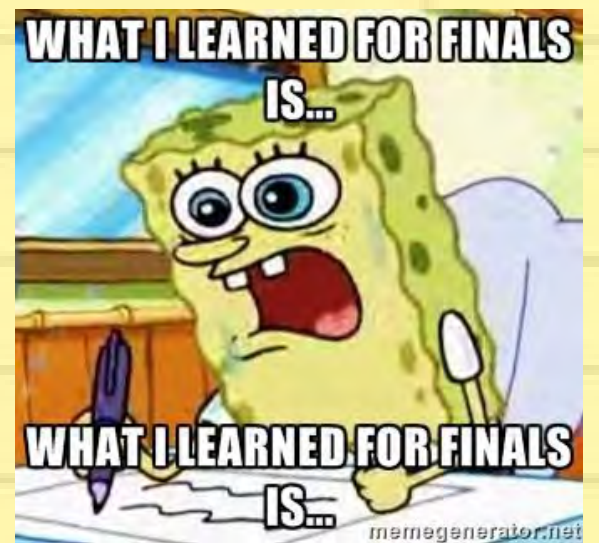
12/10/15

Good luck on your exams!



Pain is temporary
GPA is forever

My motto for the next 2 weeks



Making the best of finals

A professor's advice on how to do your best at final exam time

By Keith B. Murray
Faculty of Marketing

Taking tests and meeting final exam deadlines is never especially fun and frequently can be a stressful experience. Having a good preparation strategy is essential to making this rite of passage from semester to semester as productive and positive as possible. A few of my students understand this, but most don't. If you want to live a more sane life and get the best grades you're capable of, here are five ideas on how to make the most of the days and weeks ahead.

[1] Organize the course material as succinctly and efficiently as you can. This is your first "job" as a student: find a simple style that works for you in consolidating the central ideas of a course. Some students take a lot of time to re-write "notes" and make flash cards on today's already well-organized and pre-digested textbooks. My sense is that a far better approach is to carefully read the material once, but all the while making sure to highlight with a marker or underline with a writing instrument the central concepts and key ideas addressed.

[2] At all costs, avoid cramming for an exam. After you've accomplished reading—and highlighting—your notes and assigned readings, you're mostly left with the task of reviewing those highlighted entries as early and as frequently as you can before you can expect to consider yourself prepared to write an exam.

To avoid last-minute cramming, your objective should be to review your notes and assigned material a long time in advance of any exam deadlines; indeed, your task is to review your notes and highlighted text passages as often and frequently as possible. Repeated, time-distributed practice is the secret to becoming proficient in any physical or mental skill. Repetition and familiarity are the mother of learning and the secret to meaningful long-term retention. Cramming really is a

desperate, last-minute Hail Mary approach to passing a test.

[3] Be your own tough study coach. In the time you have available, impose on yourself the required time-to-study demands to get the learning tasks done you have before you. Above all, be aggressive and tough on yourself in devoting time, energy, and attention to achieving the learning objectives you have set, course-by-course. This likely means limiting your social life, TV-viewing, video-gaming, and other diversions until you've accomplished what you need to do.

On this matter, you should be an exacting self-supervisor, allowing yourself—maybe for days at a time—only brief



reward periods of freedom from study. If you've never been around people who stressed the value of work-before-play, there's no better time than now for you to cultivate this expectation of yourself. For instance, I personally don't allow myself to have breakfast before I work out—an activity I'd otherwise like to avoid; however, such an arrangement motivates me to get the run in before I reward myself for what I really want to do.

You as well should hold personal rewards at bay until you've made marked, pre-determined progress in your study agenda. The reality is you may not have much of a pleasant existence or a gratifying social life between now and when "finals" are over—but that's the way people who are high achievers have to operate sometimes.

[4] Constantly require yourself to make sense of what you are studying. Always translate what you've read from books, articles or written notes on into terms you are prepared to articulate in your own words. You should constantly ask yourself

questions like, What do all these concepts mean, or add-up to? What's the conceptual, theoretical, or practical point of this new knowledge I'm learning? Why is this important?

If you can't translate new ideas and concepts you're exposed to in a course into something meaningful, what leads make you think you'll be able to do that for the professor when he or she asks you a challenging exam question? Whatever you do, avoid simply memorizing the notes you've taken in class or the professor has provided; in the short-run that's hard for most people to do and in the long run you're sure to have accomplished very little for all your time, energy, and squandered opportunity; you'll quickly forget something so superficially "learned"—and what's the point of that?

[5] Organize a study group of like-minded students. Look around the lecture hall and invite a few students you know who are also serious about the course you're in together and arrange to meet and share what you think are the concepts to master, ask each other challenging questions, try to collectively figure out what the professor is likely to ask you about, ones you need to be prepared for. Lawyers never go to court without thinking what the questions are they will be confronted by; physicians have a pretty good idea what their patients will ask them about, and your professors have thought through what will be demanded of them in the lecture hall. Well, you as a student need to have the same self-imposed demand of anticipating what's going to be on the exam.

Practice one or more of these "tricks" to learning well and next term start using them to prepare for exams as early in the semester as you can. If you're only getting started now, it's better than never doing so. Think about it this way: it's never too late to start being a better student than you have been up to now.

Taming your inner cookie monster

By Sue Zarnowski
Archway Advisor

The back to back holiday season is upon us. As we finish a Thanksgiving meal filled with turkey, stuffing, and pies we continue the celebration throughout December. For some of us, December can mean more eating and less exercising with the amount of celebrations taking place.

According to Dr. Susan Albers, author of "Eating Mindfully" she states we overeat during the holidays due to the sheer amount of food that is offered. The presence of these treats triggers cravings and overeating. During an interview, Dr. Albers explains we are biologically wired to reach for comforts foods when we feel stressed and overwhelmed. Stress will be part of the holidays which there is not much we can do about.

The bigger question is - can we still celebrate without depriving ourselves of the snickerdoodle cookies or delicacies that come with the season? The holiday season is not the best time to start or end a diet, but it is the time to focus on your health and well-being. The key to surviving the holidays is to have a plan not just for eating but to manage your stress as well!

Always have healthy snacks on hand. If that means having bananas in your bag, trail mix packets in your desk, or fruit salad in the fridge, the goal is to be over prepared with healthy options. One of my new found healthy options are Quest bars. You can find these bars at a gas station, health food store or GNC. Quest bars are filled with protein and can be used as a smaller morning meal, after workout fix, or a "let's avoid cookies today" deal. Focus on consuming 3-5 fruits and vegetables like you normally should versus changing your thought process to avoid foods all together.

The more accessible healthy alternatives are, the more likely you will eat them. If you are tempted with the neighbor's annual cookie tray, freeze half of the cookies so you have treats throughout the year. The goal is not to finish the tray in a day. The goal is to finish

the tray in moderation... or to push off to friends and family!

I am the type of gym person who needs a commitment at the gym - whether it is a trainer, class, or meeting a friend. Since I started working at Bryant, I have made a commitment to train with my trainer, Romina, twice a week. I know this commitment will force me out of bed, push me to lift weights, and make me feel better inside and out. Yes, sometimes I'd rather lie in bed and hit snooze three times, but I know how good it feels when I am done with my workout. If anything this holiday season, plan your exercise. If you have a FitBit, start a weekly challenge to see how many steps you can obtain during the busy weeks



ahead. Set a goal for 8,000 steps or challenge yourself to break 10,000 steps. Either way, make time for an activity to get you moving. If you have an afternoon or night free, spend it ice skating in Kennedy Plaza or Foxboro, MA. Either way, exercise is not defined by gym attendance. It can be an extra-long walk with the dog. He deserves the extra steps too!

The theme of this article seems to be sweets. Have you ever indulged in a sweet that you instantly regretted? This ties into my next tip - it's ok to say no. Not every cookie is going to be delicious. Like the saying goes "pick your battles." I promise yumminess will be around until New Year's Resolutions kick in.

And of course, stay hydrated. What I love most about the winter weather are the beverages that come with it - hot chocolate, flavored coffee, cider, and the list goes on. The more we indulge in these sugary beverages, the more apt we are likely to forget about the simplicity of water. Water bottles can be the new accessory trend of 2016. Can you commit to making this happen?

The power of giving back this season

By Erin Svensen
Contributing Writer

It is the time of year where we become obsessed with materialistic objects and buying gifts, and in the midst of it all we forget the true meaning of the holidays. The holiday season is a time to be grateful for what we have, a chance to spend time with family and a time to give back. We often forget the empowerment behind giving and how an act of kindness can mean so much for someone.

Giving back does not require a lot of effort and can be big or small. When we give we create a ripple effect of more people doing acts of kindness. As the season of

giving approaches us all, how can you give back?

1. Have you ever thought to donate your old winter clothes and jackets? We all know in New England winters are chilly, and not everyone can afford warm clothes and winter jackets. A simple way to give back can be to bring your old clothes to a Good Will bin or a local homeless shelter. Having warm clothes and a winter jacket can mean the world to someone.

2. Pay it forward. A simple gesture for someone else is to anonymously pay for their coffee. A few years ago when I was leaving school for winter break, I was waiting in the drive up line at Dunkin Donuts and I approached the window ready

to pay. I was informed that the car ahead of me had paid for my coffee. I remember being surprised and confused thinking that no one had ever done that before and in return I did the same thing. I thought, if something as small as paying for my coffee brightened up my day, in return I hoped it would do the same for someone else.

3. Have you ever thought of a child not having a present to open up on Christmas morning? Donating toys through organizations, like Toys For Tots, can make this possible. It does not have to be the best or most expensive toy, but simply donating a toy to someone in need could make all the difference. It might not seem like you are having a huge impact, but a child being

able to open a present puts a smile on their face and truly means the world to them.

4. Give the gift of thanks this holiday season. We often overlook the powerful message of a thank you. We live busy lives and with the holidays being a hectic time of year we forget to say thank you. Saying thank you to your Mom or Dad, or anyone for being appreciative of everything they do for you could really mean something. At times everyone feels unappreciated or unacknowledged, and saying thank you can go a long way.

However you choose to give back this holiday season, it is important to remember through giving back you can make a positive difference in someone's life.

From first day freshmen to Bryant Bulldogs

The advice and lessons learned along the way from day one to now from a freshman's perspective

By Will Tondo

Position on Staff

It was the night of September 4th, 2015 the majority of my friends had started their next chapter either at college, high school, or a new opportunity in the work force or in the military. Then there's me. I was packing my bags and preparing for move-in day at Bryant University the next morning. Although this was my top school, there was uncertainty if it was the right choice. But it was the final night of consistency. That night was the last night in my town, my last day in my house, the last day in my bed, my last day home.

Obviously I can and will visit home any weekend, and of course holiday vacations and end of semesters are times I can go home. But it would never be a permanent stay anymore. Nothing was permanent. The next chapter of my life was about to begin. A different array of emotions began to run through my mind. The excitement of college. The fear of the unknown. The eagerness to start. The holding back, wishing there was more time. The reminiscing about the past and the readiness to start an amazing next chapter. The next day came, and I was ready to start. I drove past the line of energetic Bulldog leaders with my family. The more and more I got deeper into campus, the more I became comfortable. One thing that stuck with me was when one of the greeters welcomed me as a Bulldog. "Welcome Bulldog!" You would think this small saying doesn't have a huge meaning, but it does. It showed that everyone here is equal, everyone is a Bulldog. It's a title to be proud about. From there on out, I knew it was going to be ok.

How can I summarize my first semester at Bryant? It was better than ok, I couldn't have asked for a better start. Living in a Hall 16 suite, I always had a great group of friends to see every day. The weekends were fun, but with all the fun there was of course times that were busy. Group projects and reading novels were unavoidable. The library became your second home here and ACE is a life saver. But a semester at Bryant truly showed me many remarkable lessons. Not only did I learn the small lessons that will carry me through the next four years here, such as Dinning Dollars aren't accepted at Dunkin Donuts, Ronzio's taste the best at 2:30 in the morning, or that you should use sticky keys to prepare for the Hunger Games that is known as Class Registration day, but I learned things that will impact the bigger picture.



So what did I learn? Well the first and most important is "Everything happens for a reason." I have heard that all my life, but it wasn't until John Logan fully explained it in the most heartfelt way through his passages in the book he published. "The actions and things you did five years ago, put you in the position that you are in today." And that goes for what happens in the future. Everything you do now, which could be something as small as saying hello to a stranger and becoming friends, will have some sort of deeper meaning in the future. I live by this every day, hoping that my actions will brighten someone else's future and brighten my own. You should treat everyone the way you

want to be treated. That is why Bryant University is such a loving campus and community.

Another thing I learned is that you can't compare your High School friends to the ones you make here. Obviously nobody knows you like your friends from back home, but it takes time. The friendships, or even relationships, you make here through your room, hall, GFOB groups, clubs or sports team will last a lifetime.

It's been three months, let everything happen naturally. Get involved on campus, but do not spread yourself thin. It's all fun and games until they overtake your life. I myself wanted to be a part of everything and I soon realized pulling an "all-nighter" before a rigorous army workout session at 5 a.m. was not a healthy choice. Grades come first. Yes, being well rounded is an important trait, academics comes first. High school was a breeze, but college is no joke. Close doors that are holding you back. College is a time to start fresh and move forward. Your main concern is your success at school. Everything at home or in the past that is making you second guess yourself or cause you pain needs to be suppressed. College is the best time of your young life. Don't let the past define you. You have a bright future at Bryant University as long as you stay on the right path.

Before coming to college, I fell in love with Bryant University. Its loving campus and welcoming community made it feel great. But there was still the unknown of knowing if this was the right choice. Now I know, this was indeed the perfect choice. It's crazy that one-eighth of my college career flew. The realness has finally settled in. There isn't time to waste, because before you know it, I'll be walking under the archway and receiving my diploma.

Behind the scenes: Library edition

By Bryant Librarian Staff

Contributing Writers

The Douglas & Judith Krupp Library is a well known study, printing, research, and hang-out center on campus, but what about the people who work in the library? Why do we do what we do?

The library staff was recently surveyed to help put into words what makes us tick! Here are a selection of the questions and responses.

Q1: Why did you decide to work in libraries?

1. "I love being organized and wanted to organize information - like Google - but this was way before Google."
2. "Becoming a librarian combined the two things I like best -- teaching and learning new stuff. Plus, I get to help people and be around books and smart people."
3. "I started as a high school history teacher, and quickly discovered I wasn't in love with what I was doing. I took some time and found that librarianship is an awesome way to help people learn how to locate and use information."
4. "I love information and libraries. As a small child, I would be more interested in learning about the library of each vacation place that I traveled to. I saw that libraries support so many different types of communities, and it has always felt like home."
5. "I love books and information and research of all kinds, and I get a genuine thrill from connecting people with the things they are looking for, so being able to do all that and get paid for it seemed like a pretty sweet gig. I was an amateur nerd long enough... it was time to go pro."
6. "A born bookworm... Lifelong interests in History and Literature."

Q2: What is your favorite library memory?

1. "Every time a student says that I saved their life."
2. "The "Aha!" moment I see in students and patrons when they find exactly what they are looking for."
3. "I really like helping people who come in stressed, thinking there are no results and leave visibly more relaxed and calm"
4. "A little over ten years ago, Dr. William O'Hara (former Bryant president, professor emeritus, all around nice guy) used to teach a night class in the building and would always stop to chat on his way out. A lot of the time we'd talk about our families, and I mentioned at one point that my wife was a few months pregnant with our son, Liam. The next week, he came in with a stuffed duck for Liam,

which I'm pretty sure was the first present he ever received."

5. "The Library's involvement in 'Bryant Goes to War' and the magic of meeting some of the surviving WWII letter-writers of that era during Judy Litoff's presentation."

Q3: What would your library superhero name be?

1. The Informatician Magician
2. Librariiii... AND!
3. Easy. Atilla the Bun.
4. The Rad Research Recruit
5. The Discoverer!
6. Serialus-Historia! :)

Q4: What service do we offer that people don't know enough about?

1. "How about Patron Driven Acquisition - how magic is that!"
2. "I am always shocked that some students get to their senior year without using the library or getting help at the research desk. We have tricks to share that you will use your entire life to get better information, faster. Want to learn more? Ask a librarian!"
3. "Our Research Assistance Program (RAP)."
4. "The digital commons! Access to a lot of interesting Bryant information and alumni and professor's work."
5. "Borrower Services is more than just chargers and highlighters. If it can leave the building, we can put it in your hands... and as Interlibrary Loan proves, it doesn't even have to be *our* stuff. We're always open to suggestions, too; that's how we got into offering chargers and highlighters in the first place, people kept asking for them. Our button maker was even the result of someone's suggestion. It never hurts to ask us."
6. "We have a dynamic staff who are generally willing to help in virtually any scenario. I would simply say, "Don't be shy!" Approach and ask ...we want to help!"



Athletes need longer drop period

By Justin Snyder

Contributing Writer

Student Athletes should have a longer drop period because they have to keep a certain grade point average to play; they have the same absence policies as every other student, they have added stress because of having a fully-loaded schedule, and they are maintaining various academic scholarships. The current drop period is too early in the year because it is towards the end of the year that most students have trouble with classes. Dropping one class does nothing when two weeks later you fail a big project and then are not able to drop the new failure.

Student athletes are required to keep a two-point grade point average in order to play their sport. Easier said than done. Every student athlete has an advisor, and that advisor never wants the student to drop a course. The current drop date is at a point of the semester where only a few of the grades of the course are put in, so nine out of ten times the advisor tells the athlete to try and tough it out. Sometimes it works, and sometimes it does not. When it does not work it can lead to athletes not being able play in their season.

During a student athlete's season, players have to miss a lot of class because of their schedule. Some teachers on campus have an absence policy. An absence policy states that if a student misses more than the number of classes the teacher says is allowed, the student receives a failure for the course. Believe it or not, some of the teachers at Bryant do not consider sports to be a valid reason for absence. Some sports, such as baseball, softball, basketball, and many more, travel around the country to play all different teams, resulting in them missing class. When a teacher does not count these two or three missed classes as excused it puts the students in a hard situation. Everyone misses a class for some reason, whether it is due to sickness, a funeral, or just sleeping in. It happens. When someone is being charged all of their "free" days because of their sports schedule, it makes the class more challenging. The drop period should be extended because if a student misses more classes than allowed after the drop period, it also results in a failure.

Athletes are not superheroes. We face the same problems as the everyday student. We also face more problems in relation to our sports. Athletes can be buried in stress because of school and sports. The added stress of balancing sports and classes can lead to some people having a meltdown and doing poorly in everything all around. Stress from not meeting up to a coach's thought of you can drive athletes crazy and leave them in the wrong mindset to complete a test or wake up early in the morning to study for a quiz. I am not saying that regular students on campus do not have stress, because everyone has their own extracurriculars. Student athletes have a lot more extra pressure, and dropping a class lightens the workload. This also allows them to take a deep breath and find a way to be less overwhelmed.

Bryant University costs tens of thousands of dollars and some athletes are dependent on their scholarships to continue playing and studying here. Academic scholarships can range from eight thousand to twenty-two thousand dollars, taking up a big role in the annual tuition at Bryant. Student athletes should not lose their scholarship money and possibly their chance to continue their career at Bryant because of one bad grade in a class beyond the drop period. Extending the drop period a couple more weeks would allow athletes to see a few more grades in each course and help them decide whether or not they have to drop a course in order to keep their scholarship.

Procrastination: Symptoms, Remedies & Recipes

By Halle Trabue
Contributing Writer

Even successful Bryant students have experienced the temptation of procrastination at least once in their life. Maybe it was at the end of your high school career and you got a bad case of senioritis. Symptoms include not doing work, doing the bare minimum, or motivation levels completely dropping by the end of the year. This might be fueled by the sheer hatred of that “dungeon” or “jail” after seven semesters. Even if you pushed through high school like a champ, college was waiting for you. The adjustment of balancing time to go to class, eat, sleep, bathe, study, and go out with new friends, all on your own (without your mom yelling at you) is a recipe for freshman procrastination. But sophomores have it all figured out right? No. Next comes the “sophomore slump,” which is basically the college equivalent to a mid-life crisis. Chances are, you, dear reader, have experienced at least one of these. Or if you’re lucky like me, maybe all of the above (or more).

Luckily, I have a few nuggets of wisdom and advice from my many failures and achievements as someone who suffers from chronic procrastination. These three S’s can be easily remembered to help, along with the time you usually spend watching Netflix.

Disclaimer: If you are reading this and have already procrastinated too much I can’t help you, just try to

crank out your best work. And also it’s just advice, not even I listen to it all the time.

“S” #1: Stay Organized. This is a big one, get an agenda, calendar, post-it notes, colored pens, really anything that helps you. Write down big assignments and tests that are approaching to avoid surprises. Another tip on organizing: Post-it notes can help with small tasks during the week, work or workout schedule, and little reminders.

“S” #2: Spread out Studying. Apparently, the brain will more likely retain information if you revisit material on multiple occasions. This makes sense, and it’s important

to help lighten the work-load from multiple classes.

“S” #3: SLEEP. Pulling all-nighters is a huge indicator of procrastination. Even though it seems so “college”, it will not help you at all the next day. And chances are, a paper you wrote at 3 am isn’t your best work. If it has to be done, fine, but TRY to avoid it.

So get some coffee, find the healthiest option at Salmo, and get back to work!



‘That Was My Idea!’: Apple vs. Samsung

By Hunter Ware
Contributing Writer

As we approach Christmas this year, I believe it is safe to say that an iPhone or a Samsung Galaxy will probably be on most people’s “wish list”, due to the popularity of each device. This decision can be pretty difficult at times, simply because both companies have produced similar products, whether through phones, smartwatches, or hand-held tablets. For instance, Apple officially released its first smartwatch on April 24, 2015 and then shortly afterwards, Samsung releases the Samsung Gear S2. Samsung included similar features, if not the same in their watch. This form of copying has



been going on for years between both Apple and Samsung, mainly seen through the comparison of each company’s phones. As everyone knows, Apple was the first to come out with a sensor that recognizes your fingerprint in order to unlock your phone. It shouldn’t surprise you, but guess which company added that to its phones’ features? Yes, Samsung took this creative idea from Apple as well. The list can go on and on, but clarification on which company had original ideas is necessary.

According to CNN, after realizing the infringement on the patents and designs of their latest products, Apple immediately filed a complaint about the situation and pressed charges on Samsung. Samsung fought as long as they could to avoid paying their smartphone rival, but eventually gave in and agreed to pay the fee that they owed them. In a federal court in San Jose, California, there were papers filed saying that Samsung Electronics Co. will make the payment by December 14, only if Apple sends an invoice inquiring about the money Samsung owes them.

Through this, whether you are a lifelong Samsung customer or not, it is safe to say that although they may have lost money in this situation, this should not affect their sales, but rather improve them. This is so, because now that people know that the smartwatch and smartphones produced by Samsung are just about identical to Apple’s products, it just proves to the customer that Samsung’s devices might be the better buy. In this case, the customer is able to get a product just as good as the ones produced by Apple, but for a cheaper price. Samsung may have lost the battle in court resulting in a loss of money, but have stayed in the races with Apple when it comes to number of sales in devices.

Style Search: Holiday Edition

By Tiana Perry
Contributing Writer

The holiday and New Year’s parties are coming up fast, and I know I’m not the only one who opens their closet and freaks out because they do not know what to wear. But don’t worry, I’m here to help. One go to that never goes out of style for the holidays is sequins, and this year is no exception. Whether it be red, blue, or rainbow, any sort of sparkle or sequined dress is a wonderful way to go. White and burgundy are also very in this holiday season. A nice white lace dress looks very romantic, and you can find one almost anywhere in almost any shape that will flatter yours, and you can pair it with any accessory.

Burgundy is for the more subdued, professional occasions, but making you look beautiful just the same. Textured lace is a big one here too, and pairing it with those gold earrings over there would be even better. If you’re only worried about the accessories, I’ve got you covered. Ruby red studs would look fabulous, and are completely in style. Not feeling the earrings? Then try a modern ruby ring. And classic beauty is all the rage again, so natural makeup is the way to go: fill in those eyebrows, add a bit of blush, a bit of mascara, and top it off with the gorgeous red lip, and you are in. But no matter what you’re wearing, make sure you feel comfortable, confident, and beautiful.

The Variety section of
The Archway

Review a movie, book, restaurant,
or album!

Bryant students can achieve anything

By Hayley Wilcox
Copy Editor

The majority of students at Bryant have been told of the numerous benefits of the university including the high job rate out of college ratio, the phenomenal business program, and the wonderful feeling of commodity. However, many students are not aware of just how successful they can really become. Though some are not aware, some students seem to have a pretty good grasp on success here at Bryant. For example, some students, one in particular, decided to write a book casually. Yes, you heard me. A student at Bryant is a published author. Who is this novelist? None other than John Logan. So what better to do than to interview him?

HW: Tell us about your book. What does it entail?

JL: "The Perfect Illusion: Life" combines the concept of perception and philosophy to help you pursue your passions. It also looks at different areas of life and teaches you why you shouldn't believe everything society "trains" us to believe. For a more detailed explanation of what the book is about, here is the text from the back cover:

Welcome to the mind of a magician—an honest liar—who can prove you shouldn't believe everything you perceive.

We wake up in the morning and look out the window seeing the world as it is. But the beauty about illusions is they prove our perceptions aren't always true. Therefore, how do we know if something is real or not?

If we all perceive things differently, then what is the truth? Are we living with the truth? Or are we living with illusions that we think are the truth? How do we know?

This book contains not only the secrets of magic, but the tale of a human spirit and the psychological struggle between emotion and imagination. A philosophical outlook at what separates those who perceive the world as it appears, and those who imagine their own reality. Welcome to the greatest illusion ever created, the act more commonly referred to as "Life."

Let the show begin.

HW: Your inspiration within the book deals with the concept of magic. When did you first feel like you had a passion for it and what's your perspective

on magic?

JL: When I was 12 years old, I was at a family event and became bored because no one there was my age. I ended up creating a few magic tricks on my own and decided to film the tricks when I went back to my house. One thing led to another and a talent agency found the video and contacted me a few days later. I ended up signing a contact with them becoming a creative consultant for other entertainers and those alike. The agency helped me over the years become a better performer and entertainer.

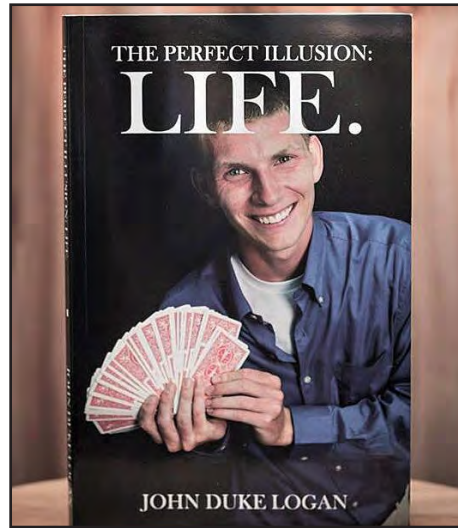
I think the general public's perspective on magic has changed over the years, such as the image of a magician. For instance, I don't own a top hat or a bunny and if you see me, 9 times out of 10 I'm wearing some type of blue long sleeve quarter-zip with jeans or khakis. In other words, when I perform, I don't wear anything "magical" and you would probably never guess I perform magic if you just looked at me, but the magic I perform usually pokes fun at pop culture and Generation Y.

In terms of the theory of magic, many people believe there are two types of "magic" in this world: 1. "Real" magic and 2. The magic that performers do. The "performer's" magic (I guess you could call it) perfectly mimics the other type of magic. Therefore, performers echo "real" magic, right? But does "real" magic actually exist? And if it doesn't exist, then performers are trying to mimic or echo something that doesn't even exist, which is somewhat odd.

Thus, in my opinion, "real" magic should really be considered a type of emotion or surreal feeling. This "feeling" is only created when you witness something become possible that you first thought was impossible. This could be anything in life, not just a magic trick. For instance, in my opinion, the feeling you receive if you achieve something in life you didn't think you would achieve would also be considered magic. A few chapters in my book go into a more in-depth analysis on the word "magic" since it is so complex.

HW: What did you find challenging when writing the book? What obstacles did you face?

JL: My friends always joke at saying I'm a perfectionist so I think trying to make everything "perfect" was the



most challenging part. I'm not sure if it's a good thing or a bad thing but I get very particular with certain things (that normally don't even matter in the long run!). Additionally, I always try to be as creative as possible and wanted the book to be creative as well. As you may imagine, being a perfectionist and also wanting to be creative aren't the best traits to have when writing a book as I kept trying to rephrase things, change the themes of each chapter, re-organize the pages, etc.

HW: What was your favorite part of the whole experience?

JL: My favorite part is teaching readers how magic allows people to be happy and have fun at the same time. Not only does the book show you how to look at life from a different perspective to pursue your own passions, but it also teaches tricks you can do to your friends and family so they can be happy and have fun as well.

I think the ripple effect was unexpected as well. People who read the book started to contact me and suggested that I do keynote presentations on the ideas covered in the book, which led to other opportunities too.

For example, last year I was able to be on America's Got Talent in New York. It was a really great opportunity to meet the judges and receive positive reactions from them. I was also blindfolded during my routine so I don't actually know what their faces were like but I heard Howie Mandel gave me a standing ovation, which was cool. Even though they don't have time to air every audition, they did feature me on television performing backstage for a few seconds. I can't say too much about it because of contracts but it was

definitely a great experience because the judges enjoyed the message I promote in my book and really enjoyed the originality of my routine. I'm also in the process of producing a television show based off the creativity techniques magicians' use and how these techniques can be applied to enhance the success of businesses.

HW: If you could pick one aspect of the book for reader's to take away, what would it be, and why?

JL: I want people to realize that "impossible" is just a word. For example, right now think of a goal you want to achieve in your life. You may think it's impossible to do, but sometimes it's not. Why? Well, if you just witnessed a magic trick -- essentially something impossible becoming possible -- and you have a specific goal in your life you want to achieve, but you think it's impossible to achieve, wouldn't you be contradicting yourself? Experiencing magic allows us to have a paradigm shift in life to motivate ourselves. It's very "human" of us to want to cling to the little bits of truth we're sure of, but we can't let these facts prevent us from finding our true potential in life and achieving our goals.

HW: Did you ever think that this would happen?

JL: Not in a million years.

HW: Are you happy with the way it turned out?

JL: I had over five editors critique it and every time I read the final version I still say to myself "Oh man, I should've said this" or "Oh man, I should've said that" but overall I enjoy the message behind the book and how it came out. As long as people finish the book learning something new, then the book achieved its goal. If you are interested in buying a copy just let me know! We have a Buy One, Get One Free Sale going on until Christmas!

Coldplay is bigger, catchier on 'Dreams'

By Greg Kot
MCT Campus

On its new album, Coldplay sounds like a band gearing up to play the Super Bowl — which it is. Everything sounds bigger, catchier, and the references to birds flying free, soaring eagles and faraway stars abound. Cue the confetti and fog machines, and pass the nacho dip.

Coming off the uncharacteristically somber "Ghost Stories" in 2014, Chris Martin, Guy Berryman, Jonny Buckland, Will Champion and Phil Harvey fire up one relentless chorus after another on "A Head Full of Dreams" (Parlophone/Atlantic), which sounds like it was designed at a pop-radio convention. Norway's Stargate production team, which has produced hits for Rihanna, Beyonce and Katy Perry, among others, is on board, as is Swedish singer Tove Lo (featured on "Fun") and Beyonce herself, who provides the vocal hook on "Hymn for the Weekend."

Coldplay has always aspired to write anthems, but its early albums were distinguished by a willingness to color outside arena-rock margins. The band collaborated with maverick producer Brian Eno and seasoned its arrangements with exotic flavors — a pinch of Kraftwerk, a dash of progressive rock, a sprinkling of Middle Eastern texture. All of which gave Coldplay's wan, starry-eyed songs enough of a twist to make them at least moderately interesting, and sometimes undeniable. Along the way, this mild-mannered juggernaut has sold tens of millions of albums — one of the most consistently successful acts of the new century.

In recent years, Martin has broadened the band's reach by hanging out with pop artists and producers, usually a no-fly zone for even the biggest rock groups. He's worked with Jay Z and Kanye West, Rihanna joined for a duet on Coldplay's 2011 album, "Mylo Xyloto," and EDM maestro Avicii gave "Ghost Stories" its most uptempo song.

"A Head Full of Dreams" embraces that world more fervently than ever by buffing up Coldplay's penchant for wordless, sing-along vocals and chiming Edge-like guitars and pairing them with the dance beats of "Adventure of a Lifetime," the galloping title track (more cowbell!), the sultry R&B voicings of "Army of One," the bubbling bass line of "Birds."

It's a party compared to "Ghost Stories," which was released as Martin's marriage to actress Gwyneth Paltrow was ending. He tries to move on with the help of some poetry from a Persian mystic and reprises the sentiment of Coldplay show-closer "Fix You" in the closing, lighter-waving pep talk, "Up and Up." Martin's sensitive-guy persona doesn't allow for bitterness or anger so much as a vague melancholy.

On most of the album, Coldplay's relatively buoyant music tries to submerge the band's most annoying trait. But sometimes Chris Martin, lyricist, just can't help himself.

Paltrow appears as a guest vocalist on one of the few ballads, "Everglow," and the poetry flows. "Like a lion you ran, a goddess you rolled," Martin sings, "like an eagle you circled, in perfect purple." He also rhymes "special" with "celestial." No wonder Coldplay packed this album full of wordless vocal hooks.

The world's 5 most inspiring destinations will give you a whole new outlook on life

By Sinead Cranna
MCT Campus

The benefits of traveling are extensive and often surprising. Traveling has been accredited with the ability to heal, educate, and expand our horizons. The feeling of inspiration many of us get after traveling is undoubtedly one of the best consequences of a trip away. Plus, after taking on baggage claim, navigating a foreign country and ordering food in another language, Monday morning at the office often doesn't phase us in the same way as before!

The most inspiring destinations encourage us to be the best person we can be to follow our passions and prioritize what's important. Exotic countries, rural retreats and sunny cities have led to a whole host of authors, musicians and artists creating incredible work; they've inspired average Joes to quit their jobs and take up that hobby; and they've been the locales where travelers have discovered what's most important to them. So today, we have compiled a list of the five most inspiring destinations in the world, considering criteria like scenery, culture and notables who have found inspiration in these locales.

What will you be inspired to do in the world's five most inspiring destinations?

1. SANTORINI, GREECE

Jacques Cousteau, documentarian, explorer and writer was said to have had a love affair with Santorini. Indeed, Cousteau even looked for the lost city of Atlantis in Santorini. It's not difficult to see why Cousteau was so besotted with this crescent-shaped oasis, made up of a group of islands at the southernmost point of the Cyclades. Its geographical significance is no less impressive than its stunning beauty; the island is still an active volcano, with its crater found in the sea. Thus the houses of Fra and Oia are nestled on the Cliffside above the underwater crater.

Art Maisons Luxury Santorini Hotels Aspaki & Oia Castle (the name is about as long as the list of reasons to stay here!) is a great hotel pick here. The property is situated on the northern caldera cliffs, where guests can take in some of the best sunset views in Santorini. If nothing else you'll certainly get some home decor inspiration: Aspaki Suites all feature contemporary Cycladic design, with the exposed volcanic rock and tiled bathrooms injecting some much needed colour into the whitewashed walls. Private balconies allow guests an exclusive vantage point over the Aegean Sea.

2. CAMBODIA

Angkor Wat, the temple built by King Suryavarman II in the 12th century, is a UNESCO World Heritage Site. Hailed as one of the most important archaeological sites in southeast Asia, Angkor Archaeological Park is home to inspiring monuments and temples such as Angkor Wat, the Bayon and Preah Khan. With religion and arts playing such a huge role in Cambodia's history, there are plenty of

sculptures, architecture and spots of extreme natural beauty to inspire any traveler.

The Shinta Mani Resort, located in Siem Reap (not far from Angkor Wat), is the brainchild of renowned architect Bill Bensley. The hotel is located on a tranquil street, a mere 10-minute walk from the Old Market; facilities include a large garden swimming pool and the Bai Tong Restaurant and Royal Lounge.

3. GIZA, EGYPT

Giza is Egypt's third largest city, located on the west bank of the Nile. Famed for the Giza Plateau, the site of many sacred structures, the Great Sphinx and the Great Pyramid of Giza, it is a great place to become inspired and awed by these monumental homages to history. Le Meridien Pyramids Hotel & Spa could not be positioned in a better place to explore the surrounding area. Located in El Remaya Square, the hotel is within walking distance of the pyramids and the Great Sphinx of Giza. In addition, the hotel is surrounded by restaurants and markets, all accessible on foot. The hotel itself is a 641-room modern affair with two outdoor pools, a fully equipped fitness center, a spa and views of the pyramids from selected suites.

4. AZORES, PORTUGAL

The Azores are composed of nine volcanic islands located in the North Atlantic Ocean. With all the islands having volcanic origins, the landscape is full of mountains, stunning beaches and impressive wildlife. This idyllic setting is a nature lover's dream, with dolphins and whales in the sea, meadows, green lakes and plenty of mountains to climb. Hotel Aldeia da Fonte is perfectly in-keeping with its beautiful surroundings. The hotel's pool is shrouded by tall trees and dark stone, whilst the entrance to the hotel itself is decorated with a stone mosaic. As well as a sauna and sea lounge, the hotel has a basic gym, restaurant and bar.

5. OCHO RIOS, JAMAICA

With its golden beaches, laid-back vibe and wonderful cuisine, Jamaica has definitely earned its spot on this list. GoldenEye Hotel & Resort is without a doubt the best place to stay for those looking to draw inspiration from the island. Once the home of Ian Fleming, GoldenEye is now a 21-room resort boasting stunning cottages and villas overlooking a private beach and lagoon.



The College Scoop

SEE WHAT STUDENTS AT OTHER COLLEGES ARE READING ABOUT

The Stanford Daily Stanford University

On Nov. 18, Stanford astronomer and postdoctoral scholar Kate Follette caught a glimpse of a newborn planet. Named LkCa 15 b, the alien planet seems to be growing into a Jupiter-like world some 450 light years away. The postdoctoral researcher and her colleagues had to design a new instrument to detect the light emanating from the protoplanet.

The Harvard Crimson Harvard University

Bianca Mulaney '16 and Rebecca M. Panovka '16, friends and fellow Quincy House residents, have been named Harvard's two newest Marshall scholars to their shared surprise and disbelief. As scholars on the postgraduate award—which funds up to 40 U.S. undergraduates to study for at least two years at institutions in the United Kingdom—the two will continue researching topics in line with their undergraduate interests.

The Brown Daily Herald Brown University

About 45 percent of Brown undergraduates plan to vote for Sanders on election day next fall, whereas half as many students, about 22 percent, plan to vote for Clinton. The results “reflect Bernie Sanders’ strength among young voters,” wrote Richard Arenberg, adjunct lecturer in international and public affairs, in an email to The Herald.

The Heights Boston College

At least 80 members of the Boston College student body are currently showing symptoms of food poisoning, confirmed Thomas Nary, director of University Health Services (UHS) and Sports Medicine, in an email to the student body this afternoon. “It all started over the weekend toward Monday morning,” he said to The Heights this morning. “The common link for all but one of the patients has been Chipotle.”

Funniest Tweets of the Week

“*sits 27 hours for an oil on canvas portrait*
omg delete that. Bartholomew i'm serious do not
fucking hang that in the Great Hall”
@ConorTripler

“[about to propose to my girlfriend as i notice a group
of cool teens walking by]
‘Just wife me up fam’”
@Thynebear

“Romeo: check out this cat video
Juliet: omg dead
Juliet: hello
Juliet: romeo
Juliet: i didn't mean literally dead
Juliet: romeo”
@ch00ch

“Bill Nye's full name is Bill New Years Eve”
@Fred_Delicious

Comic of the Week



"The video I posted of you calling the Christmas tree man a 'price-gouging jerk' got 90 likes!"

Ronzio

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