International students converge to protest contract release policy

by Bret Alex Scott
Editor in Chief

On Thursday, November 12, a group of disgruntled International Students converged on the Office of Residential Life to protest inadequate living facilities.

Shahriar Hedayat, a freshman Minden resident, who is the spokesperson for the group said, "we have eight people to one bathroom. My roommates and I have three friends over at a time. There are always people coming in and out. I do not know what living in my own room means.

When asked if any of these problems could have been resolved by discussing them with their roommates, Hedayat replied, "maybe with three, four or five of them but not eight." Approximately 14 students showed up to voice their concerns to Coordinator of Resident Facilities Pietro Petraca and Dean of Academic and Student Affairs Stephen Calabro.

Complaints ranged from too many people in a room, the university failing to meet the dietary needs of International students to a general lack of concern for the needs and cultures of all International students who reside in halls.

Shih-Ving Linn, a transfer student from Taiwan, said, "it is too noisy but that is not because of my roommates. It is the dormitory. You have people that loudly knock on the doors at midnight. I cannot eat too much American food. If I cannot eat well I cannot sleep well."

Petraca, who arrived in America from Italy, sympathizes with the students, "...the University felt they were able to make an informed decision about living in the Residence Hall."

-Pietro Petraca

but adds "Unfortunately have to comply with policy." Added Petraca, "students are saying that the International Office told them they would be automatically released."

"Last year International students were automatically released from their contract after the first trimester. This year they had orientation for the first time. I made the presentation. They fall into the same category as other students because the University felt that they were able to make an informed decision about living in the Residence Halls," continued Petraca.

Hedayat sharply disagrees, "we did not know anything. If I knew I would be sharing a bathroom with eight people, I would have never signed a contract.

Most of the students had applied to be released from their contracts and all of them had been rejected. Petraca made it clear that all of the concerns of the students were addressed in the letter.

"I talked to Hugh O'Reilly, Director of Dining Services, and he assured me that the dietary needs of the students could be met," stated Petraca.

Freshman Hoh, who lives off-campus supports her friends saying, "the University has not lived up to what they promised."

"They cannot cater to our needs or our cultures. I am very worried about my friends. What do we get in the end? Nothing but misery."

The Contract Release Committee, which decides which students should be released is made up of representatives from Financial Aid/Placement; Student Success; Health Services; Residence Life and a Student Representative.

Students respond to Clinton's victory

by Nick Oranum
Staff Writer

Tuesday, November 3, will go down as one of the most important presidential elections ever. Arkansas Governor Bill Clinton's landslide victory brought an end to a 12 year Republican reign. President George Bush won 83 electoral votes which did not compare to Clinton's 344 electoral vote.

Independent candidate Ross Perot did not earn any electoral votes, but took 18% of the popular vote which greatly hindered Bush's possible re-election.

This year will also be remembered for the increased voter turnout. An excerpt from an article in the November 4 issue of The Providence Journal projected at least 100 million voters cast ballots.

As stated by Curtis Gans, a voter turn out expert; that projection topped the 1984 high of 92.6 million.

Many students of Johnson & Wales University voted for the candidate who, in their opinion, will contributest to the future. A poor job market is a major concern for many college students.

Matt Paper, a freshman from Texas who is majoring in Hotel/Restaurant management, supports Bush 100%. Paper said he thinks Bush has a good record and would do good things for our economy. When asked if he thought the President-elect would cut taxes, he said, "I hope he will, but I doubt it. Increased taxes on big business will force businesses under and increase job losses," stated Paper.

Freshman Wayne Barclay, who is also majoring in Hotel/Restaurant management, also voted for Clinton. Barclay claims that Clinton will help "change the economy for the better."

The first thing that Clinton needs to do, Barclay said, is change the infrastructure.

Barclay added that Clinton will help the future of hotel business drastically.

Yena, Schneider spend the night at Xavier

by Bill Gonzalez
Staff Writer

On November 11, Dr. John Yena, President of Johnson & Wales and Dr. Irving Schneider, Dean of the Business college, spent the night at Xavier University.

They planned to do this in August. Yena's reason was to become more visible to the student body. Schneider wanted to have a real student experience and get a chance to talk to the students. Several students took time to talk with the two gentlemen and really appreciated their visit.

When asked if they would do this more often, Yena said he will be staying at the Harborside Campus with Dean Tom Wright next week.

He does feel that it would be a great idea to do with other administrators in the future. Initially, this is to be done merely overnight.

Regarding the rumors that certain dorms would be sold or taken by the government, he answered, "It was decided by the government not to take ACE by eminent domain," he explained. "Minden will not be sold. We're still unsure about Stephens."

He also added that plans are being made to reduce the bus services.

"The 3-DT system will remain however," he quickly added.

Many students are also wondering when or if the residence halls will ever become a dorm again.

Continued on page 5
Opinion & Viewpoints

Support ATO

The needy people of Providence will be getting a Thanksgiving dinner thanks to the efforts of Alpha Tau Omega Fraternity. The Second Annual Thanksgiving canned food drive for the Church of the Assumption is being held today, Monday, November 16, at 3pm.

All students are strongly encouraged to donate any non-perishable food possible. With the help of ATO, who are also sponsoring a drive for the Easter holiday, the people of Providence will be able to have a Thanksgiving dinner and enjoy this important holiday. The Brothers of ATO ask that you take a moment out of your time to make a difference in someone’s life. Bring a can of food for the needy or ask if you can volunteer your time.

As college students, we can make a difference. Now is the time to act. ATO hopes to make this a very memorable event, and it can only come true with your help. Support ATO and their efforts to provide a hot, nutritious meal. Encourage some friends to do the same. In the spirit of the Thanksgiving holiday, it is important to think of others less fortunate than yourself.

The weekly editorials are the majority opinions of the editorial board and do not necessarily represent the views of the University community.

Quote of the week

With high hopes and brave hearts, in massive numbers, the American people have voted to make a new beginning.

-Bill Clinton

as quoted in Newsweek, Nov. 1992

The Campus Herald
Vol.XII, No. 3
Monday, October 5, 1992

Open forum beneficial

I would like to thank everyone who attended our open forum on Tuesday, November 10. Your comments have been recorded and the editorial board is discussing them to improve the quality of the newspaper.

Distorted Thoughts

By Bret Alex Scott
Editor in Chief

While all aspects of the newspaper were covered, including News, Features and Sports, our Opinion/Editorial section received the most comments. I noticed during the exchange that there is a negative perception about my column “Distorted Thoughts.”

The comments about my column will be beneficial to me. I have always strived for accuracy and fair comment/criticism. Requests from many students who suggested I offer solutions will help me to develop topics more fully.

In addition I was asked specifically if I had a negative opinion about the Undergraduate Student Assembly (USA) and Breti Orlando.

My 11/2 ‘Distorted Thoughts’ was perceived as a direct attack against them. I think that is unfortunate as that was never my intention. For the record I like Orlando.

I was trying to suggest that the USA as a new and young organization needed to establish themselves as an organization that can stand on its own rather than relying on the support of other clubs.

In past columns I feel that I have raised some very relevant questions. Questions that needed to be addressed and questions that touched many other students.

Again, it is never my intention to attack students or specific groups.

Your letters to the editor help flush out all topics and they are welcome, positive or negative. After all, it is only through dialogue between individuals that solutions can be found.

Over 100+ people attended the forum. My staff and I were very encouraged to learn that so many people care about The Campus Herald.

As volunteers we sometimes get bogged down week to week it was refreshing to listen to our readers for a change. Thanks for your support and keep sending.

The first amendment only goes so far

Pornography is an affront to human decency. It causes society to become coarser for the people that live in it because pornography does not represent society’s sexuality with any degree of accuracy. It cheapens and dehumanizes all people involved in it. Pornography brutalizes and insults society as a whole. It embodies the hatred of men toward women because its intent is to humiliate and dehumanize the female body for the purpose of erotic stimulation.

Why do people feel that to achieve their “constitutionally given freedoms” they need to abuse the rights they were given. All of this freedom did not give people the favorableness that they had anticipated. The idea of “freedom” is not to make it fashionable for people to do derogatory actions, to humanize God, degrade females and coitus and violence. All that pornography really brought with it was more sexual frustrations, fewer happy marriages, and more boredom and revulsion with sex.

When there is talk of censoring pornography the first thing out of many mouths is, “What about my First Amendment rights?” Well, what about them? The government regulates narcotics, the speed limit, seat belt use, gambling, and prostitution, but pornography, no. We need to remember that the First Amendment is not absolute, no one gets total freedom. People feel that they are entitled to absolute political expression of their views because they are Americans. There is a divergence between the idea of expression and pornography. There is a difference between free political expression and pornography. Pornography is a type of commercial entertainment that is aimed at shocking or embarrassing through vulgarity and violence and free political expression is not. The First Amendment was never meant to protect obscenity.

The new “book” by Madonna was one that brought the idea of pornography and censorship to mind. The “book” was a venture unto eroticism and voyeurism that the society of America did not need. The idea that a woman is contributing to the degradation of the rest of the females in the world should upset us. I am opposed to the images and thoughts that Madonna emulates in her new “book.”

The idea that she is being paid to produce such filth and torture those aspirations is beyond me. Why would a person pay to be implicated with images of women being tortured and mutilated?

We cannot ban the use of pornography, but we need to decide what is unwholly obscene, so that line is not crossed.

The Campus Herald is a member of the Associated Collegiate Press

The Campus Herald is the Student Newspaper of Johnson & Wales University, 8 Abbott Park Place, Providence, RI 02903

It is published by students from the Office of Student Publications at the Providence Campus, 2 Richmond Street. One phone number is (401) 455-2804 Media packets are available upon request.
Opinion & Viewpoints

Letters to the Editor:

Scott is out of line

Dear Editor:

This letter is in regards to the Distorted Thoughts article in the November 2, issue of The Campus Herald. We feel that it is not fair or justifiable that you discredit Brett Orlando. You wrote allegations against Brett in a school wide newspaper where many students opinions are formed by the articles that are written. Brett is a good person with a lot of good qualities and potential to better the school. The people that know Brett on a personal level, like ourselves trust and believe in him.

There is a multitude of red tape you have to go through to start an organization or club. In general it is difficult to get an organization off the ground, to get people unified, to understand the process to run an organization, club or university in Brett's case. Basically what we are saying is that it is evident that Brett will have some difficulties, but he has a difficult job with tremendous responsibilities. You claim that Brett took office under a dark cloud of controversy. In all actuality you are innocent until proven guilty. Well at least that's what the law states.

The National Greek Organization has enhanced his knowledge of the school and made him a better person. We think that you are focusing on the negative, when in fact you should be focusing on the positive. Brett Orlando took on a large responsibility and in all honesty we feel, from experience, that everything takes time and patience. We support Brett in whatever he feels is best for the students.

Brett is an asset to the school. Our advice to you Mr. Scott is to stop criticizing and pointing the finger. Why don't you take a step back and try and see it from Brett's shoes. To tell you the truth, we wish you were president so we could sit back, listen to all the rumors we hear about you pass judgement and then print in this school wide paper just so we could make you feel as big as an ant.

Li DiNatalie
Kara Casey

Wish I was in Dixie

I have been held prisoner of war here in Providence for almost six months now. Until we get this problem resolved, it seems I will be here for some time. My incarceration has given me the chance to experience "Northern Hospitality". This, of course, made me yearn for "Southern Hospitality". These two terms should be similar, but they are not. I don't know how you refer to yourselves, but where I come from all Northerners are called Yankees.

Back home we have cars. We use them to get from one place to another without having to walk. Yankees also have them except they use them to try to kill one another. Apparently, Yankees have no idea what the paint on the road is for. They think it looks pretty. Southerners know it is lane markings and you should avoid driving directly over it. Someone needs to teach y'all this.

At home, the cars have horns and Southerners all know what the horn is for. It is to tell your date you are here to pick her up without having to meet her father. Yankees think the horn is an excuse to stick your middle finger out the window and yell nasty things about someone's mama. Northerners use them every chance they get.

The next time you walk across campus, say hello to everyone and look them in the eye. If you do not get taken away by the men in white coats, you will get beaten up and have all your money taken. Even in big cities like Atlanta, Southerners say hello to everyone. A Southerner will look you in the eye, without punching you there.

Southerners are brought up to hold their door for a lady, even push her down and call hernames. Down south we say "please" and "thank you", "ma'am" and "sir." I did hear one fellow say "please" in down-town Providence the other night. He was talking to a bunch of boys. I think he said "Please, don't kill me."

All stereotypes aside, the biggest difference is the weather. We have weather at home. But I think we have all the good weather. We have four seasons and contrary to Yankee belief, we do know what snow looks like. Up here there is only two seasons; winter and the Fourth of July.

That might be why everyone is so rude. Yankees get on us because they say we all talk funny. As any "Southerner" will tell you "God talks like we do."

We may have a few people in the south that have not quite mastered the skill of perfect diction. That is to be expected. At least we do make a distinction between what a sheep says (Bahhh), and where you go to get a drink (Bahhh).

Y'all say the north is the best place to live. You go on and on about how the north is supposed to have everything anyone could ever want. They will tell you how beautiful it is up here. They make a big deal about how it is so upbeat and fast paced here. If all that is true, then why are there more Yankees in the south now than there were when Sherman came through?
News, from Career Development

November 18  Mandatory CO-OP orientation for the winter tri-semester students from 5:30 pm to 6:30 pm, Walse Thresher Building.

December 17  Application for Spring CO-OP (Deadline)

WANTED:
Two German speaking students (at least conversational) for a finance/management cooperation Education experience in Germany. Must be 3rd tri Junior or Senior with elective credits available. Contact Jane Bowers at 436-4659.

"Sleep Out for the Homeless" information

If you are planning to take part in the "Sleep Out For the Homeless," it is suggested that you bring blankets, cardboard boxes, and wear lots of clothing.

In addition, waiver forms for the event must be filled out by all participants by Friday, December 4. Once the waiver is complete it should returned to the Office of Student Activities; you may also pick up waiver forms at the Student Activities Office.

Donation bins for clothing and food will be set up at all residential halls, academic buildings, and administrative buildings. Monetary donations can be made payable to the Rhode Island Community Food Bank and dropped off to the Office of Student Activities, First Floor of the Friendship Building. Any donation may also be brought along at the day of the event.

For more information contact: Clubs Council ext. 1066, Undergraduate Student Assembly ext. 1891, or Greek Letter Council ext. 1083.

Computer Lab hours at Xavier

Please be advised that the hours of operation beginning 11-30-92, until 2-26-93 will be as follows in the Xavier Computer Lab.

Monday - Thursday  7:30 am - 9:45 pm
Friday - Saturday  8:00 am - 3:45 pm
Sunday  1-24-93 thru 2-21-93  2:00 pm - 7:45 pm

Thanksgiving Break Dining Schedule

<table>
<thead>
<tr>
<th>Dining Center</th>
<th>Days Open</th>
<th>Days Closed</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACE</td>
<td>All Days</td>
<td>Not Closed</td>
</tr>
<tr>
<td>Chestnuts</td>
<td>11/21-24, 28, 29</td>
<td>11/25-27</td>
</tr>
<tr>
<td>DineXus</td>
<td>11/29</td>
<td>11/21-28</td>
</tr>
<tr>
<td>Little House</td>
<td>11/22-25, 29</td>
<td>11/26-28</td>
</tr>
<tr>
<td>Pasta Place</td>
<td>Not Open</td>
<td></td>
</tr>
<tr>
<td>Pine Street Coffee House</td>
<td>11/23-25AM</td>
<td></td>
</tr>
<tr>
<td>University Club</td>
<td>11/23-24, 25 till 6PM</td>
<td>11/21,22,26-29</td>
</tr>
</tbody>
</table>

The Commons and Minden Dining centers will be closed on Friday, November 20 and reopen on Monday, November 23. ACE will serve a traditional Thanksgiving meal from 10am-4pm on Thursday, November 26. Tickets are $4.50 and available at the bookstores.

AMA Regional Conference held recently

JWU recently hosted the Eastern Regional American Marketing Association (AMA) Conference, that was entitled Marketing Strategy: A Celebration of Professionalism, Productivity, Profitability, and Prestige.

Over 200 people attended the event representing 22 schools from the East Coast. Topics included Sports and Event Marketing, Crisis Management, and Marketing Opportunities in Russia.

The Commons and Minden Dining centers will be closed on Friday, November 20 and reopen on Monday, November 23. ACE will serve a traditional Thanksgiving meal from 10am-4pm on Thursday, November 26. Tickets are $4.50 and available at the bookstores.

Dean Wright, JWU's most valuable player

Thomas L. Wright of East Greenwich, dean of the College of Culinary Arts at Johnson & Wales University, was the recipient of the Edward P. Triangle Award as "Most Valuable Player" at the school's annual Staff Recognition Day held recently. This award is given to the staff member who has had a major contribution to the University over the past year. The late Edward P. Triangle was the first president of Johnson & Wales.

In his position, Dean Wright oversees all fiscal, operational and educational areas pertinent to the College of Culinary Arts including design and layout of facilities. Wright was formerly Dean of Administration, Director of Administrative Services and director of Career Development for the College of Culinary Arts at the University.

Wright lives with his wife, Rila, and their daughters, Alexandria and Erica, on Briarbrook Drive. He received his M.S. in Management from Salve Regina University and his B.S. in Foodservice Management from Johnson & Wales University.

AMA Regional Conference held recently

JWU recently hosted the Eastern Regional American Marketing Association (AMA) Conference, that was entitled Marketing Strategy: A Celebration of Professionalism, Productivity, Profitability, and Prestige.

Over 200 people attended the event representing 22 schools from the East Coast. Topics included Sports and Event Marketing, Crisis Management, and Marketing Opportunities in Russia.

BOSTON POPS
ESPLANADE ORCHESTRA

HOLIDAY CONCERT
EXTRAVAGANZA
WEDNESDAY, DECEMBER 9th - 7:30 PM
$16.50 and $18.50

PROVIDENCE CIVIC CENTER

For further information, call
Group Sales (401) 751-3190.
Box Office (401) 231-6700.
Corporate Hospitality (401) 331-9700 Ext: 155.
Tickets available at the Civic Center
Box Office, all Ticket Pro
Outlet or by calling Charge
Phone 800-929-7080.

Celebrating Our Twentieth Anniversary

CASH for your BOOKS!

Bring them to:
HARBORSIDE or
DOWNTOWN
BOOKSTORES

November 16th thru 20th
9am - 5pm
November 21st
9am - 1pm
November 23rd & 24th
4pm - 7pm

INTOWN LAUNDRY
Located in the Conrad Dorm
454-0327

Monday - Friday 8:00am - 8:30pm
Saturdays 9:00am - 6:00pm
Sundays 12:00pm - 8:30pm

Every Wednesday, Wash, Dry, & Fold - 39¢ lb.
FREE MEMBERSHIP IN
INTOWN LAUNDRY CLUB

FREE PARKING ON EVENINGS
AND WEEKENDS

"The Cleanest and Friendliest Laundromat in Providence"
Campus News

...Overnight trip successful
Continued from page 1

"The reason we left Regency was because commercial prices rose higher than what we were willing to pay. We are uncertain if it will become a dorm again."

When Schneider was asked if the curriculum would be intensified, he replied, "We are always trying to upgrade our curriculum. What is included is decided by industry, what their needs are."

When asked for any further thoughts, both were quick to say how much they enjoyed talking to the students, getting to know them.

"I really sense a nice feeling of spirit," said Schneider. "There is less apathy. I really think we're on the right track, and I'm really enjoying this."

Yena added, "I've experienced more involvement now than I have in the past few years. There seems to be a blurred line between the responsibilities in students, staff, and administration. I am happy that students have so much to offer, replied Yena.

Yena praised the Xavier staff stating "I am very impressed with the RA staff as well as Bryant Curry, the Resident Director."

Shuttle Bus Service: Airport, Bus & Train Stations (Departures Only)

Effective: Saturday, November 21, 1992 ONLY!!!
4:45am-Minden 4:55am-Xavier 5:00am-Chestnuts 5:05am-Dreyfus 5:10am-Renaissance 5:15am-Stephens 5:20am-Culinary 5:25am-Hospitality 6:00am-Ace to Green State Airport, Bus and Train stations 6:45am-Ace 7:00am-Hospitality 7:05am-Culinary 7:10am-Stephens 7:25am-Renaissance 7:30am-Xavier 7:35am-Chestnuts 7:40am-Minden to Train & Bus Stations and Green State Airport, Bus and Train stations 8:30am-Minden 8:40am-Xavier 8:45am-Chestnuts 8:50am-Renaissance 9am-Stephens 9:10am-Culinary 9:15am-Hospitality 9:20am-ACE to Green State Airport, Bus and Train stations 10:00am-Minden 10:10am-Xavier 10:15am-Chestnuts 10:20am-Renaissance 11am-Stephens 11:10am-Culinary 11:15am-Hospitality 11:20am-ACE to Green State Airport, Bus and Train stations

Please note: the regular Monday through Friday buses will be running on November 20. They are available for early departures.

Shuttle Bus Service from Airport, Bus and Train stations to all Residence halls on Sunday, November 29 at 2pm, 4pm, 6pm, 8pm and 10pm.

Fitness Center
Thanksgiving Schedule

The hours of the Fitness Center for the break will be as follows: 11/20 7am-8pm; 11/21 Closed; 11/22 Closed; 11/23-25 7am-8pm; 11/26-27 Closed; 11/28 10am-6pm; 11/29-12pm-8pm

Normal hours will resume with the start of the new trimester on November 30.

99¢ SPECIAL!
Large cup of fresh, hot coffee or tea and one of our mouth-watering muffins now only 99¢ (Reg. $1.25)

COOKIE PLACE
150 Washington St
Downtown
Johnson & Wales students & employees only, with this coupon. Exp. 11/15/92

"Live a little, grow a lot!"

☐ Wednesday, 12 noon, Xavier Chapel. Worship, de-stressing, discussion, and Communion. Rev. David Proctor, Johnson & Wales Protestant Chaplain

☐ Sunday, November 22nd
The Awareness Center Study Group, Beneficent Church.
"The Future of the Body: Human Evolution: Exceptional Abilities"
7:00 pm.

☐ Every Sunday,
9:15 am Adult Study Group
"The Historic Roots of our Protestant Faith"
10:30 am Service of Worship
11:30 am Fellowship and refreshments.

We'd love to meet you at...

Beneficent Church
500 Weybosset Street, Providence
531-8844
Member United Church of Christ

JWU Student Specials at Impulse

61 The Arcade
421-9294 3rd Level

All haircuts $12.00
Wash, Cut, and Dry
Tan - $30 per month (unlimited visits)

Full set Nails (tips) - Only $25

OFFER EXPIRES NOVEMBER 30
MUST PRESENT STUDENT I.D.

Gourmet Pizza
for Pizza Gourmets
$1 OFF any large pizza with regular or whole wheat crust.
Free delivery to East Side/Downtown with $5.00 minimum.
$10.00 minimum for Hospitality & Culinary.

351-3663
374 WICKENDEN STREET, PROVIDENCE

Not valid with any other offer. Coupon must be presented.

PIZZA PIE-ER
Features

Ramones/Social D. concert a success

by Christine Terranova
Staff Writer

On Sunday, November 8, The Ramones, and Social Distortion headlined an enthusiastic show at the Culinary Gym. The sold out concert was sponsored by the JWU Concert Committee and Zeta Beta Tau. The opening act to perform was Overwhelming Colorfast. Although they are relatively new, the crowd seemed to enjoy their performance on stage.

Social Distortion performed next on stage doing songs such as “99 to Life,” and “When She Begins.” While they were performing, pits were formed as people began moshing (slam dancing). When the group was done with their set, the crowd demanded an encore. They answered the crowd’s calling and did an encore.

Finally, the Ramones took the stage. As soon as they appeared, the crowd went wild. Only the fortunate were able to make their way to the front row of the stage. They opened the show with the classic “Teenage Lobotomy.”

Other classics performed were: “I Wanna Be Sedated,” “Rock ’N Roll High School,” “California Sun,” “Beat on the Brat,” “Shenandoah,” “Pinkkrocker,” and “Rockaway Beach.”

Several new songs were also featured, one of them being “Censorship.” “Censorship,” is a song in regard to Tipper Gore’s views on censorship. The other songs covered from the Mondo Bizarro album were: “Poison Heart,” “Tomorrow She Goes Away,” and “Strength to Endure.” One of the high points of the show was the Ramones version of “Take It As It Comes,” originally by The Doors. A true Ramones/Doors fan would have loved every minute of it.

The Ramones performance lasted a while and including the two encores. Each of the two encores consisted of three songs each. The last song to be performed was “Ringhead.” In true Ramones fashion, Ringhead came out on the stage carrying a Gaba Gaba Hey sign. Much material covered was off their 1988 tape Music.

While Overwhelming Colorfast is new and up incoming, their performance was very good. Social Distortion has been around longer, and are still gaining fans. They gave an excellent performance.

The Ramones have been around for eighteen years, establishing their following of true fans. They gave a truly outstanding performance in which you could see that they were into it heart and soul.

Editors Note: This is the first part of a two part series. The follow up will appear in the next issue.

LIZA, IN CONCERT at the PPAC

Providence - The ever-popular and highly acclaimed entertainer, Liza Minnelli will appear with pianist Billy Stich in her new show, LIZA, IN CONCERT for a four evening engagement at the Providence Performing Arts Center, November 19-22. Tickets for all shows are priced at $27.50, 37.50 and 39.50. LIZA, IN CONCERT is part of the Fleet Bank’s 1992/93 Broadway Series...Minnelli’s new concert, which celebrates women in the 90’s and pays tribute to some of the men in her past, comes on the heels of her record-breaking three week engagement at Radio City Music Hall in New York.

Along with a 14-piece orchestra and two female vocalists, her performance will include a generous selection of show-stopping standards, including, “Hey There,” and Stephen Sondheim’s, “Old Friends.” Beyond the dancing, singing and sharing of memories, highlights of LIZA, IN CONCERT will include renditions of Aretha Franklin’s “I Am A Woman,” and K. D. Lang’s “Pulling Back The Reins.” She also performs, “Sammy’s House” a moving tribute to Sam Davis Jr.

She also has the distinction of being the only woman to earn the Las Vegas Entertainer of the Year honor for three consecutive years, to be the first performer to completely sell out Carnegie Hall in New York, and the first entertainer in the 6-year history of Carnegie Hall to totally sell out a three week concert engagement. The digitally recorded album of her Carnegie Hall concert became a best-seller and one of the music industry’s most highly praised live concert recordings.

She earned the first-ever Grammy Legend Award for her recordings, she has earned top honors in the film, the Academy Award for Best Actress in “Cabaret” and she won television’s highest honor, in the Emmy for “Liza, with a ‘Z',” as well as two Golden Globe awards and other international awards.

When asked recently about doing a movie based on the life of Judy Garland, Liza replied, “I’ve always said that when something is done brilliantly, you don’t do it again...I’d rather be a first version of myself than a second rate version of another.”

Minnelli’s performances are Thursday-Saturday at 7pm. Tickets are on sale now at the Providence Performing Arts Center box office; call (401) 421-ARTS (MasterCard/Visa). Tickets are also at TicketMaster locations, or by calling (401) 551-2211. Box office hours are Monday-Friday, 10am to 6pm and Saturdays, noon to 5pm.

Scenes from the Car Show at the Providence Civic Center

Congratulations to Craig Conroy who was the first to ride the bull at Desparados. Ride ’em cowboy.

Congratulations To Everyone who was involved in helping make the Ramones/Social Distortion concert a great success! I would especially like to thank the following people: Theresa & the Concert Committee, Peter, Eric & Zeta Beta Tau Fraternity, Claire, Bryant, Ed, J.T. & your crew, Steve & the officers, Jeff, Billy, Barbara, Bill, The Campus Herald & my husband. We make a fantastic team! Let's do it again! Thank You,

Gail Zabatta, Director of Student Activities

photo by Rehan Wasti
by Alexandra Mayberry
Staff Writer

Congratulations to the JUW Student Culinary Team on their accomplishments at the New York Food Show last weekend. The team of four competed with many of the major hotels and foodservice organizations of the Northeast. Their small, tastefully presented table with the four buffet platter entries enhanced with a “bauskuchen and sugar flower” centerpiece by Chef Gromert, was nestled amongst all the great tables of competitors. The end of the show brought a third place for the table corners and a first place for each student. Eight of the ten judges had given the students perfect scores.

The team consisted of Jennifer Decker, Co-Captain and Fellow, with her Goldfish Buffet Platter; Leonard DeGreege, Co-Captain and Fellow, with his Capon Buffet Platter; Jackie Kelly, Fellow, with her Pork Buffet Platter; and Megan Barnes, Fellow, with an Autumn Goose Buffet Platter. Peter James and James Griffin, team manager and coach respectively, were behind the scenes to guide and support our team in their accomplishments.

Other congrats go out to Thomas DellaCroce, a first-year culinary art major, and the award winner of a Distinguished Visiting Chef scholarship, renewable over his next four years here at the University.

Club

by Darrell Claiborne
Staff Writer

Black Student Union

The Kwanzaa Celebration will be held on Saturday, December 12 from 7-10pm at the Culinary Gym. Admission will be $10 for BSU members and $12 for non-BSU members. There will be plenty of food, entertainment and fun. All students are welcome to become a member of the BSU. Due for this year are $10. The BSU does not discriminate or promote racial or prejudiced behavior.

Clubs Council

The next general meeting will be held on Wednesday, December 2, at 3:30pm in the HAC building room TBA. Clubs Council would like to wish all students a very safe and happy holiday.

Culinary Weekend Club

“Orf Comedy Club” is finally here! Come and watch talented students from JWU and neighboring schools compete on the mic to make you laugh your heart out. Admission is free and the show begins at 7pm. Next show is on Sunday, December 6. Hosted by Cordell “the Joker” Pace and rocking it DJ, I Love on the mic. For more information or to sign up call Josephine at 456-2917.

Dance Club

Rehearsals will be held on Friday, November 17 from 6-9pm in the Xavier Auditorium. Rehearsals are scheduled for December 3, 4, 6 and 10 in the Xavier Auditorium. All students are welcome to become a member of the Dance Club.

Fashion Club

We will be having rehearsals on Tuesday, December 1 and 15 from 7-10pm in Xavier Gym. Also on Tuesday, December 8 from 7-10pm in Xavier Auditorium. Due of $15 must be paid at this meeting for the year. All students are welcome to become a member of the Fashion Club.

The Fashion Club will be having a “Make your own Santa Hat” on Tuesday, December 8 in Academic Lobby and Wednesday, December 9 in Xavier Lobby from 10am-5pm. The cost is $2 per hat. See flyers for more info.

Greek

by Sean Skellie
Staff Writer

ALPHA TAU OMEGA: We will be holding our 3rd annual Thanksgiving food drive for the Church of Assumption. Last year we raised $3000 in canned food and other boxed goods. Congrats to Joe Bone for his two goals last week. Happy B-Day Horowitz and Woody. We wish everyone a safe and Happy Thanksgiving.

DELTA PHILIPSEON: Thanks to Pi Kappa Phi for the great social. Nov B-days, Sandra F., Claudia, Suzanne, Mel, Sandra Ferrante, and Jodi. Good luck on finals and have a good Thanksgiving.

GAMMA PHI: Happy B-Day "TORT" 11-26-92. Thanks to Delta Sigma Phi 11-3-92. Congrats to Theta Psi Alpha for winning the Championships.

KAPPA PHI: Thanks Army and Delta Phi Epsilon for a terrific '60s social. Everyone had an awesome time. Great job DJ!!! SORORAL DELTA TAU: Start saving $ for our fundraiser coming soon on 11/16. Congrats on the Bowl-a-thon. Happy B-Day to all.

Nov. Sig Deltas. Good luck to everyone on your finals. Have a gobble of a Thanksgiving.

TAUKAPPI FILOSION: We would like to congratulate TKE football for a successful season. Happy Belated B-Day Norm. Congrats to Farris for making the basketball team. We would like student support during the annual sleep-out on the State House Lawn on December 11 and 12, noon to noon. Donations of food and clothing will gladly be accepted. Great job well done on the park clean up last week!!

THETA PHI ALPHA: CONGRATULATIONS THETA PHI FOOTBALL TEAM!! Great job—we love you!! Thanks women of the '90s for a great game!! Thanks to coaches Howie and Geoff! Happy B-Day to Karen, Sue and Sandra.

THETA PHI FILOSION: Thanks Phi Sig and Sig for a smashing social. Congrats to Theta Phi Alpha. Thanks to the JWU concert committee for the Ramones / Social Distortion Concert. Thanks to all who supported the ZBT football team. We wish everyone a Happy Thanksgiving.

Club

by Sean Skellie
Staff Writer

ALPHA TAU OMEGA: We will be holding our 3rd annual Thanksgiving food drive for the Church of Assumption. Last year we raised $3000 in canned food and other boxed goods. Congrats to Joe Bone for his two goals last week. Happy B-Day Horowitz and Woody. We wish everyone a safe and Happy Thanksgiving.

DELTA PHILIPSEON: Thanks to Pi Kappa Phi for the great social. Nov B-days, Sandra F., Claudia, Suzanne, Mel, Sandra Ferrante, and Jodi. Good luck on finals and have a good Thanksgiving.

GAMMA PHI: Happy B-Day "TORT" 11-26-92. Thanks to Delta Sigma Phi 11-3-92. Congrats to Theta Psi Alpha for winning the Championships.

KAPPA PHI: Thanks Army and Delta Phi Epsilon for a terrific '60s social. Everyone had an awesome time. Great job DJ!!! SORORAL DELTA TAU: Start saving $ for our fundraiser coming soon on 11/16. Congrats on the Bowl-a-thon. Happy B-Day to all.

Nov. Sig Deltas. Good luck to everyone on your finals. Have a gobble of a Thanksgiving.

TAUKAPPI FILOSION: We would like to congratulate TKE football for a successful season. Happy Belated B-Day Norm. Congrats to Farris for making the basketball team. We would like student support during the annual sleep-out on the State House Lawn on December 11 and 12, noon to noon. Donations of food and clothing will gladly be accepted. Great job well done on the park clean up last week!!

THETA PHI ALPHA: CONGRATULATIONS THETA PHI FOOTBALL TEAM!! Great job—we love you!! Thanks women of the '90s for a great game!! Thanks to coaches Howie and Geoff! Happy B-Day to Karen, Sue and Sandra.

THETA PHI FILOSION: Thanks Phi Sig and Sig for a smashing social. Congrats to Theta Phi Alpha. Thanks to the JWU concert committee for the Ramones / Social Distortion Concert. Thanks to all who supported the ZBT football team. We wish everyone a Happy Thanksgiving.
Prudhomme brings seasonal blends to Culinary
by Alexandra Mayberry
Staff Writer
Johnson & Wales University had the honor of welcoming Chef Paul Prudhomme to the new amphitheater at the Hartson Academic Center. He brought his excellent staff and an abundance of his "Magic" Seasoning Blends. He began his demonstration with a song and captivated the audience with his charm.

Prudhomme is noted for his dedication to the art of cooking and serving fine foods and for the preserving and expanding of Louisiana-style foods. He began cooking with his mother at the age of seven on his parents farm.

The youngest of thirteen children, Prudhomme remembers there were always seven or eight children in the house. He refers to cooking back then like running a small restaurant without any electricity, so there was no refrigeration, although with the freshest ingredients.

After a few minor failure attempts to begin his own restaurant, the first flop was at age seventeen. But Prudhomme spent 12 years traveling throughout the country, apprenticing chefs of varied professional and ethnic backgrounds.

The young chef spent hours learning the trade, making his own changes, and gathering valuable information. Eventually he returned home and five years later he and his wife opened "K-Paul's Louisiana Kitchen" in New Orleans.

Prudhomme is also the creator of an all-natural line of seasoning blends distributed all throughout the United States and in some international countries. He has many products available for both retail and foodservice consumption. All his products are accessible through mail-order catalogs and his feature cookbooks.

When asked in the lecture what his favorite dish was, Prudhomme laughed and replied that he had two: his signature dish and personal favorite. His signature dish is anything blackened, since he began the method.

The personal favorite, which he described in deep detail, is roasted pork and candied sweet potatoes. He explained that good materials and understanding of a dish makes it's maximum. He loves hot foods but peppers in everything was how he was raised.

Prudhomme likes to have fun while he cooks. Over and over again he stressed how cooking and eating are emotional experiences. When he was young, he wasn't even allowed to talk while eating but just savor the great taste of everything.

While cooking in his demonstration, he showed how there should be so many flavors in a dish, that every bite should taste different. The smells of what he was preparing were delicious, which is when he explained that good smells denote great taste. He reminded us all to enjoy our food each time we ate, feel every supporting flavor, and to remember "when food is good, it is very hard to be sad."

Battle of the sexes
by Tamara Houston
Staff Writer
On Wednesday, November 11, Dr. Nancy Jackson sponsored a group discussion about "Everything You Need To Know About Men and Women," at Xavier Auditorium. The discussion was thorough and honest with questions provided by Dr. Jackson's social psychology class, Professor Dawson's class, and the audience.

To answer the questions presented were panelists Trina Dinkins, Erica Hensley, Andrew Brown Jr., Eric R. Samansky, Eric Kourtessis, Chris Sugue, and Joyce Oravitz. In order to be on the panel, students volunteered. From the names received, The Women's Organizational Board chose eight panelists.

Some questions addressed to the panel were "What time is appropriate for a girl to go over to a guy's house," which panelist Erica Hensley pointed out is a sexual call if it is between 1-3:00am. Also if a girl meets a guy in a bar and tells him she wants to go home with him and talk, is that what she really means? Although there was a humorous edge to the discussion. When the topic turned to assault, it took a serious twist.

The question presented to the panel was if it was okay for a man to hit a woman. Most people agreed that it was wrong, no matter what, but some differed by stating that just as a man could harm a lady, she could harm him. In all it was established that everyone, man or woman has the right to protect her/herself when faced with the possibility of bodily harm.

As expected not everyone shared the same point of view on a given topic but the purpose of this group discussion according to Dr. Jackson is to "open communication between men and women." With an air of maturity and an upfront approach to the questions presented, "Everything You Want To Know About Men and Women," was educational as well as entertaining.

This is the last issue of the Campus Herald for the 1st Trimester. The next issue will be coming out on December 7th. We would like to wish everyone a Happy Thanksgiving.

M o v i e
The Film Series Committee presents: "Wayne's World" on Wednesday, November 18, 7:00 pm at Chestnuts.

W h o ' s o u t !
File Photo's
**College Astrology**
by Linda Black

Aries (March 21-April 19) Watch your money Monday and Tuesday. The game is to get more, not lose what you've got. Be careful, because others are playing the same game. Get your reading done in the middle of the week.

Taurus (April 20-May 20) The first of the week should be very good for you. You may not feel much like studying, however. It's a better time for doing business.

Gemini (May 21-June 20) Your best days this week are Wednesday and Thursday. You may feel like you're walking through mud most of the rest of the time.

Cancer (June 21-July 22) Monday and Tuesday are great for making contacts through clubs and organizations. You might find a romantic partner, if that's what you're looking for, but more likely you'll find somebody to work with.

Leo (July 23-Aug. 22) This might be a tough week for you. Somebody may not want to get your way. The problem's not at school, it's in your own household. You may have to give in. You may also have to work pretty hard on your studies.

Virgo (Aug. 23-Sept. 22) Your studies should go very well this week. You'll soak up the material like a sponge. There might be a conflict with something else you'd like to do, however.

Libra (Sept. 23-Oct. 22) Money could be a major concern this week. Don't spend any of it, and do figure out ways you can make more. Monday and Tuesday, that will be especially hard, if you go anywhere near a sale.

Scorpio (Oct. 23-Nov. 21) You should have a great time this week. If you're studying business, it will just continue to get easier. Around Friday you could even find true love in one of your classes.

Sagittarius (Nov. 22-Dec. 21) You may have to deal with a bureaucracy this week. Since that's one of your least favorite things to do, get it out of the way.

Capricorn (Dec. 22-Jan. 19) Monday and Tuesday, you may be able to get enough done to take the rest of the week off. Don't do it, though.

Aquarius (Jan. 20-Feb. 18) Monday and Tuesday, you may feel you're walking around with lead boots on. Listen in class those days, and don't bother to offer suggestions. Take good care of your health, too.

Pisces (Feb. 19-March 20) Your studies should go very well the first of the week. Find a place where you can get some peace and quiet, and you'll really soak up the information.

---

**90210 Digest**

A Weekly Review of the lives of Brandon, Dylan and those other hot, hip and totally cool kids from Beverly Hills.

by Melissa Cintron

Staff Write

As you all know Brenda broke up with Dylan again, because she said she needed space. But guess who's on a date? Brenda and Rick. They are in the Peach Pit and Brenda decides that she wants to leave because she feels a little uncomfortable then Rick says, "Brenda this is our place."

Steve and Hetbert (Steve's freshman buddy) are frantic because cops are investigating the break in with the computers. Of course, Andrea, with or without broken legs, is always there to find her sources. She knows that the master key to West Beverly High has been passed on to students. She told Brandx he told Steve to be careful. A maintenance man from the school is blackmailing Steve, because he knows what happened.

I think that Cindy is a bit jealous of Jim's secretary, Dottie. She called Jim's house about three times just to tell him that she finished typing all his work, and for him to come sign all the documents. But Cindy did not see it that way. She told Jim that Dottie liked him.

After all this, Dylan takes Kelly out to this exhibit and they are kissing while the fake stars are shining. How sweet! Later at the restaurant Kelly doesn't want to take a bite out of Dylan's cake because it's too fattening. She does anyway, and they start kissing again and decide to go to Dylan's house. As they were leaving, guess who pops up? Rick and Brenda. Brenda says to Kelly, "How can you do this to me, you're my best friend?" Kelly responded, "You told Dylan he can see whomever he wants." Brenda got all mad and called Kelly a bimbo. Kelly replied, "Go to hell" and walked out. Afterwards Brenda breaks up with Rick because she says he is moving too fast. And Kelly told Dylan that she's not sure about their relationship.

Dylan finds out that he cannot appeal to the court to prove that he did not cheat on the SAT Exam, and he refused to take it over. So Dylan decided that he needed to get away for a while and only told Brandon...

Later Brenda called Dylan. Gee, I wonder why?
HOUSING
• COZY 2 BEDROOM APT for rent. 10 min from Downtown. $300/mo. + utilities. Call 456-4763.
• FOR RENT, APARTMENTS. 108 Sutton St. Providence (off Broadway) $475/month. Sec.
  ond floor - $425. Call 931-3860, Joyce.
• HOUSE TO SHARE 3 blocks from culinary campus. $300/month. Including utilities. Call 941-3261.
• ROOMMATE WANTED for December thru March. 3 bedroom apartment. Parking. Close to school. Call Sam at 454-5550.
• EAST SIDE, HOPE ST. Beautiful 3 beds, modern kitchen/bath, 2nd fl., parking, laundry, all utilities included. 617-784-4285, leave message if no answer.
• WALK TO CULINARY - Rooms for rent. $75/wk. All utilities and appliances included. 455-0574.
• HOUSE FOR RENT across from culinary - 5 beds, newly remodeled. John days 453-0700 after 6, 943-6766.

FOR SALE
CHEAP BIG/UISE, SEIZED
89 MERCEDES, $20,000; VW, $50; 87 MERCEDES, $110; 65 MUSTANG, $50. Choose from thousands starting at $25. Information-24 Hour Hotline. 801-379-2929 Copyright # RI11K.

SERVICES
• Do you want fast & accurate WORD PERFECT typing at 2 a page? Call, TERRIE 491-8914.
• TYPING - will type papers for $2 a page. Tiffany 459-3745. Call, may leave message.

YOU GET $250
or more from our scholarship sources or you will get it from us. Thanks our guarantee! FREE 610-461-7473

EMPLOYMENT OPPORTUNITY
ALASKA SUMMER EMPLOYMENT
FISHERIES - Students Needed! Earn $600-900 per week in carcass or $4,000+ per month on fishing boats. Free Transportation! Room and Board Over $1,600 monthly. No experience necessary. Male or Female. On board start no summer! For employment program call 1-206-545-4155 Ext. A5083

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!
For Sale - Two and 1/2 yr. established catering/gourmet delicatessen, fully equipped 1200 sq. ft. building to include inventory, ice cream/produce building, 10 acres of land in desirable Stratton, Vermont! Take right over! CALL (802) 257-0032 or 895-6140.

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

PLANNED PARENTHOOD of Rhode Island

APPONMENTS/CLINIC

LIMOUSINE

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!

EMPLOYMENT OPPORTUNITY

GREAT CAREER OPPORTUNITY FOR GRADUATING SENIOR!
NOW AVAILABLE
93 - 94
STUDENT HOUSING
ALL Types of Apartments
Starting as LOW as $375.00
1 - 3 Bedrooms, Parking Included
Many on Busline
Some Including Utilities
GEMMA REALTY
Contact Maria or Joan
521-7021 or 861-7021

The Largest Assortment of
Hair Accessories anywhere!
Hundreds of Bows, Scrunchies, Headbands, Barrettes
at PRICES YOU CAN AFFORD!

- Mei Fai Hairsty
- Hanes Isotoner Hosiery
- Hue tights & leggings
- Temporary Tattoos
- Fashion scarves
- Beautiful French
- Belts, leather
- Womens' Vests
made barrettes
handbags

Bring this ad in for a FREE GIFT!
The Arcade
65 Weybosset St. • Mon - Fri 7am - 6pm, Sat 10 - 6 • 453-2454

Pizza To Go!
FREE DELIVERY!
For Minden Call 751-4990
For Culinary and Hospitality Call 781-0202
For All Other Dorms Call 273-2790

CARRY-OUT SPECIAL
Large (16") Cheese Pizza
only $5.99 plus tax
*Pick up only
Not valid with any other
offers or coupons
No coupon necessary, limited time offer

BACK-TO-SCHOOL SPECIAL
Buy Any Size Pizza, Receive a
Second Pizza for only
$2.99 plus tax.
Not valid with any other
offers or coupons
No coupon necessary, limited time offer

MONDAY SPECIAL
2 Large Cheese Pizzas Plus
One Additional Topping
$9.99 plus tax
Additional topping available
at regular price.
Not valid with any other
offers or coupons

TUESDAY SPECIAL
Large Cheese Pizza
& 4 Sodas
$6.54 plus tax
Additional topping available
at regular price.
Not valid with any other
offers or coupons

*FREE PIZZA*
*BUY 1 GET 1 FREE!
*CUSTOMER RESPONSIBLE FOR ALL APPLICABLE TAXES
Expires 12/31/92
Additional topping available at regular price.
Not valid with any other offers or coupons.

Student Dining Services
Would like to wish everyone at
Johnson & Wales the happiest
Thanksgiving
Women and weights the perfect combination

by Bill Gonzalez
Staff Writer

The fitness revolution for women has been ongoing for approximately 15 years. Aerobics, yoga or power stretching, combined with a proper diet have been the staples of a healthy woman’s lifestyle for years. Unfortunately, progressive resistance training (weight training and/or calisthenics) have not been. The purpose of this article is to persuade more women to visit the Fitness Center and weight room.

Women working out is not a new concept. The first to appear at carnivals and fairs was a woman by the name of “Athleta,” others followed in the 1920’s and 30’s. They were regularly seen throughout Europe and the U.S. In the 1940’s and 50’s many women appeared in muscle magazines. Pudgy Stockton was a former Miss Muscle Beach. Betty Weider is the wife of Joe Weider, the magazine publisher of Muscle and Fitness. Ms. Weider was regularly featured as a model and author. Mabel Radar was co-founder of Iron Man along with her husband, Peary.

As you can see, women and weights are old friends. Why does it seem to the general public that this is a totally new idea? Well, it was considered to be abnormal for decades, female body building was viewed as odd by the general public. Efforts by Joe Weider and others to market female weight training have become successful only recently. Spas have been immensely successful for years, but not traditional gyms where hard workouts take place. This is a totally new concept.

Rutgers how can hard, sweaty work be made as glamorous as swimming or aerobic dance? If I knew the answer to that one, I would be rich.

The benefits of weight training are the same for women as for men. Reduced stress, lower blood pressure and a general feeling of good health are available to both those who put in the time and effort to train.

Many women are concerned that by training just to stay in shape, they will resemble professional body builders. That will not happen. Those women have been on hard, serious daily training for years. Plus, they have the genetic potential to be that big. For most women it is impossible to get that big.

While it is necessary to train hard to get results, it would be a mistake for women to use the same equipment as men. Most men are interested in wide shoulders, a broad back and huge arms. What the majority of women want, are reduced hips and stomach, firm thighs, and a better overall appearance.

Arms, back, and shoulder work is best kept to a minimum. Between one and three sets. Everything else is given priority.

While a woman’s bust cannot be enlarged, except surgically, the chest muscles underneath can be toned. This will lift them, making them seem larger. Also, sit ups and leg raises are bad exercises. They build the abs and hips, they do not reduce them. So avoid them.

While weight is not as important as technique, it is necessary to constantly make the work outs challenging and train harder each session.

Note: Bill Gonzalez spends much time training, but he is not a professional. His opinions on weight lifting and training are his own.

Women’s volleyball season successful

The first season is over and the Johnson & Wales Women Volleyball team is quite satisfied. It was a challenging first season. The women on the team came together for the first time to give the University a record of six wins and eight losses on a total of 14 games. Every one of the following women deserve recognition for their contribution to the team:

Dorie Bas #1
Michelle DiCicco #9
Gazella (Graco) Garri #2
Julie Geselin #5
Amica Gustavson #13
Kate Higgins #10
Kelli McConnell #3
Remetta McDaniel #4
Holly Sweeney #7
Polly Young #8 (Captain)

The team played against the following: Dean College, Mount Ida College, Community College of Rhode Island, North East Community College, Framingham State University, Atlantic Union, Albertus Magnus College, Roger Williams University, River College and Navy Preparatory School.

The JWU Women Volleyball Team played well over all, and many of the losses were close scores. At practice the players tried to work out their problems and improve their strengths with the help of coach Ron Bachman. Also, the team would like to thank John Crom and Jerry Davidson, two players and “volunteers” who helped them with drills and plays.

Fitness Center - Stress relief days

Stress relief days at the Fitness Center will be held on Monday, November 16 and November 17, 1992 from 12 PM to 7PM. Take a stress assessment and find out what your level of stress is and also receive information on how to manage your stress. Participate in stress relief at the Harborside Fitness Center and the Plantations Fitness Center. For more information call 456-1194 or 456-1734.

Flag football action at Culinary Field

X-Men, after defeating Phi Sigma Kappa progressed into the Championship game that was held on Saturday, November 14 at 8AM.

Men’s soccer bashes Mass. Bay

On Thursday, October 22, the Johnson & Wales Men’s Soccer team played their first home game of the year against Massachusetts Bay Community College. A superb 5-3 victory was no more than the team deserved on a cold day in Providence.

JWU opened the scoring with a curling shot from Esan Frederick. Mass Bay fought back quickly with two goals in ten minutes, but JWU never let their heads drop and were soon level with the goal coming from Bruno Naranjo. After the set back of a third Mass Bay goal, the team began to settle, and proceeded to dominate the rest of the game. Johann Baldursson scored from a free kick to even the game at 5-3. Then Rodzi Benzell scored a wonderful volley goal late in the game. Baldurs completed the scoring in the final minutes to make the score 5-3 in JWJ favor.

Victory for JWU was marred by a violent challenge on goalkeeper Todd Hart early in the second half. Who was taken off the field on a stretcher and needed hospital treatment. The injury was a bitter blow to the team, who will now have to play the remainder of the season without a valuable member of the squad.

The soccer team would like to thank the brothers of Delta Sigma Phi fraternity for the use of their facilities for a recent meeting.

Submitted by Gregg Miller

Women’s soccer team loses

On Friday, October 23, the Johnson & Wales women’s soccer team played a home game against Pine Manor College. Despite a spirited second half performance, they were unable to pull back from a five goal first half deficit. The team started the game with some spirited attacking play that should have yielded at least one goal, but instead defensive lapses for Johnson & Wales allowed the powerful Pine Manor striker to score four goals and assist another.

In the second half Pine Manor were rarely in the JWU territory, and this was reflected by the fact that top scorer Kristin Lowd scored three goals for JWU, with Cathy Balascio, and Marcie Hawley being constant threats to the Pine Manor defence.

Thursday, October 29, was the last away game for the women’s team this year against Nichols College in Massachusetts. Unfortunately, the JWU ladies never really looked like they were doing anything against a spirited and organized Nichols team. By half time, despite some excellent saves from goalkeeper Jessica Danforth, the team was down four goals. Recovery never looked likely, and Nichols added two more goals in the second half before the coaches decided that the light was too bad to continue.

Submitted by Gregg Miller

Holiday aerobic classes available

Join us in any of our aerobic classes during Monday, November 30-Thursday, December 17, 1992. A total of 30 Aerobics classes will be available during this outstanding holiday special. Three weeks of great fun and healthy exercise are free to you. The fitness center staff will be looking forward to seeing you at our aerobic classes. The following list of aerobic classes is available.

Holiday Happy Holidays! Happy Holidays! Happy Holidays!
Step Aerobics: Tues. and Thurs. 5pm -6pm/Culinary Gym
Aerobics: Mon. and Weds. 7:30pm -8:30pm/Xavier Gym
Water Aerobics: Tues. and Thurs. 5pm - 6pm/Plantations Pool
Jazz Exercises: Tues. and Thurs. 1:30pm - 2:30pm/Culinary
Abs & Thighs: Mon. and Wed. 1:15pm - 2:00pm/ Culinary