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CAMPUS HERALD  
The student newspaper dedicated to serving the University Community.

Library officially opened during ceremony  
by Ramiro Jurado  
Staff Writer

The new dean of library systems, Dr. Helena Rodriguez, spoke on the library, its services and new functions that are available. She said that without people, a library would be of no use: "The students, faculty and staff make the library what it is. Librarians help answer questions for students, check books in and out, and retrieve information from other libraries in case the university's library does not have what the student needs. The attendance of the ceremony got a chance to look around and see the computer and magazine setups." Dr. Kosh would like to "tip his hat to all those people who worked so hard to make this dream a reality."

Photo by Keith Wilder

What regional accreditation could do for JWU

by Darin Broadnax  
Production Editor

The first meeting of the Committee on Attendance and Retention Efforts (CARE) was held on Sept. 28th at 1 pm at Xavier. Dean Angela Renaud, director of Student Success was appointed committee chairperson since last November by Dr. Kosh, vice-president of Academic Affairs. CARE addresses obstacles for retention by getting faculty, staff and students together to identify problem areas.

The committee was founded in 1988 by Dean Thomas Farrell, School of Arts and Sciences, who served until 1991. Dean Stephen Calabro, Academic and Student Affairs, succeeded Farrell for the 91-92 school year.

CARE deals with a number of ranges of problems that students including commuter student concerns, "academic community" assessment, late entrant's follow-up, and updates from student government plus the "Meeting of the Minds."

The committee will assist commuter students in becoming aware and involved in the events of the university.

The "academic community" assessment was discussed along with a survey of 372 students. Statistics of the survey are that 50% of the students read less than half of the assigned reading and also that 28% of the students "party" more than three times a week. Sixty-eight percent of the respondents have a grade point

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by Richard J. Kosh  
Staff Writer

Senior vice-president, Christopher T. DeSisto, started the Ribbon Cutting Ceremony at 10 a.m. on Saturday, October 3, officially opening the new library during Parents' Weekend. DeSisto then spoke about the library building, its costs and future construction at Johnson and Wales University.

The new library consists of 14,000 square feet on the first floor and 29,000 square feet on the second floor. In the next five years, JWU plans to add 15,000 additional square feet to the first floor of the library. There are 80 study tables, 20 computer tables and plenty of lounge chairs that make coming to the library more comfortable and convenient.

The vice-president of Academic Affairs, Dr. Richard J. Kosh, spoke about the library's role at the university. He stressed the importance of having a library with state-of-the-art equipment and stated that students, faculty and staff members have easy access to these wonderful facilities.

The new dean of library systems, Dr. Helena Rodriguez, spoke on the library, its services and new functions that are available. She said that without people, a library would be of no use: "The students, faculty and staff make the library what it is. Librarians help answer questions for students, check books in and out, and retrieve information from other libraries in case the university's library does not have what the student needs. The attendance of the ceremony got a chance to look around and see the computer and magazine setups." Dr. Kosh would like to "tip his hat to all those people who worked so hard to make this dream a reality."

New library opening on University Hall

Courtesy of
Public Relations

Johnson & Wales will soon enter an important phase in its quest for regional accreditation when the New England Association of Schools and Colleges (NEASC) visiting team arrives on October 17.

This four-day visit is the culmination of three years of intense planning, upgrading and restructuring in preparation for regional accreditation with NEASC, one of six regional accrediting bodies in the United States.

According to Dr. Richard Kosh, vice president of academic affairs, JWU stands to reap numerous benefits from its affiliation with NEASC.

To list a few:
- Students will have more flexibility to transfer credits to other regionally accredited schools.
- Students will have improved access to graduate programs.
- JWU will have the opportunity to be listed in the Barron's Guide to colleges and universities.
- "Teacher education majors will be eligible for numerous state reciprocity agreements."
- "And out-of-state students will have greater access to financial aid grants from within their home states."

"For these and a variety of other reasons—not to mention the increased recognition that NEASC brings with it—Johnson & Wales is more than ready to apply for regional accreditation," said Dr. Kosh, who chairs the accreditation steering committee.

Dr. Louis D'Arosca, dean of the graduate school, and Dr. Clifford Bouy, assistant dean of the graduate school, co-chaired the Self-study Committee whose key members include Tom Farrell and Dr. Angela Renaud.

However, the process leading up to the team visit has been a long one. The Commission on Institutions of Higher Education (CIHE), which falls under the NEASC umbrella, publishes 11 standards that needed to be addressed in the university's self-study. Each standard establishes minimum criteria of institutional quality and represents a major area of institutional activity.

According to Dr. Kosh, the visitation team, which is comprised of one chairperson and 10 team members, represents a cross-section of academicians—from faculty to budget directors and library deans to college presidents.

"Their charge is to conduct an auditing of sorts...to verify the accuracy of JWU's self-study, which is based on our mission and purposes," said Dr. Kosh. "The focus of the team will be on the university's CIHE standards and our compliance with them in light of our own mission and purposes."

While here, the team will be touring all university, colleges and schools, observing classes, reviewing a variety of supporting documentation and interviewing a cross-section of administrators, faculty and students and members of the trustees. "Everyone in the university is on call to be available," said Dr. Kosh.

On the team's last day, an exit interview will be held with JWU's strengths and concerns. In the upcoming weeks, the team will visit the university's other campuses in Charleston, Norfolk, North Miami, Worcester and Sweden.

By December 1, President John Yena will receive a complete report from the team chairperson, which will be reviewed for faculty accuracy. The final team report to the commission will be received no later than December 22.

JWU then has one last opportunity to submit its written comments to the commission along with the team report. The commission will review all documents at its April meeting and cast its vote at that time. JWU will be notified shortly thereafter.
Be yourself, but be unique

Take a chance, be the one in a million who will speak against the world. Dare to be different. Challenge your friends on their ideals. Speak your mind.

After all, JWU is here to give everyone here an education, faculty and administration all included. Our diversity and uniqueness can be a key element in the learning process. Too often members of the University community find themselves hiding in the crowd, afraid their doctrine is not what the University subscribes to.

Too bad. This is a place where challenges are to be encouraged, molding the future days ahead. Above all else, it should give every person an opportunity to express and meet head on with diversity, in a safe learning environment.

Individualism needs to be recognized and respected. Without it this place would be far too boring.

Quote of the Week

A conservative doesn’t want anything to happen for the first time; a liberal feels it should happen, but not now.

-Mort Sahl

Relationships are challenging

What do romantic relationships mean to you? How do you express the desire between yourself and that significant other? How far can you trust your friends without them embarrassing you or manipulating you into feeling vulnerable? How open can you be with your future “dream partner” without being judged as naive?

Diversity Beat by D. B. Reinhold

“Why or not?” These questions are all crucial in building a relationship. How can these pressures be handled, while keeping a respectable image in a university setting, where the rumors move faster than the speed of light?

Romantic relationships can mean many things to different people. Some depict the beginning stages as a “warm, fuzzy, and tingly” feeling all over. Others insist that relationships make them feel “hot and bothered, and luscious.” Still others say love makes them “quiet, shy, comfortable and cozy” with that new partner. No matter how different individuals are, relationships can be one or all of these combinations. These expressions are what make relationships worthwhile and beautiful.

Courage in expressing feelings, can be the most difficult hurdle for you to leap over with your partner. What if the other person just doesn’t care? Maybe that someone is involved with someone else; maybe your interest shares these feelings but just finds it hard to deal with the accompanying emotions. It can be terrifying to express yourself, opening your heart and soul, while maintaining a balanced state of mind. It is best when done out of sincerity, honesty and compassion. When talking from the heart, it is very hard for the other party to be turned off. If they are, it is realistic to accept that the relationship isn’t worth exploring.

Friends are the ultimate obstacle. Before the moment of truth, many people use them to test out their “lines”. Friends can listen, advise, help, hurt, and interfere. Be sure your level of confidence is understood and tested before you open your inner soul to them. If you are not sure of their reliability, test it out with something smaller (a unimportant secret). You will not regret it. Once the trust is there, you’ll be able to share your feelings and explore them safely with your friends.

Once you’ve mastered your “mode of expression”, you are ready to explore. Be comfortable, have topics for conversation ready and above all else, be yourself. The level of openness with this person, the one you are interested in, depends solely on your comfort level with that person.

Consequently, the best part of a relationship is not being judged. It is likely to stem from the idea of both partners giving and taking. These aspects of giving, taking, sharing and growing are the best part of any love.

The pressures can add up. The feeling of having a constant empty stomach, cold spells, heat flashes, nervous stuttering and absent mindedness can disrupt your daily life.

The best thing to do is call your mom. Absolutely! Moms are the best source of comfort. If Mom is not available, find a pet rock, a body of water, a serene park or even a place like the top of a parking garage (they make great escape areas and offer tranquility for clear thinking).

The possibility of vicious rumors haunting your relationship is totally within your control. You are responsible for the amount of information about your relationships that is available to others (if you can’t keep something confidential, others won’t either).

You now have a well formulated plan; your friends have proven their reliability and loyalty, you communicate effectively, and honestly, and you are able to deal with the stresses involved in a relationship. All you need now is the magical chemistry of romance, and the grace of whomever your greater power is.

Come be a part of The Campus Herald.

Call 455-2804
Letters

Are you disgruntled, or are you pleased with something the university community is doing? Write a letter to the editor. Letters to the editor must be typed, double spaced, and signed with a phone number. Their content will be published in whole or in part at the discretion of The Campus Herald Editorial Board. All letters must be received by 4 p.m. on the Monday before the upcoming issue you wish publication. Opinions expressed in this newspaper and are not necessarily those of the university or student body.

Note: We acknowledge the faculty letter that was submitted; however, it cannot be printed without a signature.

Interfraternity Council responds

Dear Editor:

Over the past two years at Johnson & Wales University, the Interfraternity Council has sought to promote the unity among member fraternities while simultaneously governing and carrying out its rules and guidelines. Rush is a time-consuming period when fraternities attempt to meet and allure non-Greek students toward their organization.

The IPC does not like to squander its time and effort towards policing fraternities and their actions. However, it's ironic how the same organizations, ABC for instance, overstep the boundaries of reason and are the first ones to complain and whisper when the rules and regulations are implemented. If this specific organization, ABC for instance, had fulfilled their obligations by attending our appointed meetings, they would surely know there would be no review of the previous incident involving the wearing of Rush T-Shirts before designated dates. They would also know that this so-called "Unwritten Rule," which every other organization knowingly adheres to, has since been in the process of amendment to the constitution.

Gentlemen, next time you want to assault and denounce any organization take some time and make sure you know all the facts behind the situation. Your trivial accusations and unloyal statements are pugnacious and infantile. Next time, you should not only save yourself some time but tree's, also Interfraternity Council.

David Spinogatti, president

Drivers awarded in new program

Dear Editor:

In an attempt to better serve your transportation needs, I am beginning a program called "Bus Driver of the Month."

Every month, all students will be able to vote for the bus driver that has been the most helpful to their transportation needs during that month. The winning driver will be recognized for his/her exemplary performance and will be featured in the Campus Herald for "Going the Extra Mile" for students. This is a great opportunity for you as students to recognize these "special" people, as well as to set an "example" for all other drivers to follow.

So here's your chance to let us know which drivers are the most helpful, courteous, kind and understanding to your needs. Nomination sheets are located at the front desk of each residence hall or you can either call in or inter-office nominations directly to the transportation department (ext. 1150). The deadline for the month of October is November 1. So get your votes in as soon as possible. Remember, every vote counts! I thank you in advance for your participation in this program.

Carol Chase

Student Insights

Do feel the education you are getting at JWU is preparing you for your future?

Ken Lee, junior. "It's preparing us for a good future by letting us work in a hotel. But just working in a hotel through the internship is really not a great experience for getting a taste of the business; it's just for curriculum."

Kris Morrill, junior. "I feel that Johnson & Wales is preparing me for my future; it's just a matter of me passing my classes now."

Last week's trivia answer

Congratulations to the two people who wrote in the answer to last week's Trivia Question: Professor Brian Terry and Michelle Rotiroli. You were on the right track, but not quite close enough.

Here is last week's question and its complete answer:

You have 50 coins totaling $1.00. You drop one down an open drain while tossing the coins in your hand. What is the chance that you lost a quarter?

There are two ways you can have 50 coins totaling $1.00: 2 dimes, 40 pennies and 8 nickels or 2 dimes, 45 pennies, 2 nickels and 1 quarter. These arrangements are equally probable, so there is a one-half chance that you had a quarter to begin with. The probability that you then dropped that half of all the coins in your hand is 1/50. Therefore, the total probability that you lost a quarter is one-half times 1/50 or 1/100. (15%)
Community Service Club

The Community Service Club would like to invite all returning and new members to its first meeting of the year. To be held Tuesday October 12 at 7 p.m. in the conference room at the new library 2nd floor of University Hall. Come and see what we are all about!

Open Forum

Attention Business / Hospitality Students "Meet the Dean of Students"

Open Forum Opportunity To Get Involved And Share Your Ideas

Friendship Bldg 10/27 2 p.m.
Bell Hall Lounge 11/1 730p.m.
Renaissance Hall 10/18 730p.m.
Chester St 11/2 8 p.m.
Airport Center East 10/25 730p.m.
Minden Hall 10/19 8 p.m.
Stephens Hall 11/3 7 p.m.

Career Development News

On Campus Recruiting - All students participating, can pick up their schedules in the Career Development Office.

- Hospitality & Culinary majors report to Harborside Academic Center
- Business majors report to the Waite Thresher Office
- The Resume Writing Workshop will be on Fridays - all interested can attend

Career Day Ambassadors will be listed on October 12

Deer Valley Resorts will be on campus Friday, October 15

The "major of the month" is entrepreneurship

Come in to the office for more details

C.A.T.

Are you willing to
- represent the Admissions Department by giving business and culinary tours?
- network with VIPS?
- meet the challenge that can change your future at Johnson & Wales University?
- meet thousands of prospective students at Admissions Special Events and share your experiences at Johnson & Wales University? If you answered "yes" to all of the above challenges, then the Collegiate Ambassador Team (C.A.T.) is for you!

Benefits

Ambassadors acquire benefits such as developing leadership skills, enhancing their resume, traveling throughout the Northeast, and representing the university once a member. And these are only a few of the benefits. In addition, students may be eligible for a career with the university once they develop exceptional skills as an officer.

Selection of Members

The Johnson & Wales C.A.T. program will be open to all students. Applications are due October 8, 1993, to either the Admissions Administration Office located on the 5th floor of the PAR Building or to the Culinary Admissions Office in the HAC Building. A Selection Committee will review all applications and select students to be interviewed.

Organizations

The time is now fast approaching for Student Organizations. Photos for the yearbook. The Photo shoot will take place on Tuesday, October 19 from 4:30 p.m. to 7:30 p.m. at the Xavier Auditorium. Photo sessions will be available in 10 minute sessions. All organizations must sign up at the Johnsonian Office located on the 2nd floor of the Friendship Building. All organizations must sign up in order to have your photo taken. No walk-ins will be taken at all.

If an organization has any problems with the photo shoot, please contact the Johnsonian Office at 455-2804 as soon as possible. Organizations must be signed by 5 p.m. on Monday, October 18. All photos will be published in the yearbook in black and white. If you have any pictures of functions that your organization has held and you would like them pictured in the yearbook, please submit them with the following information on the back:
- Name of Organization
- Who is in the Picture (First and Last name)
- Title of Event
- Date
- Where to return picture to.

Thank you for your concern in this matter.

Barnes & Noble Bookstores

Guliana Hazen will be at Barnes & Noble bookstore in Warwick, R.I. on Sunday October 10th at 2 p.m. to sign her new cookbook The Classic Pasta Cookbook. Hazen's first cookbook, with forward by her mother Italian chef Marcella Hazan, is a collection of beautifully illustrated recipes about pasta in all its forms and functions. Barnes & Noble is located one and a half miles south of the Rhode Island Mall on Route 2 in Warwick. For more information on this or other events, contact the bookstore at (401) 828-7900.

Connecticut author Susan Purdy will be at Barnes & Noble bookstore in Warwick, R.I. on Saturday, October 30th at 2 p.m. to sign her new cookbook Have Your Cake and Eat It, Too. Purdy studied at Le Cordon Bleu and Ecole de Cuisine La Varenne in Paris and with master pastry chef, Albert Kumin and will be demonstrating one of her pie crust recipes from her new cookbook. Her other cookbooks As Easy As Pie and A Piece Of Cake will also be available for signing.

Student Workshops

Interested students are invited to attend any of the following workshops offered by the Student Success Department:

Time Management Workshop
Tuesday 10/12
Period 6, 1:30 p.m.
Place - X421

Note - Taking Workshop
Tuesday 10/19
Period 6, 1:30 p.m.
Place - X421

Time Management Workshop
Monday 10/25
Period 7, 3:30 p.m.
Place - X403

Please feel free to encourage your students to attend any of these workshops. Please call me at ext. 4735 or call Meryl Bernstein at ext. 4699 if you have any questions.

Rage Against the Machine is Coming!!!

(You saw them at Lollapalooza)

November 5

Culinary Gym

Look for more upcoming details
CARE continues

Continued from page 1
average of at least 3.0, and 79% percent of the respondents feel their writing and speaking skills are at least excellent.

Late entrants into the university are given a place to voice any difficulties he/she may be having. The CARE Committee has a primary goal to become more accessible to students.

"The new CARE committee...today expressed enthusiasm and commitment for all the projects that were introduced throughout the meeting," stated Renaud.

YOU'RE NEEDED TO HELP COVER A HOTLINE

Volunteer for our 24-hour Suicide Hotline.
For information call 272-4516.

The Samaritans

COFFEE CONTROVERSY

Jennifer Husted
Staff Writer

Under the listing of prohibited items on pages 48 and 49 of the Student Life Guide, the words COFFEE MAKER cannot directly be found; however, they're not permitted in any of the residence halls, except Renaissance Hall.

Minden, Stephens and Bell Halls can't even have a 1.9 cu. refrigerator, which is the smallest fridge on the market. According to the guide, rules and regulations apply to all Johnson and Wales facilities including academic. However, coffee makers, as well as microwave ovens and compact refrigerators, have been seen throughout the offices of the instructors.

To justify the restriction of coffee makers from the rooms, some dorms have an available coffee maker at their front desk. This can be an inconvenience. First of all, anyone who wants a cup of coffee has to go all the way down to the front desk, probably clean out the coffee pot, and either wait in the lobby for the brewing process to end or go back to their room to wait. However, by the time he or she gets back to the coffee pot, someone may have already helped themselves to it.

Ask any person of authority why coffee makers are prohibited from the students' dormitory rooms, and all kinds of answers are given. Bryan Currie, resident director at Xavier Hall, simply replied, "It's a rule...abide by it!" Other answers included: They're a fire hazard because of wiring problems, and that coffee makers are illegal in Rhode Island due to a devastating fire at Providence College about five years ago. However, Bill Howe of the fire marshal's office said that there are no state provisions restricting coffee makers from dorm establishments.

When comparing coffee makers to other heatable elements, investigations prove that the excuses are mere myths. For example, a burning cigarette can easily ignite paper or be blown out of an ashtray by the wind onto the floor, clothing, a bed, etc. Curling irons are always being left on accidentally, but when was the last fire caused by a curling iron? Curling irons produce the same amount of heat as a full-size coffee pot: 120 volts. And have you ever watched some of the students iron their clothes? That in itself can appear pretty scary! As for wiring, a 10-cup coffee maker requires only 1000 watts to operate, but hair dryers need anywhere from 1250 to 1625 watts or more to run.

There's no better way to start the day than with a freshly brewed cup of coffee at the tip of your fingers. It even helps get you going as you drag yourself out of bed and off to the first class of the day. Coffee also makes pulling those all-nighters a lot easier.

The simplest and most reasonable solution to the coffee maker crisis would be to allow them, but there's always a but) have certain restrictions like the ones put on refrigerators and microwaves. Allow one coffee maker per room and require that the coffee makers have automatic shut-off. Stay on the lookout for new developments in this situation.

Bowl to your favorite Rock, Pop, and Country tunes

Every Sat night from 9:30-12:30
Group Discounts, Live D.J., Prizes
Moonlight Bowling,
Free Bowling Passes
D.J. - Paula Medeiros

Town Hall Lanes
1463 Atwood Ave., Johnston (5 min. from Prov: 6 west to rt. 5)
831-6940

Lobster Dinner

Wednesday
October 13, 1993
4:30pm........
until they're gone!
Delta Phi Epsilon
Thanks to ATO for a fun softball-a-
thon last Friday. Fall Rush dates are
October 12, 16 and 21. For more
information, please call Angela at
861-9284. D Phi E sisters will be
participating in a walk-a-thon for
the Ronald McDonald House. Ask a
sister how you can donate to a great
cause.
Delta Sigma Phi
Thanks to all of the guys who showed
up to the rush event. It was a great
turnout. Rush... Oct. 8-15. Watch
for more info. or call 272-7567 or 751-
4637 and ask for Chris.
Phi Sigma Kappa
Our most sincere thanks go out to all
that contributed in our fight against
cancer on our third Annual Canoe C
t on Friday in Kennedy Plaza. It was
most rewarding to see that the stu-
dent body and universitv was sup-
portive of this issue, seeing that it
affects so many people across the
country. Remember guys, Don't Be
Rushed - Be Selective!
Zeta Beta Tau
Congratulations to Zeta Beta Tau,
1993 Flag Football Tournament
Champions.
Psi Kappa Sigma
Thanks to Phi Sigma Sigma and
Theta Phi Alpha for a great time in
softball.
Thanks to all potential new mem-
bers who attended our midnight
bowling! For more rush info, con-
tact Dave at 479-4216. Good luck to
the Skulls in football! Enjoy the
week, gentlemen!

 Theta Phi Alpha
Look for our bake sales, October
14 and 15! Good luck to our football
team for the new season. Thank
you Phi Kappa Sigma for playing
softball with us and GREAT job Phi
Sigma Kappa on the craneflies! Look
forward to rush on October 12 and
18! Best of luck to all on their rush
and have a great week.
Phi Sigma Sigma
October is breast cancer awareness
month. All of the sisters of Phi
Sigma Sigma sorority are wearing
pink ribbons to show their support
of one of the leading causes of death
among women. To be involved or
find out more information, feel free
to talk to one of the sisters. We
would like to thank KE for a great
social this past weekend. Find out
the facts and discover the fun! Our
RUSH schedule is as follows:
Tuesday, October 12
8 p.m. Dryfuss Hall
Thursday, October 14
5 p.m. Xavier Lobby*
Monday, October 18
5 p.m. Xavier Lobby*
*Sisters will escort you to the RUSH
event. Based on panhellenic rules,
freshmen are not allowed to rush in
the fall. However, all freshmen
women are invited to attend our
first night of RUSH on 10/15. For
further RUSH information, contact
Wendy at 273-1463.

The Joshua Tree is Coming!!!
submitted by
Chris Plano
Saturday night Oct. 16, the Johnson and
Wales Culinary Gym-
nasium will be transformed into
the ultimate U2 setting. The Joshua
Tree (The Ultimate U2 tribute Band)
will invade JWU with it's classic
concert show.
The Joshua Tree has been together for
one year now with each
member having extensive background in
the music industry. They
have been concentrating most of their
playing in the New England
area, playing extensively in such areas as
Newport, Boston, Con-
necticut, and Massachusetts. The band
got together right after U2's
Zoo TV Tour, forming the Joshua Tree; an
alternative to the Irish rock
band.
The Joshua Tree is currently in a transition
stage with U2's new
release of Zooropa. The band said that U2's image and music are
changing. "We're currently in the process of going through the
Zooropa album," Al Pearson, keyboardist said. "The material is
technical and has a lot of background effects, it will take a lot of work
to perfect it."
"We're not like other various tribute bands that go on the stage,
play their music, then go home," said Mike Rogoff when asked how
the band plans to get the JWU crowd going. "The Joshua Tree offers
a complete U2 show, we make the crowd feel like they're a part of
the show, otherwise as if they're part of the band."
The band will be playing all of the past and present hits made by U2.
When asked what specific songs they'll be playing, Briggs replied
"Let's just say the crowd will hear everything they want to hear
and more. The only thing we advise them is to get a good seat the
night before, because we're going to make them work."
Tickets can be purchased at the gym, at the athletic office at
Copp Halls, or at the door the night of the show. Prices are $5 for
JWU students, faculty, and staff, $7 general public.

Special Guest Fee To Choose will open
for The Joshua Tree. Show begins @ 7 p.m.

Community Service Club
The Community Service Club would like
to invite all new and returning members
to its first meeting of the year Tuesday,
October 12th at 7:00pm. in the confer-
ence room at the new library on second
floor. Come see what we're about!
Gay, Lesbian, and Bisexual Alliance
Next meetings scheduled for October 15
and 30. We meet at 1pm in Xavier. For
more information call Scott at 456-1483
in Culinary Student Success.

PUT YOUR DEGREE TO WORK WHERE YOU CAN DO A WORLD OF GOOD

Your first job after graduation
should offer you more than just a
paycheck. We can offer you an
experience that lasts a lifetime.
In Peace Corps, you'll
immerse yourself in a new culture,
learn a new language, receive
effective training, and develop
important skills...and help to improve
the lives of others while at the same
time enriching your own
in science or engineering,
education, agriculture, health, the
environment, and many other
disciplines. Peace Corps projects
around the world are bringing
care and programs to those in
need...in more than 70
countries in Latin
America, Asia, Africa, and
Central Europe.

PEACE CORPS ACTIVITIES AT JOHNSON AND WALES
Peace Corps Representatives will be on the
Johnson and Wales Campus Tuesday, October 19.
Please Call for information:
617-565-5555 or 800-648-8052 ext. 125
Features

Family Weekend '93

Todd Alley
Staff Writer

Family Weekend kicked off Friday, Oct. 1, at 5 p.m. full of events for students and their families. Most students took their parents on a tour of the campus and went to the Roadside Market place to see what all the elbow room activities had to offer. There was a "Meet the Faculty" meeting that had a good turnout for most fields. Family Feud was excellent, providing an MC and a set up like the real show. Several families went to the Larry Miller Show Saturday for a evening of fun and entertainment. Many ate at Chestnuts or Hospitality while others went to various restaurants.

Other students, whose parents did not visit the weekend, either called or went home to see their parents and friends or to parties in their free time. Some students even went to Montreal to explore Canada.

One student, Brian Murdock, had his brother John come up for the weekend so he could show him what the college life was like here in Providence. Brian said he feels his brother respects him more now since they are both in college and have moved away from home.

Ray Inello had his mother and younger sister here for Family Weekend.

Ray took his family to the Larry Miller Show Saturday night, and then took his sister around Providence so he could show her all the entertaining events that college life has to offer that high school doesn't.

Overtones for the Overture

Has anybody ever come to you and said, "Heavy Metal music is satanic?" How about that rap music is nothing but "sex and violence"? Well, I know that I've heard these statements, more than once, in a heated argument rather than friendly conversation.

This week, I decided to take a random survey to see what people thought of when they hear "Heavy Metal" or "Rap Music". I was really surprised by the results I received from this survey from Oct. 5th.

First, I will start with what people listen to the most (which was really no surprise). Mainstream Alternative (you know U2, REM, and The Cure). Then, we had Rap, R&B, Hip-Hop, and Soul. Top-40 and Classic Rock closed out the chart of most listened to music. No METAL? I am shocked! No one ever said, "I listen to Heavy Metal music!"

What's wrong with you guys?

Rap is known as the voice of the inner city youth. I was very interested to see what people thought of when they heard the words "Rap Music". The answers were quite diverse and intelligent. Most people thought of: Black people, rhythm, 90s poetry and dancing. Very few thoughts were of violence and gangs. Thank God these weren't common.

What I gathered from the survey is that rap is a poetic voice, talking to everyone, not just young but older also. It's not the rough, vulgar or sexual music non sense label that society puts on it, but meaningful poetry that we should all tune in to.

Ok, the answers for heavy metal were exactly what I thought they would be: Loud, fast, slam-dancing/moshing, headbangers, white people, no meaning, Satan, destruction and screaming, just to name a few. Of course, metal gets the usual dark side of the music genre. It's rather interesting that students feel that metal is noise with no meaning and that my momma feels the same way. Could there be a correlation there? Maybe it's how the values that our parents have instilled affect us. Some of us have seen past that and found a totally different conclusion beyond what we were taught.

With rap, my view is an outsider, mostly because I don't listen to rap at all that much, but I know enough about it to discuss it. Heavy metal is a different story. I am an avid listener of metal so it was harder for me to judge the outside and be objective. Yet, I was able to do so. Rap reminds me of old times as a young dude and the times back then, mostly good thoughts. Some are rather disturbing; but like most of the young culture, "I relate to it in some way, shape or form."

Heavy metal makes me want to mosh (no, just kidding). It helps me understand issues of the world in a different light. It helps me as a musician strive for more (with whatever instrument I am playing) and become the best at it (not just enough to get by). I apply that to other parts of my life. Never do I come up with killing my little sister or my doggy or anything else satanic.

Men on Makeup

A Passion for Fashion
Angela Livingston
Staff Writer

Why do women wear makeup? Well, that's simple; to look nice and enhance the features that they already have. Right?

Well, not always. Some women try to hide behind a mask of makeup, creating a monster instead of a masterpiece. Because a lot of men like to observe women, I decided to ask 10 men what makeup they find attractive or unattractive on women.

The first man I asked was John Flannburgh, vocalist and lead guitarist for They Might Be Giants. He explained to me that his mother never wore lipstick and thinks that a woman doesn't need to wear lipstick to be beautiful. On the other hand, Hilton Smith, a marketing freshman, loves lipstick on women but does however, feel that too much foundation is distasteful and plastic looking.

Taras Efti, a senior in hospitality sales/meeting management, and Fabian Skagar, a hotel-restaurant freshman, both agree that outstanding lipstick looks red-hot on women!

Subtle, colored lips and light makeup are alluring to Matthew Spenzo, a business freshman, and Reid Yoshimoto, a hotel-restaurant freshman. They favor women who apply less makeup, letting their natural features show.

Steve Marmelo, a freshman in business management, believes excessive blush and eye shadow look too flashy and obvious. Keith Mau, an advertising/public relations freshman, agreed with Steve's statement and added that black lipstick is also way too dramatic and not feminine. Dwayne Kidgaway, a Culinary major, said he feels that fake fingernails and hot pink lipstick are gaudy. He and "Dave", a sophomore in hospitality, said they think that little or no makeup is the key to natural beauty.

I do agree with most of these men. Makeup can add charm and liveliness or scare people away! My opinion is that makeup is like an accessory -- too much of it can take attention away from the individual and focus it on the amount of makeup applied. Of course, the amount of makeup is a matter of personal preference and depends on the situation, but every woman should feel comfortable with the makeup she has on.

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and Bob Marley
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American Indians influence regional foods around US

By Dwayne Ridgaway
Staff Writer

America today is rich with heritage influenced by many cultures. Americans can’t forget the many Indian tribes that not only conquered the wilderness and harsh elements, but set the table for an evolution in American cuisine. Indians migrated to America about 50,000 years ago, living off the land killing wild game to survive, and harvesting crops of corn, fruits, berries, and pumpkins.

They respected the land for its wealth and generosity, later they would share it with modern colonies nationwide.

It is important to know that Indian tribes varied in culture and food habits as much as Americans do today. Pamela Kitter and Kathryn Suckel describe it in their writings “Food and Culture in America” the characteristics of the five regions of Indian tribes.

The Northeastern tribes (Narragansett and Iroquois) survived on fish and seafood. Lobster, unlike today, was used as bait to catch larger fish. The Narragansett Indians, native to the Rhode Island area, developed such dishes as the clam bake and Boston baked beans. The Southeastern tribes included the Cherokee and Powhatan, who thrived on the same soups, stews and corn bread that we are familiar with today. Moving west, the Plains Indians were a nomadic tribe that followed herds of buffalo, which served as their staple diet.

After the hunt, they would roast the meat over campfires, giving way to the original barbecue. On the Northwest coast seafood was popular for the Kwahuitl and Salish tribes, depending on the Pacific for their food supply. Popular for Southern tribes were the Pueblo and Hopi cultivated peppers and beans to use in chilies, bean soups, salads and guacamole.

Prior to the discovery of America by the Spanish and Europeans, the rest of the world knew nothing of avocados, pumpkins, squash and corn. The Indians introduced these foods and many planting and cultivating techniques to these new people.

We always associate the Indians only with Thanksgiving Day. That is only a small portion of the contribution that they gave to American cuisine. These few recipes are some of the more familiar, and popular dishes that we recognize in our cuisine today.

**Boston Baked Beans**

1 lb dried navy beans
water for cooking
1/2 lb salt pork, cut into fourths
1/2 cup molasses
1 tsp salt
1 tsp dry mustard
4 tbsp maple sugar
1/2 tsp baking soda
1 onion, peeled and sliced
1/4 cup brandy (optional)

Place the beans in a large saucepan; add enough water to come about 2 inches above the beans. Add the salt pork, and simmer the beans very slowly for about hours or until just tender. Add more water as needed from time to time. Drain the beans, reserving 1/2 cup of the cooking water. In a measuring cup, combine molasses, salt, dry mustard, and maple sugar. Add enough of the bean cooking water to measure 1 cup. Mix in soda. Stir mixture into the beans along with the sliced onions and, if you like, the brandy. Transfer beans to a 2 quart bean pot and bake for 1 1/2 to 2 hours in a moderately slow oven, 325 F. There should be just enough liquid in the beans to bubble up. Serve at once.

Yield: 6 servings.

**Citizen Grilled Salmon Steaks**

30-40 dried juniper berries
6 salmon steaks, cut 1” thick
salt and pepper
1 1/2 to 2 cups cider, apple, or hickory wood chips soaked in water
lemon wedges

Press 5-6 juniper berries onto each salmon steak and season lightly with salt and pepper. Prepare grill. When coals are white - hot, sprinkle with damp wood chips. Grill steaks for 3 to 4 minutes per side until salmon flakes when prodded with a fork. Serve with lemon wedges if desired. Yield: 6 servings.

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Sports

Women's tennis wins season opener
by Todd Alley
Staff Writer

The Johnson & Wales University women's tennis team opened their season on October 1 with a win over Lesley College. Rebecca Marchall led the way for a singles' sweep for Johnson & Wales, defeating Lesley's Holly Ireland, 6-1, Jessica Pfeifer, Kate Platnich and Sue Duke all won 6-0 with Yuki Matsumoto and Ruth Ruocco losing 3-6 to Lesley's Holly Ireland and Cindy Holсудt. The No. 2 team of Rebecca Faunce and Sue Duke won 6-4 over Lauren Fiferbaum and Kristie Mistry. The win over Lesley also accounted for the first win in the history of JWU's women tennis program with Kate Platnich becoming the first Griffin to win a set against an opposing team.

Men's soccer team victorious
by Todd Alley
Staff Writer

Johnson & Wales men's soccer team beat Newbury College by a score of 3-1, Wednesday, October 5, at Lechmere Park. The only score in the first half was made by JWU's Zak Al Zaid with a shot from inside the penalty box. Newbury scored and tied up the game early in the second half, shortly after Eric Hebert scored and put the JWU Griffins back into the lead. JWU dominated the rest of the game with great defensive performances by Sal Bafunri, Donnie Juan, and Mike Doerfler. Both Juan and Doerfler had bad hip injuries. Coach Gregg Miller said, "The major problem with the team is that they don't wake up 'til a shock of some kind opens their eyes." He felt that once they got started, they played very well together.

Women tied Leslie
by Todd Alley
Staff Writer

Johnson & Wales University women's soccer team tied Lesley College 3-3 at Newton, Mass., Sunday, October 2, 1994. The team went there with only nine players due to class schedules. They had very good team work that allowed them to win with goals from Marcie Haywelley and Heather Olsen. Other outstanding players of the game were Lisa Deveney and Heather Ronay. The MVP was Deveney for her outstanding defensive plays. The first goal of the game was scored by Marcie Hawley with a shot from 25 yards out. The other two goals were scored by Jamie Robison and Heather Olsen. Olsen was the MVP for a great overall defensive game. Michelle Verstregh and Leigh Tompkins also had great defensive games. Coach Gregg Miller said, "The team has very good players; the only problem is getting all of them to practices and games to have a successful team."

Family weekend flag football
tournament scores
Delta Sigma Phi - Phi Kappa Sigma 7-6; Phi Sigma Kappa - Pi Kappa Phi 0-6; Alpha Tau Omega - IFC 0-12; Zeta Beta Tau - Delta Sigma Phi 33-0; Pi Kappa Phi - IFC 6-12; Zeta Beta Tau - IFC 7-0; Champions; Zeta Beta Tau.

Discover Scuba
October 16th, Saturday, 10a.m.-3p.m. - Discover Scuba - A free class for those who have never tried scuba but want to know what it's like. Participants will receive a small educational session and suit up for a dive with a dive master in our pool. Registration is 10a.m.-11a.m. in Plantations office. Signups will not be taken for the upcoming PADI scuba certification class. This class is being offered free.

The Beginner's Guide to Training

by Bill Gonzales
Staff Writer

I hope last week's article gave a few valuable tips on how to start training. This week will be an elaboration on what was discussed. For those who missed it, allow me to give a recap.

First and foremost, get a physical. 99% of everyone who does this will immediately be given the go-ahead from a physician. Some, however, may be told to take it easy (get a second opinion. Some physicians still do not realize the benefits of weight training and may be unaware of its usefulness). Next, start off easily and build up gradually. Unlike in business where the harder you work, the more successful you will be; the body needs time to recover or it can't grow. Test your limits but not too often nor too severely.

Finally, look for someone knowledgeable to help you start off successfully. The staff at the Fitness Center are very knowledgeable about both Plantations Hall and the Harbourside Fitness Center. In fact, they advertise that trainees can workout with a staff member. For more information, call Harbourside at 1914 or Plantations Hall at 1724. They will be happy to assist you.

Now for the new info. If you are training in a commercial gym or the weight room, the only equipment needed is a warmup suit or shorts and a T-shirt, sturdy sneakers or boots (they like great workout shoes) and a good weightlifting belt. A 6-inch belt provides better support than a 4-inch belt which is used mainly for Olympic style lifting. If you are training in a home gym, buy the best bench and power stands you can afford. Power stands are for squats and heavy weights and will eventually be worked up to far more than what you can get up onto your shoulders by yourself. An Olympic set is useful though not necessary at first. A 110 lb. weight set will do for now. A chin-up bar; a block of wood to do heel raises on; a jump rope; and iron shoes for leg raises, extensions, and curls are beneficial as well. Since this equipment will last a lifetime, buy the best you can. The most valuable investment you can make is in your health. If general fitness is your goal, do the cardiovascular part of the workout first. If it is strength and power, save it for last. It is impossible to have both at the same time. Swimming is by far the best form of cardiovascular exercise. Running may be the worst, depending on how your joints handle it. Let pain or the lack of it be your guide. Next, spend 10 to 15 minutes stretching out. This cannot be over emphasized. Stretch out while cold and you will get injured. It is not a bad idea to stretch out afterwards to warm down.

Then there is the weight training part. Squats and dead lifts with barbells should be first. This actually works most of your body since so many muscles are affected, directly or indirectly. It is good. Use extreme caution, however, it can be dangerous if done carelessly. Next are chin ups; if they are hard, do pull-ups with dumbbells first. Shoulder exercises with dumbbells should follow. Dumbbells give a great stretch. For the shoulders, try dumbbell presses. Doing them seated is safer as the back cannot arch. Curls work the biceps, but do not do too many sets. The biceps are small muscles. Heel raises work the calves. Work the calves, because it looks lousy to have a great upper body supported by bird's legs. Sit-ups can damage the spine, so do crunches or half sit-ups instead for the abdominal muscles.

Is this too little work? If carried to the limit, it's not. Do two to three sets and 10 to 20 repetitions.

Let me just add that on October 17, there will be the Rhode Island Drug Free Powerlifting Contest at 55 Street Ave, Cranston. For more info, call Ted Isabella or contact me at extension 2804. Who knows, maybe we could start a team of our own if enough people are in interested.

Editors Note: Bill Gonzales is not a professional weight trainer. His opinions are strictly his own.

Upcoming events
Oct. 16th - Fall One Mile Run, Hospitality Center, 10 a.m.
Nov. 12th - Rosters due for indoor soccer, coed volleyball and men's & women's basketball
Nov. 13th - Pre-Final Dance Party, Xavier Gym, 10 p.m.-2 a.m.
Nov. 16th - Captain's Meeting, basketball & coed volleyball, Culinary Gym, 5:30 p.m.
Nov. 16th - Captain's Meeting, indoor soccer, Xavier Gym, 7:30 p.m.
Nov. 16th - Study sessions, Culinary & Xavier Gym
Nov. 17th & 18th: 8 p.m.-midnight

Reminder
- All intramural flag football games will be held on Fridays and Saturdays and will be held at the Shipyard Field on the Culinary campus.
- All volleyball and 3 on 3 basketball games will be held in the Culinary Gym.
- Schedules can be picked up in the Culinary gym or at the athletic office next door to Conrad Hall.
Good Luck to all from the Intramural Dept.