Ronald goes for a walk

by Jeannine Kimball and Lilliana Cortez
Staff writers

On Oct. 34, more than 350 Johnson & Wales students turned out to support the Fourth Annual Walk-a-Thon for the Providence Ronald McDonald House. The 6.1-mile walk began on Gay St. at the Ronald McDonald House, proceeded across 95 to Narragansett Blvd., then to Roger Williams Park, down to Eddy St., and finally returned to the "House." Tau Kappa Epsilon Fraternity and Clubs Council raised more than $4,000 together.

The money raised will be used to maintain daily operations at the Providence Ronald McDonald House, a home-away-from-home that provides temporary housing for the families of seriously ill children who are using the services of local hospitals. Forty brothers from TKE raised $1,100, which helped JWW earn a $500 prize, and more than 300 JWW students from the Greek community participated.

This year, the Walk-a-Thon received its biggest turnout in its history. The increased competition for top fund-raising honors within universities and schools is one reason for this. Prizes were awarded to organizations and individuals based on certain criteria.

Since its inception, the Ronald McDonald House has housed over 650 families from Rhode Island, 33 from other states, and 12 from foreign countries. There are only two people that are on salary at the "House," while the rest of the staff are volunteers. With the anticipated opening of the Hasbro Children's Hospital in 1994, the need for the "House's" services will increase. For more information about the Ronald McDonald House, call (401) 274-4447.

Did you know we have an entrepreneurial practicum?

by Jessa Chase
Staff writer

Most of us didn't know that sitting in the center of T.F. Green Airport is an entrepreneurial facility, the "Lobster Boat." This past Oct. 24 was the third anniversary of the "Boat."

Director Anna Roche and Professor Cheryl Amantea are the advisors to the Lobster Boat. Amantea stressed, "I can't even take credit for what goes on there, because the students do all the work."

The business is run by four teaching assistants: Pauline Robinson, Derek Awalt, Danny Mogot and Bill Annino. These student TA's make all the decisions from managing the employees or interns to purchasing product lines.

What do they sell? The big attraction is live lobsters, but that's not all. Magnets, clam chowder, gold boxes, polo shirts, cookbooks, and balloons are just a few traditional New England nautical souvenirs on sale at the Lobster Boat. The "Boat" is a big attraction for young children and non-New Yorkers.

Like any business, everything has a price. At the "Boat," prices are competitive but reasonable. Presently, a whole lobster is $5.99 per pound.

This may be a business but it is also a learning facility for the training of assistants and interns. Each intern spends 11 weeks at this practicum and there are only about 30 interns every year. These students are getting essential hands-on management experience while running a small business.

The Lobster Boat may be young, but it's growing success. The net income (as of June) was $19,269, over $10,000 more than the original estimates of $8,992.

Check out the Lobster Boat! All students and faculty of JWW receive a 15 percent discount. For more information, call 732-0726 seven days a week between the hours of 6 a.m. and 7 p.m. They even ship live lobsters with in 24 hours anywhere in the country.

Women's Center holds harassment workshop

by David Bryan Reinhold
Editor in Chief

Recently, Johnson & Wales University's Women's Concerns Center held its second University-wide social. The event was sponsored to give students, faculty and administrators an opportunity to network and get to know other women around campus. The center provided hors d'oeuvres for 75 guests during the social portion.

Invited guest speaker Teddy de Casa, consultant and vice-president of human resources for Legal Seafood Co., facilitated discussion and education of the center's guests on sexual harassment in the workplace and in the classroom.

De Casa led the group in a quiz, focusing on what the guests really knew about the law with respect to liability and responsibility regarding sexual harassment and discrimination. The participants splintered into small groups to discuss the question and decide what was factual and what was not.

"All students need to know where to draw the line," according to de Casa. "Because if you know the law or not, it just doesn't matter."

Harassment includes improper touching and comments and unwanted sexual attention. "Employers have the responsibility to protect all workers from sexual harassment," says de Casa. She emphasized how a mandate from the top of a company must be instated to help minimize this problem. Not only is harassment an emotional trauma, but it can be costly in the areas of employee absenteeism, turnover/training costs, and legal fees, in addition to the negative ramifications.

De Casa briefly outlined what some of the "breeding" grounds are for a potential harassment situation.

Continued on page 3
Viewpoints

EDITORIAL

Where are the polite people?

Close your eyes and picture this: 300 JWU students in a telephone booth while half of them hold lit cigarettes at waist level. Sound improbable? It happens about seven times a day in the Xavier courtyard.

The masses of students that linger before and after classes make it nearly impossible for any student to get into the hall for class. Trying to navigate a path to the double doors takes skill, patience and time. People who possess these qualities usually ask politely for others to move. Yet, people continue to stand in the way of traffic just asking to be moved down. Why don’t they move?

It can’t be that difficult for the people socializing in the courtyard to leave a lane for traffic or to move for others. Are the conversations they are having more important than being polite to fellow students? Is education less valuable than tonight’s plans for socializing?

Obviously, everyone is at school for the same reason: to get an education. Yet, when one student physically blocks another student from their right to an education, something is wrong. With all of the expansion that JWU is involved in, can’t a better location be found? It makes more sense for students to congregate in a different place than the Xavier courtyard; This will enable everyone a clear passage to their future.

Quote of the Week

I’ve learned that the dashing young knight on his white steed who was going to ride into my life and sweep off my feet has apparently gotten lost in the forest.

unknown

We never stop growing

When do we stop growing? What is the growth process made up of?

Most people I’ve conferred with in the past week say that they stopped growing in their late teen years. I say no way. A few cerebral individuals gave me the answer I was searching for. They agreed one never stops growing.

Diversity Beat
by D.B Reinhold
Editor In Chief

I hope to never stop growing. Life is meaningless once you stop expanding, improving and growing. Perhaps we physically stop growing, but life challenges us to build upon our daily experiences and make the best of each day we are granted. If we do this and draw knowledge from our best and worst times, we truly never stop growing. This is life’s challenge.

We need to build on every seemingly insignificant experience that involves us. Not that it needs to come on some hours of debate or even contemplation. It is more like a simple evaluation to help one understand and improve ourselves and experiences the next time around. Experiences from the working environment, the spiritual institution, the educational facility, the social group and the family unit—all influence us. They mold, sculpt, shape and enhance our growth as individuals. We need to be aware of these factors in our evaluations.

If we fail to grow, we will die within.

It would truly be tragic to use our life and never feel all of the simple joys we can encounter.

In taking growth one step further, it isn’t only the “I” that enjoys never-ending growth, all people whom you come in contact with grow along with you. It could mean growing closer or moving apart in short, change. Sometimes it is necessary to grow distant. However you grow with people, you always take a piece of them with you. It may be a small piece or a large chunk, but their influence is present. It’s still growth.

To love or not to love...

Do you think you are romantic? Do you fall in love easily? Or do you hold back and take your time? These are three-time-honored questions that keep philosophers (and the public in general) up late at night. We all wonder if this relationship is “the one.”

You know - Is this Mr./Ms. Right?

From Where I Stand
by Jeannine Kimball
Managing Editor

These questions have caused many, both young and old, to search for probable answers. Psychologists have studied the personalities of people who are likely to “fall in love.”

One study showed that people who are not defensive, who admit their shortcomings and are open, are more likely to fall in love. The reasoning behind this view involves the element of risk. Love is a risk, and not many people are gamblers. What kind of life is that? Taking a chance on love is often a huge risk. The greater the risk, the greater the reward. The concept of true love by most individuals standards is the greatest reward in one’s personal life.

Another study found that people who see themselves as having control over their fate don’t easily fall in love. This makes sense because love is commonly seen as something that “happens to us” or “overcomes us.” So people who merely exist and do not truly live are more inclined to fall in love. Yet, is this love meaningful or meaningless?

We all have friends who “fall in love” every other week. They claim to have “found the one.” How can they ever be sure? Not taking risks makes life boring, but if you are too easily going, then people take advantage of you. All of these factors make it harder for us to take risks and to believe in others. What can a person do? How can you be sure that you have fallen in love? What is love?

Try giving the subjective word as love is difficult because there are so many kinds and so many people.

Love, to me, is being able to depend on someone that will help you cope with the problems of everyday life. True love is sharing, compromising, respecting and committing. Love is real when it is unconditional. Love can be found openly, or it can be your secret guest. Stop asking if you are actually in love! Don’t search for a perfect mate. Once love is present in your life you will know.
Letters

Dear Editor:

Recently I had the opportunity to talk with several students concerning the Student Services Complex entrance. Students have expressed sincere, harsh feelings toward the Registrar's Office for turning them away to enter the Student Activities Office. The Culinary Registrar's Office refuses to allow the Student Activities Office to use the main entrance of the Student services Complex.

Student Activities houses two offices at the Student Services Complex for Michael Zabatta and the two Office Assistants. The registrar's Office wants the Office of Student Activities to use a rear entrance that is really a fire exit and an inconvenience while in the building on the first floor. The office is trapped between two doors: one which is locked and the other which is a fire exit. If there was a fire in the stairwell, which is a fire exit, the people in the office would be trapped.

As President of the Student Body, I feel that all of this is really unnecessary. It is an inconvenience to the students and to the Office of Student Activities. How can the Office of student Activities. How can the Office of Student Activities better serve the students if the students have no idea as to where the office is located? Student Activities is on the Culinary Campus to serve the students just as the Registrar's Office is. If students are turned away to use another entrance, they might decide to just no utilize the Student Activities Office at all.

Darrell Crabtree
USA President

...Center meets

Continued from page 1

For females, the typical candidate would have some college education and be in a non-traditional female work role where there is a high rate of male domination in supervisory roles. She would also be between the ages of 20 and 45. A typical scenario for males would be if he is in an office situation or other non-traditional male role in a female-dominated work force. In addition, he may have a female supervisor and be single or divorced.

An upcoming event of the Women's Concerns Center includes a panel of students discussing differences in gender. "The purpose is to help men and women to communicate better, as they will ultimately have better relationships," says Dr. Nancy Jackson.

Question of the Week

What do you think of The Campus Herald?

Regina Miley, freshman
"I think it's good. It makes me more aware about what's going on around campus and what is going on around in clubs and everything else around that we need to know about."

"I think it's pretty cool. I didn't have one in high school. Mike Misiaszak, freshman
It's an easier way for the students to get informed about things going around campus.

Jennifer Erney, senior
"I feel that there's more selections in it than before, considering I'm a senior...so I see more selections. There are too many restrictions on, like, Greek activities and what we're allowed to put in the newspaper. They let us know what's going on; but as far as if you want to submit something, it's more of a hassle to submit...it takes too long."

Come and join The Campus Herald
Call 456-2804

What makes a good newspaper? Is it the way it communicates to the reader or the way it informs people about different topics? Or is it because it is seen as humorous or controversial? Could it be the way that it reads or the people who write for it? Although I believe there is a basic structure to what makes a newspaper successful, such as accuracy, relativity, and creative/good writing, in the end, it comes down to individual preferences.

People read different newspapers, magazines and books for their own reasons and enjoyment. What one person likes about one paper, may cause another to dislike it. There is no agreed upon content that is appropriate for a newspaper, this is why there are so many different publications in existence. There are newspapers that are read for their news content while others are perused for their comic articles.

If everyone liked to read the same thing, wouldn't life be boring?
Campus Briefs

Registration Notice

Business/Hospitality Student's
Second Trimester Registration will
take place in Xavier Gymnasium ac-
cording to the first letter of your last
name:
A - G Tuesday, Nov. 9,
9 a.m. - 3 p.m.
H - O Wednesday, Nov. 10,
9 a.m. - 3 p.m.
P - Z Thursday, Nov. 11,
9 a.m. - 3 p.m.
Remember... You must register on
your specified day and date accord-
ing to the first letter of your last name!

Culinary Arts Pastry Arts Technology Students
Second Trimester Registration
Monday, Nov. 8, 9 p.m. - 4 p.m.
Student Services Complex Gym-

nasium
Students unable to attend may
register at the Xavier Gym Tuesday
through Thursday, 9 p.m. - 3 p.m.

Free for life.

(Offer expires only when you do.)

Phone News

Because the Telecommunications
Department is here for your benefit,
the following changes have been made
to be of better service to you.
1) A student voice mail service
is in the works! The cost is very
reasonable so look for a survey at
your dorm to express interest.
2) Over your credit limit? You
have your phone turned on
in less than 48 hours. Make a
payment with a check or money
order (no cash, please) on the
sixth floor of the Par Building,
and we'll take care of it! We will
only accept payments from stu-
dents who are over their credit
limit.
3) If you want to know your
ACUS balance, how much a
phone call will cost, or get your
credit limit raised, call 1 - 800
- 445 - 6063. Have your account
number handy. This service is
available 24 hours a day.

Telephone Tips
- Remember! Dial (9) to get an
outside line. Also, you only need to
use the four-digit extension for
intercampus calls.
- If you are not receiving incom-
ing calls, deactivate call forwarding
by picking up your phone and dialing
(73). Your FSC has been deactivated
if you hear a fast busy after entering
your FSC.
- Any calls made with your FSC
are your responsibility. Keep it pri-
ivate! If you lose your FSC card, call
1 - 800 - 445 - 6063 as soon as possible.
- Please feel free to call us at exten-
sions 1700, 1701 or 1702 with any prob-
lems, questions, or comments regard-
ing your service.

Tuesday Nov. 2, at 9 p.m.
in Rm. x100.
Women's Concerns
Center Meeting

Part-time Position Available

The Culinary Office of student activities has a 15-hour part-time position
available for nights and weekends.

All those interested contact Jessica or Michael at 455-2832 or stop by the
office located on the second floor of the Student Services Complex.

Engineering Lecture

The School of Technology is presenting a guest lecture on "Modern Trends
in Engineering Education" by Dr. Gari Yuzefovich, Program Coordi-
ator, Mechanical Engineering.
The lecture will be held at HAC Room 18 on Nov. 3 at 5 p.m. All faculty
and students of the University are welcome.
CAREER DAY

AUDITION TODAY
TO BECOME TOMORROWS' STAR

Friday,
November 5, 1993
Johnson & Wales Inn
10:00 am - 3:00 pm

All Students Welcome
Resumes Encouraged
Professional Attire
Transportation Provided
University Row

-Greeks-

Compiled by David Palermo
Staff Writer
Delta Phi Epsilon

D-Phi-E would like to thank all the Greek organizations who participated in flag football. It was a great time. Good luck to ourEta Epsilon Class. Congratulations girls! Make us proud! Phi Sigma Sigma

The Skulls would like to congratulate TKE on a great job with the Walk-A-Thon and to all the other Greeks who participated. Please support our upcoming fundraisers. Have a great Halloween! Phi Sigma Sigma

Phi Sig Sig would like to thank TKE for a great social, and thanks ZBT for an unforgettable social! Congrats to all those who participated in the Ronald McDonald Walk-A-Thon. PHI SIGMA SIGMA would like to wish everyone a safe and HAPPY HALLOWEEN!

Sigma Sigma Sigma

Thank you D-Phi-E for a great football game last Saturday. On Nov. 9, we will be holding a bake sale in the St. Xavier Library from 8 a.m.-3 p.m. Keep an eye out for the appropriately marked canned food and clothing drive boxes in your dorms. All collected items will be donated to the Nickerson Community Center of Providence. Thank you for all our success at the Walk-A-Thon. Congratulations to our new members!

Clubs

Compiled by David Palermo
Staff Writer
Concert Committee

Meeting will be held on Wednesday, Nov. 3 at A314. All members should attend.

Family League

There will be a meeting on Nov. 10 at A313 and Nov. 17 at HAC 2. All meetings start at 7:30 p.m. All members are encouraged to attend.

Gay, Lesbian, and Bisexual Alliance

The trip to Boston is Nov. 6. Cost to those with a paid membership is free; all others are charged $5.

The meeting next week is Nov. 15; officer nominations for the general elections will be held. Meeting is at 7 p.m. in the usual location. For more information, contact Scott in the office of Student Success at 456-1483.

Hillel

Send all your friends a Bagel Pack and surprise them! The package will include bagels, cream cheese and other goodies. You can put a message in the package if you like, and they will be delivered during exam week.

The cost is only $10. For an order form and more information, contact Lary at 4597 or Eric at 4727.

Senior Class Club

The Senior Class Club would like to invite the class of '94 to their general meeting on Monday, Nov. 8, in A312 at 6:30 p.m.

Notice

Submission sheets for Greek Clubs Row are located on the first floor of the Friendship Building. All submissions must be approved by Student Activities.

An Inspiring Tragedy

by David Bryan Reinhold
Editor In Chief

Trinity Repertory Company's current Downtowns Theater production, Marvin's Room is an inspiring warm play about generosity and care within a family confronting a terminally-ill relative.

Bessie, living in Florida, has been taking care of her bedridden father, Marvin, for nearly 20 years in addition to her crippled and senile aunt Ruth.

During this time, Hank is confronted by whether or not he wants to have the test done. Hank is forced to confront many things from his past throughout the entire play. He often horrifies himself, running from it. Finally, after being with Bessie, he feels and understands the great human quality Bessie dictates to those who love her. Hank, eventually feels Bessie's love and understands her severity and takes the test.

As a child growing up in Ohio, Bessie watched her father care for her ill and sickly mother. She eventually died from leukemia. A few years later, her father moved to Florida to start caring for his sickly sister, who was getting progressively worse. Soon after his move, he suffered a stroke himself.

Eventually, Bessie finds herself not feeling well. After many tests done by her fill-in substitute scatter-brained doctor, she finds out that she herself is suffering from leukemia.

At this point, Bessie is forced to contact her long-lost sister back in Ohio. Her sister Lee with her two sons, Hank, who is confused to a mental institution, and Charles, who lives with her, travels to Florida for a bone marrow match test.

From left to right: Ruth (actress Barbara Orson), Lee (actress Phyllis Kay), Bessie (actress Anne Scarratt), and Hank (actor Evan Andreas)

Marvin's Room's playwright, Scott W. McPherson, died from complications of AIDS before he wrote Marvin's Room. However, it was too close to AIDS in his own life to confront it face-to-face. Once he took AIDS out of it, he was able to deal with death in a funny and compassionate manner. With taking AIDS out, he also made the play more conventional.

This play won many awards including a 1991 Whiting Writer's Award, Newsday's George Oppenheimer Award, and the Drama Desk and Outer Critics Award for best play according to the Hartford Courant.

Marvin's Room is playing through the month of November. Tickets are priced from $24-$30. For any additional information, contact Trinity Repertory at (401) 394-4242.

Bowl to your favorite Rock, Pop, and Country tunes

Every Sat night from 9:30 -12:30
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D.J. - Paula Medeiros

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

Words of Fury

Well, how are ya? It's just a few days before the Rage Against the Machine show, and I've decided to enlighten you a little bit about this band. Lately, everyone is comparing them to Metallica, but they are way beyond such lame comparisons. At times, they bring back memories of earlier bands' attempts to voice their views on politics.

Rage is defined as a furious, uncontrolled anger; a brief spell of raging fury; great force, violence, or intensity, as of the wind; strong emotion, enthusiasm or desire; and anything arousing widespread enthusiasm or interest.

The Mosh Pit
by jornay L. Wood

Machine - a structure or built-up fabric of any kind; a vehicle, as an automobile; a person or organization regarded as acting like a machine without thought or will; complex organization, coordinated to function in a smooth, effective way. A literary device for dramatic effect as a superhuman agent or force introduced into a poem. I feel these are the best book explanations there are.

Now, I will define them.

We live in a rather passive society. There are very few groups of people that stand up against the system. Whereas, the norm is usually corrupt, Rage Against the Machine stands up and tries to push us to get up and make a movement against this corrupt entity. They want us to set the standard for all to follow. For people who are wandering around aimlessly, Rage is trying to get us to make a stand against what is wrong. Mostly because if we do nothing... nothing will be done.


Rage Against the Machine consists of Zack De La Rocha (vocals), Tom Morello (guitar), Timmy Cib, Brad Wilk (drums). Their music is also best described as force, not good or evil, but a punishing force. De La Rocha's harsh but to the point vocals are very reminiscent of the early days of Public Enemy, but they only wish they were able to take such a strong stand. Especially like in songs "Fistful of Steel" and "Killing in the Name." Zack is backed by the abrasive assault of Morello's guitar, the distorted low-end punch of the bass, and the aggressive badgerry of the drums.

Their music, in concert and on the latest release (self titled), is in its pure form. There are no samples, keyboards, or synthesizers. All the sounds are done by the instruments in their hands. I guess you could say they don't give you anything sugar coated or modified, so they don't have to work hard for what they are trying to attain. It is obvious they work extremely hard to produce music that takes a stand! After listening to Rage Against the Machine, you will feel compelled to do more than just think about doing something; you will feel obligated.

This band is trying to rock us, mosh us, and thrash us for a good two hours; so don't miss out. Tickets are on sale now at the Friendship Building. I'll see ya there in the pit!

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Wynton Marsalis and his Jazz Septet
Friday, November 5, 1993  8 P.M.
Veterans Memorial Auditorium
Providence

Tickets: 80.50 $10.00 $18.00
 Student, senior and all ICU discounts available

Rage against the machine
Johnson & Wales University Concert Committee
Presents
With Special Guest
QUICKSAND
Friday, Nov. 5 at 8 p.m.
at Culinary Gym, Harborides Campus
JW Students & Employees with Valid I.D. $5.00
All other Valid College I.D's $10.00

Tickets are available at the Friendship Bldg. (Corner of Richardson & Weybosset streets next to the Providence Performing Arts Center), first floor Student Activities Information desk and at the Student Activities Arcade Information desk located in the Student Services Complex on the Harborides Campus.

For further information call : 456-1195
WHAT TO TAKE FOR YOUR FALL NIGHTER.

IF YOU DON'T GET IT, GET IT. SM.

A $1,000 CREDIT LINE,
AND NATIONWIDE ACCEPTANCE.
WHAT'S THAT FOR AN EYE-OPENER?

NO ANNUAL FEE.
by Linda Beaulieu
Johnson & Wales University

When Chefs Ken Wollenberg, John Dion and Jack Chiaro heard they would be traveling to South Africa to help raise funds for World Hunger, they wondered what wonderful foods they could prepare for this gallant humanitarian effort.

And what came to mind was Thanksgiving. What could be more American than a traditional meal of turkey with all the fixings?

These three American chefs, all from Johnson & Wales University, were among 118 of the world's most talented chefs who were brought to South Africa this past summer to cook for public events that raised money for hunger relief. Events included a gala opening, food festivals and street parties for 2,000 underprivileged children. Proceeds will go toward purchasing seeds for planting and establishing farming skills in underdeveloped areas throughout Africa. Known as the Cook's Tour for World Hunger, this was the first time ever that chefs united for hunger relief.

"We also were there to let South Africa know that the world will respond to their needs if their commitment to social change is sincere," said Chef Chiaro. "We ended up becoming ambassadors for South Africa. The situation there is changing. It is a nice country with nice people, and it's a viable vacation spot."

Each day the American chefs would prepare different American dishes for hundreds of South Africans who sampled the fare and attended the many cooking demonstrations. The trio's innovative buffet which featured New England regional cuisine was enjoyed by more than 400 people each day. And every day the American chefs would create huge batches of soup which were sent to homeless shelters.

"We wanted to show, especially, the homeless children of South Africa that people outside Africa do care about their situation," Chef Chiaro said.

Among the American specialties that the chefs created were recipes suitable for fall entertaining, including Maine Rock Crab Ravioli, Grilled Point Judith Scallops, New England Lobster Stew with Wild Mushrooms and Johnny Cakes, Maple Smoked Breast of Turkey with Ginger Chestnut Stufing, Roasted Garlic and Cheddar Potato Cakes, Cape Cod Cranberry Apple Chutney and that all-American dessert steeped in tradition - Indian Pudding. Here is that recipe for you to enjoy during the coming holidays.

---

**NARRAGANSETT INDIAN PUDDING**

1/2 gallon milk
2 teaspoons ginger
1 cup cornmeal
2 teaspoons salt
2 tablespoons butter or 1/4 stick
1 teaspoon cinnamon
1 cup molasses
1 teaspoon nutmeg
1/2 cup sugar
1 cup raisins
2 cups green apples cored, peeled and diced

Scald the milk. Gradually add the cornmeal. Cook for 20 minutes on low heat, stirring frequently. Blend in remaining ingredients and remove from heat. Four into a 9x12 inch buttered pan, set in a larger pan of hot water, and bake in a preheated 275 degree oven for 1 and half hours.

The pudding will become firmer as it cools. Serve with heavy cream or vanilla ice cream. Serves 8 to 10.

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**Student Dining Services**

**Pine Street Coffee House**

**All You Can Eat Taco's Beef or Bean**

Saturday: November 6, 1993

5:00pm - 10:00pm

$3.25 per person

CHOOSE FROM SOFT OR HARD SHELLS AND ALL THE FIXIN'S

ALL AGES WELCOME!!!!!!
College Astrology
by Linda Black
Aries (March 21-April 19) Get most of your studying done before Wednesday, you'll be most efficient then. If you've got a test this week, look closely for hidden meanings. Thursday night is excellent for setting goals or planning a big project. Expect competition to be tough this weekend, but romance should be delicious. Make an announcement.
Taurus (April 20-May 20) Books or other ways you could make a mistake are in your budget the first part of this week if you're not careful. Wednesday night through Friday are excellent for learning. Stay home this weekend and make a major decision.
Gemini (May 21-June 21) You should be sharp Monday and Tuesday, but watch out. Don't tell everything you know. Thursday and Friday would be good days to apply for a job. Don't say you have more experience than you do, though. A white lie could backfire big time.
Cancer (May 21-June 21) The pressure's on the first of the week, so finish writing that report or mailing that horrible assignment you've been putting off. By Wednesday night, the tide turns in your favor. From then through Friday should be excellent in just about every area of your life.
Leo (July 23-Aug. 22) Teams, groups, and club meetings are your best source of entertainment Monday and Tuesday. Finish up something you promised from midweek to Friday. A study date could lead to romance, if appropriate.
Virgo (Aug. 23-Sept. 22) Take time to care for yourself Monday and Tuesday. Wednesday night's good for a sincere meeting. You could meet a possible romantic prospect there. Finish up a tough assignment over the weekend instead of shopping.
Libra (Sept. 23-Oct. 22) Monday and Tuesday are for just about anything involving travel or communications. Line yourself up with a good romantic prospect. Tuesday night, conditions are favorable. Wednesday night isn't bad either; choose one who's sincere the whole time. A team effort will be most fun over the weekend.
Scorpio (Oct. 23-Nov. 21) If you're wondering, ask by Wednesday; people will be in the mood to talk, and you should be able to find out just about anything. Use tradition or your own expertise to get what you want Thursday. A surprise Friday morning will work to your advantage.
Sagittarius (Nov. 22-Dec. 21) You and a friend need to get together the first of this week. If you're looking for love, check out a club meeting Tuesday night. Wednesday's OK for studying, but by that night you may be focusing on financial worries.
Capricorn (Dec. 22-Jan. 19) Monday and Tuesday, you could get snuck up on in a tough assignment. Don't be ashamed to ask a friend for help. Schedule your big date for Friday afternoon. Pay off a debt over the weekend by lending a hand with a big project.
Aquarius (Jan. 20-Feb. 18) Monday and Tuesday should be good, but don't get caught talking in class. Love could blossom Tuesday night, if you're in the right location. This could be worth extra effort. This weekend is prime for playing with a partner and for building something that will last for years.
Pisces (Feb. 19-March 20) If a roommate's not making sense Monday or Tuesday, be patient. Don't go into a blue funk over weirdly said in haste. Your love life looks good through Friday. A healing, nurturing relationship is the one you want to latch onto.

THE Crossword
ACROSS
1  Story
2  Aerial
5  Acetic
10  Find fault
14  Beasts of burden
15  Writhed
16  Sloven
17  Bath
18  Flavoring for cordials
19  Ship of 1492
20  Matted
22  Hold in custody
24  Distillation
25  City in India
29  Hypnotic state
29  Phone number
33  -- and rare
34  Interview
36  Decorate
37  School susp.
38  Ethane
39  Phosphine
40  No longer young
42  Aviaries
43  Temple
44  Riddle
47  Remote place
49  Single; pret
50  Stark
51  Look through
54  Rotary engines
58  Sir of Jacob
61  Fall
61  Fellow
62  Aid and --
63  Blockade
64  Dislike a lot
66  Steam
66  Long-plumbed
66  Lord
67  Go quickly
68  9 Promised
69  10 Kind of lens
72  11 Dive's specialty
73  12 Eastern queen
74  13 Pilot
75  14 Curved line
76  18 Baseball stats
78  20 Come to be
21  21 The surface
22  22 Extant
23  24 Furry
25  25 One more time
26  26 Pipe or barrel
27  30 Seamen
31  31 Keaton the spoo"
32  32 Glowing coal
33  33 Ice house
34  34 Outdoors
35  35 Ski
36  37 "The -- Latter"
37  38 "Heathen"
38  39 Goods to ship
39  40 Damselle
40  41 Bat
41  42 Stick out
42  43 "The -- Latter"
43  44 "Heathen"
44  45 Drop in the hat
45  46 Ends
46  47 Ears
47  48 "Heathen"
48  49 "Heathen"
49  50 "Heathen"
50  51 "Heathen"
51  52 McEntire the\n52  53 "Heathen"
53  54 "Heathen"
54  55 End of the
55  56 "Heathen"
56  57 "Heathen"
57  58 "Heathen"
58  59 "Heathen"
59  60 "Heathen"

DOWN
1  Pim
2  Shaft
3  King in play
4  Contestant
5  Break
6  Something swee\n7  Bauer
8  In medias --

Multicultural Center Grand Opening

Monday, Nov. 8
Student Walk/Ribbon Cutting Ceremony/ Social Student Walk From Friendship Building To Multicultural Center Starting At 2:30PM With Ribbon Cutting

Tuesday, Nov. 9
Forum Topic: "Putting The Pieces Together: Embracing Diversity On J&W Campus" From 7-9pm At The Multicultural Center

Wednesday, Nov. 10
Tele-Conference Topic: "We Can Get Along: A Blueprint For Campus Unity" Discussion To Follow From 1-3 At The Multicultural Center

Thursday, Nov. 11
Mixing Session
HOUSING
• FEMALE NEEDED TO SHARE 2 bedroom apt. Wickenden st. Clean, bright, $250 mo. + utilities. Nice area. 831-6598.
• SHARE DOWNTOWN 2 BEDR. 2 bath high rise, 2 Biks Xavier 450 mo. All Bills, no Dep. Quiet. David 431-9225. Leave message.
• WANTED TO SHARE a 2 bedroom apt. in the Armory District 10-15 minutes to downtown Parking. $215 + utilities. Contact me at 273-4317.
• LOOKING FOR ROOMATE. Eastside location to share modern apt. Off Hope st., near J&W, 2nd fl. Parking. $250. 1-800-484-7257 ext. 1212.

WANTED
• GREEKS AND CLUBS. Raise up to 1000$ in just one week! For your fraternity or sorority, & club. Plus $1000 for yourself! And a FREE T-shirt for calling: 1-800-932-6028.
• ADOPTION REUNION REGISTRY/SUPPORT. Monthly meetings 3rd Sat. Providence Adoptees, Birth/Adoptive Parents. Males welcome. PALM(401)347-1811(SE) PO Box 15144, Riverside, RI 02915.
• WOULD YOU LIKE TO BE PEN-PALS with a student in another State? If so, send description of desired pen-pal (eg. male-female etc.) along with $500 to: "Letter Services" P.O. Box 304, Buffalo, NY 14203-0064. Offer open to faculty also!

TRAVEL
• FREE TRIPS & CASH! Call us and find out how hundreds of students are already earning FREE TRIPS and LOTS OF CASH with America's #1 Spring break company! Choose Cancun, Bahamas, Jamaica, Panama, Daytona or Padre! CALL NOW TAKE A BREAK! STUDENT TRAVEL (800)328-SAVE or (617)424-8222.
• SPRING BREAK SALE! Cancun, Bahamas, Puerto Rico, Jamaica, San Juan. Organize a small group of 2-10. Earn a FREE Trip plus commission! Call 1-800-GET-SUN-1.

CLASSIFIED AD FORM
Classified ads are accepted only on this form. The charge per word for 90 characters is $1 for all members of the JWU community and $1 for all others. 74¢ is charged for each additional character. Payment is required at the time the ad is placed. All advertising is subject to approval by the editorial board. Ads must be placed at Student Publications, 2nd Floor, Friendship Bldg., 2 Richardson Street or mailed to The Campus Herald, 8 Abbott Park Place, Providence, RI 02910. Attn: Monica. No phone calls accepted. All housing ads must be approved by Residential Life. Deadline is the Monday preceding the issue you wish publication.

FOR SALE
• FOR SALE. Golden Retriever puppy, 10 wks. old. All shots and papers. Lord says no pets. Paid $400, asking $100. Call 531-1164.
• Do you want fast and accurate WORD PERFECT typing at $2 a page? Call TERRIE at 941-8914.
• BURTON SNOW BOARD. Used once, excellent condition. $50, Inc. carry bag, binding, and 9" snowboard shoe. Call 272-1564.
• 27" TOSHIBA TV and Sony 4-head VCR. Sale for $550. 272-1564

LEND A HELPING HAND!
SUPPORT THE WESTMINSTER SENIOR CENTER
SNACK BAR

MENU

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>COFFEE</td>
<td>.50</td>
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<td>HOT COCO</td>
<td>.50</td>
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<td>TEA</td>
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<td>MILK</td>
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<td>GRILLED CHEESE</td>
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<td>TARTS</td>
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<td>ENGLISH MUFFINS</td>
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<tr>
<td>BAGELS</td>
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<td>CHOCOLATE CHIP COOKIES 3/.50</td>
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<tr>
<td>BROWNIES</td>
<td>SLICE/.50</td>
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</table>

HOURS:
MONDAY - FRIDAY, 8AM - 1PM

ALL STUDENTS AND FACULTY WELCOME
Soccer teams take homecoming

by Jenn Chase
Staff Writer

The first annual soccer homecoming game was held Saturday, Oct. 23, at Wheeler Fields in Seekonk, Mass. The Griffin men’s and women’s teams defeated Massachusetts Pharmaceutical College, the men 9-0 and the women 6-0, to put their men’s record at 12-1-3 and the women’s record at 5-3-2. Both teams finished the regular season with the best record in the Southern New England Athletic Conference.

High expectations for hockey

by Ramiro Jarado
Staff Writer

The Johnson & Wales University hockey team is heading in the right direction. Even though they lost their first game 6-5 against Southern Connecticut University, they still have a good chance of going places.

“I think we have the potential to go all the way, both regionally and nationally,” said Head Coach Mike Pasqualetti. “We really will depend on two things, how well our returners challenge themselves to even improve upon their game; and quite honestly, a large part would have to do with how quickly our young players mature. We do have a number of young players.”

The differences from this year’s team and last year’s is that this year’s team is less experienced. There are a lot of new faces and overall, there’s less size but a lot of team chemistry.

The JWU hockey team has a new home court at Schneider Arena on the campus of Providence College, which is closer to JWU than their home last season in North Smithfield. It is also more convenient for the players and their fans. The facility also has a greater capacity and is warmer, not to mention that the arena is made specially for college hockey while the North Smithfield facility was just a regular risk used for a variety of different activities.

The team is also well-prepared playwise. “Twenty-one players would dress at any given day,” Coach Pasqualetti said. “If the team is short two players one game, the gap can be quickly filled by experienced players.” This year’s team captain is Larry Smith, along with three other alternates, Jason Driver, Joe Melanson, and Goalie Keith Graziano, all of which are seniors.

Among Coach Pasqualetti’s goals are to have the support of the student body and to have them come out and support the team throughout the season.

Men’s intramural football

Division 1
Untouchables 3-0
Da Bears 3-1
Dogs 2-0
Cardinals 2-0
East Side Bad Boys 1-0
Zeta Beta Tau 1-2
Regulators 0-0
Phi Sigma Kappa 0-1
Black Panthers 0-2

Division 2
Staff Admissions 3-0
P.B.L. 1-0
Phi Kappa Raiders 2-0
B+B 2-1
The Crips 2-1
Alpha Tau Omega 1-1
The Skulls 1-1
'thorns 1-1
'thers 1-1
Delta Sigma Phi 0-1
R.T.O. 0-2

Scores
Da Bears 31
Black Panthers 12

were a $200 cash prize given to the club or organization with the most spirit. It was a strong battle between the painted faces of Alpha Tau Omega and the screaming Tau Kappa Epsilon.

It was the overpowering voices of Tau Kappa Epsilon that gave them the win.

Next up were the Griffin men. The first goal of the game was scored by Eric Hebert, followed by a pair of goals from Jonah Balik. Hebert assist on the first score from Peter Karatzas. Karatzas followed with a score of his own with assist coming from Michael Diefert.

During the first half, a goal was added by Gene Bernardo with the assist from Balik. The momentum continued with a goal by Herbert Noil. Preston Redwine ended the half with a score of his own.

Michael Diefert scored the first goal of the second half with the assist coming from Gene Bernardo. The second goal was scored by player/coach, Greg Miller.

Weightlifting is a fantastic activity! No doubt about it; having greater strength and power than the average person is a wonderful feeling. I don’t mean that it is great to lord it over others; I hate bullies. But it does give a person a feeling of security and confidence that is difficult to describe.

However, it is important to keep one thing in mind. Training is worthless if health is not the goal. Few people our age keep this in mind. It is the most important objective to have when training. Strength, muscle, power—all that is of secondary importance.

Perhaps that’s the reason that so many people in my family died before their time (due to smoking, drinking, and eating too much of the wrong foods). Therefore, I quit smoking, cut down on my drinking and try to eat healthy (when I am not dining at J&W dining halls). I urge everyone to do the same.

I am not a purist nor am I a hypochondriac. I love to party as much as the next person. I love Big Macs. But I would love to live to a ripe old age even more. Let’s face it, the world is dangerous already. There is no reason to ruin our chances of being happy and healthy. I strongly advise everyone to get an annual physical. Go to a physician you are comfortable with. I recommend Providence Medical Center.

A good dentist can be extremely valuable as well. A bad tooth can have a negative effect on your health. A cavity can lead to gum disease and that can be a problem.

Chiropractic care is largely overlooked by many people. They are not just backache doctors. While their treatments can remove back pain, that is not their main purpose. They manually manipulate the spine to put it back in proper order. Many nerves along the spine have an effect on other parts of the body. They do not heal patients; they ensure the spine is positioned so the body can heal itself. Absence of pain can be deceptive.

There are other things to do to stay healthy. Proper diet and adequate rest are important. Make time whenever possible. Learn to relax and “zone-out” once in a while. Vitamins and minerals can supplement your diet. Avoid too much caffeine, it robs the body of minerals, as well as dehydrating it.

Hopefully, some of these tips will help you feel better. I’d rather be in robust health until I’m 100 than be a trillionaire and die at 40. After all, you cannot take it with you.

Editor’s Note: Bill Gonzalez is not a professional weight trainer. His opinions are strictly his own.

If you have any questions, comments, or concerns about the sports department, please address them to Jason Bach, Sports Editor at The Campus Herald in the Friendship Building.