Families and children in the streets

by Jeanine Kimball
Managing Editor

When someone says the word "home," what comes to mind? A vision of a fireplace throwing a brilliant glow on the family gathered around it? A kitchen table with Mom, Dad and kids sitting, gossiping about the days activities, enjoying a pot roast? Or perhaps you envision the quiet times that are spent with a sister or brother. The word "home" implies a connection to a family and friends that are there for support. A home means that there are places and organizations that share certain values and beliefs, such as churches and clubs that you can turn to. So it stands to reason that "homelessness" is not just a loss of residence, it is a loss of stability.

The estimations of the homeless in the United States range anywhere from 250,000 to 3.5 million. The constant relocation and inability to keep accurate track of the homeless previously causes from agreeing on how many exist. In the mean time, all of the sources agree it is a problem. Many still ask, why are these people homeless?

The past, mental illness, drugs, alcohol and even individual frailties have taken the blame for the "whys" of homelessness. The increased economic depression of the nation is a factor in the everyday life of the homeless. To point at one of these factors and blame it as the source of homelessness is ignorant. Economic dislocation cannot explain it all; lack of stable relationships, financial re- sources and child care have all had a hand in the incidence of homelessness. Lack of housing, which contributes to an increase in the homeless population. Now, more than ever before, we are seeing families out on the streets. Many of these homeless families are headed by single mothers. These single-parent families usually include two to three children who are forced to live in the streets. Women are becoming more prevalent due to the fact that many of them cannot sustain a long-term relationship. In a Boston University study conducted by Lisa A. Goodman, it was found that 89 percent of all homeless mothers had been a victim of physical or sexual abuse sometime in their lives; 67 percent of them had been a victim during their childhood. This abuse may lead to lower social skills, impeding their ability to find jobs. Limited job choices, compounded by sexual discrimination, most likely leads to minimum-wage jobs. Unable to make ends meet, most end up on the street with their children.

The problems of the mothers are, in turn, mirrored in their children. The cycle continues. Health care workers have found high incidences of diarrhea and malnourishment, as well as asthma and elevated lead levels in sheltered children. Mental development of homeless children is similar to their physical development. In a 1980 study, it was discovered that almost half of the homeless preschoolers have manifested serious emotional and developmental problems. Homeless children were also slower in language development and motor skills, causing personal and social inadequacies. The children's academic progress was also impaired, and between 30 and 50 percent of them failed a grade. Therefore, they qualified for "special needs" programs; yet because public schools are under-budgeted, it is impossible for them to get the assistance they need. This problem results in the cycle of under-education and homelessness to spin out of control.

There are no simple solutions and just a permanent answer - commitment. We must commit our time and resources to solving this national cri- sis. We need to realize that families in the streets need more than shelter; they need employment, a community, sustaining relationships, health care, child care and an education. These are Americans. We must care for our own. If we don't, who will?

Continued on page 5
Generation X for the younger generation

We, as a staff, decided to dedicate the issue before Thanksgiving to the homeless. With most of the Johnson & Wales population going home for break, we felt it was time to realize how much there is to be thankful of. Most of the students here have a home to go to, a place where they can be. Many people take their home for granted, they never realize what they have. When you take something for granted, there can be a appreciation for it. Always having food, shelter, companionship and love is a fact of life that many Americans forget is not always a constant. There are people who do have it worse.

The truly disadvantaged are the homeless. They have no place to be, no friends to turn to, no family who care about them to call and no jobs to earn money. The end result of this is they have no dignity. Every time someone is asked how they feel about the homeless problem, the answer is always, “It’s horrible,” or “I feel so sorry for them.” Yet, not many come forward to help the homeless survive.

It’s up to us, the younger generation, to aid the homeless. We are not asking you to give money that you don’t have. Volunteering at shelters and soup kitchens shows that you care, the only thing you are giving is your time. Yes, your time is valuable, but are you willing to accept the consequences? Will you take the responsibility for another generation lost to the streets?

Quote of the Week

Instead of attacking the causes of homelessness, we are spending billions of dollars on shelters. Building shelters, however, is like putting pots in the living room to catch dripping water without fixing the roof.

-Todd Swanstrom

Pictures of Thanksgiving

Thanksgiving Day should be the single most important holiday to celebrate in this country. If you don’t agree, like always, I challenge you to reevaluate it.

It has been my most important reflecting time for years. Sometimes I need to have a few of those moments and put them into my everyday life. Too often I find myself brooding or feeling sorry for myself. Maybe a friend canceled on our plans at the last minute, or just another crisis came into my field and it caused me to hand in some more academic projects late, or even a University official disagrees with a social problem. These snapshot moments may consume ev

Family is home

I’ve often thought of the Metallica refrain to the song “Wherever I may roam,” “where my laid is my home” to be very appropriate. Yet, in the last year I learned that this sentiment is not always true. Home for me, is where ever my family is. A study entitled, The American Freshman: National Norms for Fall 1991 found that 23.6 percent of all freshmen come from a divorced family. I can identify with this statistic because I also come from a “broken home.” (Suppose that this means that there’s a huge crack in the middle of my kitchen that I never realized.)

From Where I Stand

The main repercussion of this is that I have two homes, without including my apartment here in Providence. This dual-home idea is why holidays have always been torturous for me. The separation of my family means that there are always two people arguing about who I should be with. The usual scenario is that I spend every other holiday with each one, switching the holidays every year.

So Christmas last year was at mom’s and so this year it’s with dad. This makes for a lot of headaches and heartaches for me.

I want both of them to be happy with the decisions that I make and for them to work with me, to enable the holidays to go smoothly. Doesn’t everyone have enough stress at the holidays without their families senselessly bickering? Yet, it seems, every year, that one of them has a gripe about where I will be, and when I will be there. To me, it doesn’t matter what day I’m with whom, as long as I can spend quality time with each of them.

My parents also are under the impression that I am their messenger. “Tell your father that...” and “Can you see if your mother will...” are common phrases for me to repeat. I want to make a point, my mother and father are obviously my parents, yet I feel that I am to blame for this fact. Without their marriage, I would not be here. So, how can my existence be proof that I want to help them but I don’t want to be in the middle of their old arguments. It’s not fair for me to be their intercessor. They are adults, therefore I believe that they can work out their own difficulties.
Dear Editor:

On October 24th, 1993 over 300 Johnson and Wales University students were involved with the community fundraiser, the Ronald McDonald House Walk-a-thon. Ronald McDonald House is a home-away-from home for families and their children receiving medical care for serious illnesses or injury.

I have often seen events like this go unnoticed when it involves college students. Too much negative publicity receives attention in our media today when a story centers around young people. I applaud The Campus Herald for printing it as a front page story in their November 1st issue. This is not typical.

The Walk-a-thon was such an exciting event for the community, uniting various student groups and the Providence area. Because of these efforts Johnson and Wales University received and award for highest dollar amount collected for any college in Rhode Island. Tau Kappa Epsilon also received an award for highest dollar amount collected for any student group among all schools in the state.

This letter is a thank you to all those listed below. Your efforts will be remembered. I congratulate you for your concern and for your participation. College students of ten do care, too often however it goes unnoticed. Three hundred students walking six miles for children and their families should not be forgotten.

Thank you to:
- Michael Kamenez
- Jennifer Witt
- Alpha Tau Omega
- Chils Council
- Delta Phi Epsilon
- Greek Letter Council
- Residence Hall Council
- Inter-Fraternity Council

Mark Beveridge
Student Organization Coordinator

Letters

INSIGHTS

Honeymoon... Do you have to sleep with that knife under your pillow?

Go ahead, make my day!

Correction:

In the Financial Aid news, the form will be sent to the address you wrote on your financial aid form, not the address that Johnson & Wales has for you.

Important Financial Aid news

If you do not receive your renewal application by Jan. 1, 1994, please contact the school so we may forward you the free Federal Application for Student Aid.

Question of the Week

What do you have to be thankful for?

Toscha Pertillar, Freshman “Spending time with family, eating, joking around with family, and relaxing away from JWU.”

Tony Rodrigues, Senior “I’m thankful for just about completing my Bachelor’s Degree and getting out of here.”

Patrick Corahan, Senior “Thankful? Please, I am much more selfish than to admit that I am thankful.

Becky Carey, Freshman “Getting to spend time with family & friends and getting time off from school.”

photos by Matt Hart
Announcement for Freshmen and Juniors
Challenge examinations are being offered Saturday, Dec. 11. Interested students may pick up applications in all Registrar’s and Student Success offices. For more information, contact Sue Rosbottom at 456-1483. All applications must be turned in by Nov. 29.

Sno-Ball applications now being accepted
Applications for the 1993 - 1994 Sno-Ball King and Queen can be picked up and returned to the Student Activities Office in the Friendship Building and Student Services Complex. The application deadline is Dec. 10.
Prizes for the King and Queen will be $150 cash and $35 in gift certificates for each. All of the gift certificates will be to the JWU Fitness Center. The first runner-up will receive $50 in cash and $25 in gift certificates.
The Sno-Ball King and Queen will be crowned at the Sno-Ball semi-formal on Feb. 13 at the Rhodes-On-The-Pawtuxet. For more information, call 455 - 2917 or 456 - 1196/1195.

Culinary Graduate Speaks
WHO: Daniel Bruce, executive chef at the Boston Harbor Hotel, a small luxury hotel which includes the acclaimed Rowes Wharf Restaurant.
WHAT: To demonstrate his culinary skills for the students at Johnson & Wales University. Chef Bruce, who graduated with honors from Johnson & Wales in 1980, has also worked as a chef at the Z1 Club and Le Cirque, both in New York City.
WHEN: Tuesday, Nov. 16, from 9 a.m. to noon.
WHERE: Johnson & Wales University; College of Culinary Arts Distinctive Visiting Chef Amphitheater; Harborviews Academic Center; Providence, RI. This program is OPENED TO THE PRESS, but not open to the public. To attend the demo, call Linda Beaulieu, assistant director of Public Relations, at 455-2919 or Marjory Gagnon, director of Public Relations, at 455-1197.

Recipe Contest
Send us your favorite pork chop recipe! Type the recipe on an 8 1/2- X 11-inch sheet of paper and send it to Give Us Your Best Chop, RONZIO, 1600 Providence Place, Suite 600, Providence, RI 02908. The deadline for entries is Nov. 30, so don't wait. Best Chop Prize: $1,000. Second Runner-up: Award certificate. Entries must be marked with the name and address of the recipient. Recipes will be selected by a panel of judges selected by the Department of Food and Nutrition. Judges' decisions are final. Winners will be notified in March of 1994 and prize monies will be awarded. Federal, state, or other prizes will be the sole responsibility of the winners.

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Equine at JWU

Continued from page 1

t he Equine program have had at least four years riding experience, but this is not a necessary requirement. Each student's experience varies, but with the curriculum setup for the program, they have the opportunity to gain more knowledge involved with their major.

The University has worked to select riding and teaching trimesters abroad for selected senior equine students in England. Students who pursue the bachelor's degree in Equine Business Management or Equine Business Management/Riding are eligible to participate in Co-ops with one of the many equine-related businesses or facilities. Job placement for Equine Studies graduates is available with many businesses.

The JWU Equine Team is an active member of the Intercollegiate Horse Shows Association and the Intercollegiate Dressage and Combined Training Association. The team has been competing in many horse shows involving dressage and combined training. Dressage is the schooling of the horse, how it moves, and how the rider can enhance its performance. Combined training involves both jumping and dressage in cross-country or stadium settings. Team A has worked very hard to become Intercollegiate Champions, with UCONN as reserve champions. Teams B and C are also champions within the associations.

The Equine Team is still in competition. On Nov. 13, the team competed against UCONN; on Nov. 14, they competed against Salve Regina University; and there will be a dressage clinic at Pine Grove Farm on Dec. 12. Those wishing to attend the clinic can call 456-1057 for more information.

Homelessness continues

Continued from page 1
to go, that I could crawl under the covers of my bed and try to put the unpleasantness of what I experienced in perspective. I could step out of it when and where I wanted. Although, to some, the experiences that took place could be seen as uneventful, the endeavor was nothing that could have been understood. It had to be experienced. I didn’t talk to many people for the reason of trying to keep my identity to myself.

At the shelter, whole families with children, three to teens, came to get food that they might not be able to get for themselves. Typical reactions were to stare or ignore; they didn’t want to see the problem, because then they’d have to face it.

I do recall one man who offered a place for me to stay. He seemed genuinely concerned as to why I was sleeping in a doorway. My time on the street was limited.

I became very sick from something I ate. I laid sprawled across the floor of a bathroom stall, motionless, for hours. I went in and out of sleep and consciousness to vomit. I remem- ber thinking I couldn’t go to the emergency room. I came close to asking for help, but I really believed what was happening to me was serving as a learning experience. I was going through the worst of it by myself. Having no one to turn to was more realistic of an experience than I could have expected. I was scared, and the helplessness I felt was still with me today. I was sick once, and it was awful. What choice do the homeless have when they get sick?

The day after, a good friend took care of me to make sure I was really OK. They tried to comfort me by saying it was over. I couldn’t help but think—over for me, maybe; but what about them? When, if ever, would it be over for them?
Campus Life

Anniversary of Poetry

Elizabeth A. Salm
Features Editor

On Oct. 26 The Spoken Word celebrated its one year anniversary of undated poetry readings on the Square. The small cellar room was jam-packed with poets. They hung in doorways, spread over all existing floor space, and were forced to pig pile lap upon lap. I stood still for hours to listen to the emotions of those around me speak out from places hidden in this unique language, Poetry.

All types of readers were explored from the mouths of free verse poets seeking understanding from the minds of their words touched. The art of Poetry is unique in its ability to communicate old ideas by alternative views. This is done for the purpose, knowing you’ve been heard, and someone else has shared these thoughts.

What makes the poet get up there? Have you ever felt trapped within your own thoughts, like if you don’t come to some understanding soon, you might doubt your own existence? It’s those ideas you believe so deeply in, you can’t just bring them to the surface for a moment and forget them in the next.

No, they demand complete exploration. You must sit down, face yourself to death, everyday changing the shape of thought. It’s about those nights you stare up at the ceiling wishing for a place to hide, and over take you, but unable to control the images. Your only outlet to vent your feelings is a pen, a piece of paper and Tuesday night poetry readings with our host, Sam Grable.

Sam Grable started The Spoken Word at Cafe Zog in Oct. ‘93, a small coffee house on Wicked Street. When it became obvious that Cafe Zog could no longer handle the number of people attending, she moved it down the road to Fellini’s Pizzeria. Too soon that also became uncomfortable, and we moved once more to Books on the Square off Angell Street.

To help celebrate their one year anniversary, Grable invited all of The Spoken Word’s featured poets of the past to read for use again and share in coffee and cake. A poem drafted in the well known style of David Letterman’s Top Ten List, was performed by Paul Fata, a local artist. Michael Harrington demonstrated how the eternal theme of love in the hands of a poet will never become a cliché in Sometimes the Moon.

Losing your virginity (reading for your first time) can become quite the event, with receiving a Loss of virginity certificate, and a group peel from the audience to, ’Please come back.’ The poets of The Spoken Word are intense, and their individuality brings them together. I happened upon them one night at Cafe Zog, and inevitably fell in love with all of them. You can relate to their words, and find understanding among them.

What moved me the most that night was Ronald J. Goba’s performance of These Days, a work in progress. A tradition at The Spoken Word is to yell, “Whip it Good!” for works in progress, and they yelled. Here is an edited version of These Days. The Spoken Word is every Tuesday night at Books on the Square, located at 471 Angell Street. Call for more information 331-9077.

These Days
I believe in you, and I know you believe in me.

Those of us indigent and non-deferent do not have other worries care about such things
Now I know you agree so I want you to close your eyes and repeat after me:
It is not a war, only a police action.
The trick to being at war is to say
What is not war.

No one perspires in a freeze fire zone.
But I do not see, have not seen, will never see hawks masquerading doves.
We always honor our commitment not to widen a war.
The Jungle is not a cage.

Steel bars do not a prison make, but strong marble.
A strategic handset is an outseat left over from the French.

The petite munitions exquisite, the body count light, no matter the number of bodies, our casualties saints, our wounded martyrs.

There is no oil in Vietnam.
We are not in for the money.

Philip Morris has a curable lung cancer.

Jack Daniels does not smoke pot, says
Curiosis.

Search and Destroy is a parlor game invented by Disney.

The golden Arch guards Hamburger Hill.

Henry Kissinger not only composed but also conducted the Paris Peace Talks.
The orchestra has been integrated since Truman.

All wars are civil, else, who would fight? The non sequitur is the devil’s child.

Amber hair, blue eyes cannot be Cain or Joel.

Men must not brutalize war, must rise above the dinks’ and gooks’ they waste. Whenever it is either kill or be killed, it is better to give than receive.

Our conscience is clear.

These days, our conscience is clear.

Each of us has learned from Nuremberg.
Soldiers must hold to the highest laws of military justice.

The Lieutenant Calley who single-handedly massacred villagers at My Lai is the coverperpetrator of Tailhook.

This boy-in-man debauching marital mores.

Democracy discovers its culprits.
The body politic depends upon it.
Isolated atrocitory do not have common cause, Calley only guilty for the acts of Calley.

Would you let the man doubt illegal order?

Rusty is not innocent.

Others do who are not caught, the murderer as guilty as the murdered.

All brides must take the oath to make male babies.

In the end, if not elsewhere, everyone gets what he or she deserves. It’s the American Way.

Now you may breathe deeply, open your eyes:

Our conscience is clear. These days, our conscience is clear.

Ronald J. Goba

AIDS AWARENESS
World AIDS Day Dec. 1

ATTENTION:
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My experience as one of the faceless

by Bill Gonzalez
Staff writer

What kind of moron would ask for this job? That's the question I repeated to myself over and over as I stepped into the rain.

I was working undercover for 24 hours as a homeless person. My partner was David Morris; he was to meet me at one o'clock the next afternoon.

For the first 19 hours, I was alone. Kennedy Plaza confirmed some of my preconceived notions. People either avoided me or eyed me suspiciously. Not that I blamed them; I looked pretty ragged. My outfit came courtesy of the Salvation Army, brown corduroy pants, old sneakers, a dirty Windbreaker and a hat that looked putrid complemented a week old beard that needed a trim. Yes, I definitely looked homeless.

If someone is homeless, does that mean they're dangerous? Not necessarily, but possibly. After all, a homeless person can be dangerous to other homeless people. I was carrying no weapons, and that worried me. In addition to my apprehensiveness, I was embarrassed. I knew I looked bad; and at first, it bothered me. Someone who is honestly homeless probably feels the same way — when others stare at you, it can be humiliating.

After wandering around Kennedy Plaza for about an hour, I headed for the Civic Center. There I saw a homeless man.

"Hey, what's new?" I asked. He just suspiciously stared at me, which was not surprising. Most homeless people are very cynical; you need to be in order to survive for any length of time. "How's it going?" I tried again. Still nothing. Oh well, I moved on. Most likely, train and bus stations would be where a large concentration of homeless people would go to get warm. Once inside, I was able to dry off a bit. That helped, as I was pretty soaked by the rain. Wondering how rich people would react to seeing a homeless man in their neighborhood, I headed for the east side. Surprisingly, no one said a word. When I went to ask for the time or directions, they were always nice, with no phoniness.

After several hours, I headed for Kennedy Plaza again. Feeling pretty tired, I slept on a park bench. By then it was raining harder, and it was getting cold and windy. I was cold, freezing in fact; rain drenched me and my teeth were chattering. I then had an idea of how homeless people might feel daily. It was scary. How could I know someone would not try to kill me while I slept?

I don't know what time I woke up. When I did, I headed for the south side, on Westminster Street. At a diner, I ordered the breakfast special: two eggs, toast and homefries for 99 cents. The waitress served me without question. I simply observed. No strange reactions, nothing. How odd. Then again, it was a modest neighborhood. Perhaps they were used to seeing people dressed worn.

At 1 p.m., I met Dave on Federal Hill. I almost didn't recognize him. He had become a jack of all trades with a paramedic's insights on it, a longshoreman's rap, worn work-boots and dirty jeans. Normally, he looked like an average guy, except for the fact that he's around 6'2'.

Together, we headed for the train station. Again, there were no home- less people. Trying to find a soup kitchen, we went to Friends Street to look for Amos House, a locally-run Catholic Church shelter. Unfortunately, we went to the wrong Friendship Street. A stop at Traveler's Aid for directions sent us to the one in South Providence. Being open only on certain days, we found it closed. Instead, we went to the Episcopal Church on Elmwood Avenue, two blocks from Stephens Hall.

The food was OK for me. However, Dave's stomach was irrevocably irritated by it. There were many families there. All age ranges, from the very young to the very old. Next, we headed to the YMCA.

Back downtown, Dave and I ran into a guy who offered to let us crash at his place. While it was a nice thought since it was getting cold, we were on assignment. We thanked him and left. Dave began to get sick at this point, so we went to Traveler's Aid until it closed. He was not going to leave without me, so I felt it was best if we both called it a wrap.

Back at my dorm, one of my roommates asked me how it went. At first, I didn't know what to say. Then, I launched into a speech on how terrible it was. How a dog should not be forced to live like that. How, from that night forward, I would help the homeless by whatever means necessary. As I rambled on, my roommate stopped. I was not crying for myself. I was crying for those who had run out of tears, who had lost the will to even grieve; let alone fight.

The next day, as I was walking back from lunch, a homeless man asked me for some change. I handed him a dollar bill instead. "Good luck, pal." "God bless you, sir!" he replied.

"God bless me for what?" I quietly asked myself. I didn't do anything big. He's still homeless. I lost a buck that I could have lost in a vending machine. But if I were to actually do something major like build a shelter from your future earnings, or force the powers above to actually do something worthwhile, then maybe, I would have accomplished something.

Welfare hotels cost thousands of dollars a month to run. Ordinary apartments only cost hundreds. We spend billions of a dollars a year defending other countries. Let them pick up their own tab for once! It costs approximately $3,000 a year to house a convict. What homeless child had that much spent on him? Many people who are homeless are not drunks or druggies, but regular people who are simply poor. Some are old; others are mentally ill. Quite a few are children and teenagers who sell their bodies to buy food to eat. America is to blame. It must stop.

In Washington DC, there are lobbyists from the smallest nations to biggest corporations who try to gain influence from Congress. Who lobbies for the poor? No one. Who will pay for any lobbyists to do that? No one. Maybe, I could lobby some day. I feel like it is a naive ideal. But someone has to try. Even if I were only marginally successful, I would feel as if I were doing something more than spitting on a raging forest fire.

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STUDENT DINING CENTERS

Thanksgiving Break Hours
November 20, 1993
ACE - Brunch and Dinner
U-Club - Brunch and Dinner
Commons - 8am to 3pm
Pine Street - Cash 8pm - 1am

November 21-24, 1993
ACE - Brunch and Dinner
U-Club - Brunch and Dinner
Commons - 8am to 4pm

November 25, 1993
Holiday Dinner 11am to 3:30pm

November 26-27, 1993
ACE - Brunch and Dinner
U-Club - Brunch and Dinner

November 20, 1993
ACE - Brunch and Dinner
Pasta Place - Brunch and Dinner
Lite House - Dinner
Hospitality - Dinner
Concrete Rocks!!

Kenn Boyle
Staff Writer

It was so... and once in every lifetime, you see something so incredible that you just don’t have the vocabulary to describe it. Concrete Blonde’s show at Lupo’s, last Saturday night was one of those somethings! The sheer power unleashed by the band would have skewed any lesser building.

The band is composed of 3 people: Johnette Napolitano (bass), Harry Rushakoff (drums), and Jim Mankey (guitar). Napolitano produced hits such as “The Vampire Song,” “Joey,” “Caroline,” “Happy Birthday,” and “Ghost of a Texas Ladies Man,” from 5 different albums. Johnette writes all the band’s material and sings lead vocals, as well as playing the bass. The band from L.A. swung into Providence on one of their last stops in the United States. Their tour will continue with other shows in Japan, Australia, and Mexico.

Concrete Blonde doesn’t play music; they create strange, yet evocative moods. Their powerful, dark song, ”And remade other originals such as “Crush” and “America (I’m Wasted)” down the unbelieving threats of several hundred eager new recruits to the “Oblivious” army.

Then, it was time! In a golden haze, a solid wall of sound that began at the edge of noise, exploded into “Concrete Blonde.” The vocals of Napolitano captured the entire spectrum from growing soft threats to fang-fuelled northerners and even onto slightly sinister, insane little girls. She sent shivers up the spine and chillis throughout the rest. Her bass playing was a spooky counterpoint to her voice.

Harry Rushakoff, the drummer, proved that it’s not the equipment, but the man driving the machine that gets the job done. His thundering beats set a pace that few are able to match. Perfectly complementing the power of the drums was Jim Mankey’s guitar. His low-key approach to the precision of his work reminded one more of a surgeon gently fanning the eyes of sound from inside the skull.

Their performance of old favorites and new songs had the crowd standing though out the entire show! With encores of “Joey” and “Caroline,” a sold-out standing ovation capped one of the best shows of the year, possibly the decade.
Features

Chaos A.D.

I know I'm a little late for this review, but I thought it should be done. It's time we stop kidding ourselves. The heavy metal scene has been a sleeper this year. With the exception of Pantera, Tool and Galactic Cowboys, there really hasn't been anything to scream about until now.

Sepultura's Chaos A.D. is an intense conglomeration of metal mayhem. This tape is taking the place of any album that you may believe is the best riffing record of all time. The riffs on this tape are unbelievable; they come at you again and again, with such driven power that it throws you into a moosh.

The Mosh Pit by Joeray L. Wood

Trust me, this is no lie. I listen to this tape every day and I almost start up each time. But I control myself rather well. If you see me going into a stomp, you know I was listening to Sepultura.

The first time I saw this band, I was watching Huuhanguren Ball. It was a lame night (it's been lame ever since Riki Ratchman took over). Anyway, the last video was on and it was some Brazilian band. I decided to check them out before crashing.

They came on the TV and blew me out of the house. From that day on, they were on my list as a "must-get tape." Then, I heard the song "Territory" off their new tape Chaos A.D., and the rest is history.

Yes, this is a death metal band. Now, you're turned off, right? They are not like any other death metal band. They're more than just die, die, die or kill, kill, kill.

Sepultura addresses the real life issues of AIDS, poverty, prison overcrowdings and the government's missteps. They lose none of their lethality in Chaos A.D. They just deliver the metal, Sepultura style, with lots of punch and plenty of moosh grooves.

Even though the tape is a pummeling mass of meat, Sepultura hits you with a little acoustical jam about midway through the tape. This song, "Kiaouas," is about Brazilian Indian tribe living in the rainforests, who committed mass suicide to protest the government that was trying to take their land and beliefs away.

Even though there are no words to the song, there is still a lot of power and feeling in the music from the tribal beats of the drummer and the haunting acoustical riffs of the guitarist.

This doesn't at all detract from the integrity of the tape. It adds more of a punch and demonstrates the maturity shown by Sepultura. This signifies that even death metal can have more diversity than we think.

I've read a couple other reviews about this band, and I've read some of my friends say that this tape is terrible. Actually, they said it is "what a luch does" or "what you do with a lollipop."

First of all, the vocals of Sepultura are really cool, they add to the whole thrusting of their music. Secondly, this tape makes And Justice For All... by Metallica sound really weak. This tape is full of pleasant surprises and still packs some serious hard death metal wallop.

This is the Metal tape of the year (unlil Pantera comes out with theirs). Anyway, you wanna mosh like you never did before? Do you want good swift kick in the pants, be run over you by a steamroller and trampled by a herd of gazelles heavy metal fun? Chaos A.D. is for you. Don't pass it up; you will be sorry. Have a really cool break, and I'll see you at the Mosketers later. Peace, Love, Life and Music.

by Jenn Chace Staff writer

On Wednesday, November 10, the Women's Center held a "Gender Rap" at Harborsides Amphitheater. The "Gender Rap," was made up of a panel of eight students: Ronald Barth, Jennifer Mannette, Debra Schragar, Maria Fernus, Keith Wilder, Kenyon Harris, Mathew Case, and Terrisa White. These students were asked questions on different issues that confront men and women: how they behave, communicate, and their effects on relationships. The purpose of the forum was for students to discover anything they always wanted to know about the opposite sex.

Do women prefer men that treat them like dirt? Why do men act differently with their buddies than with their girlfriends? Why do women expect sex on the first date? Why do women play head games? And the hottest questions were: "If a woman is dressed provocatively, what does it mean to men and what does it mean to women?" And... "If you spend a lot of money to go to a nice place, do men expect sex afterwards?"

Many mixed attitudes were evidenced. There were some "sensitive" guys. One made the point to say "You've got to be careful what you say. This is the '90s." The stereotypical attitude stated from the audience was "If society said women should be sluts, the world would be a happier place."

The question, "why do men expect sex on the first date?" was directed to the males on the panel. Their responses ranged from "the chemistry's together" to "look at the environment with booze and drugs, things do happen."

"If you spend a lot of money to go to a nice place, do men expect sex?" this question opened a lot of mouths. One female panel member responded "If you want to get 'some' in college, you don't even need to spend a dollar."

Most of the men stated they did expect sex after spending a lot of money. Responses from the audience included "can't a man and women go out to a fancy restaurant and just have a good time, no sex included?"

If you have any questions on men or women, keep a look out for the Women's Centers next forum. The Women's Center is having a Winter Holiday Party November 15 at the Multicultural Center. They are asking for toys suitable for new borns to 12 year olds. All the toys will be donated to a center for abused women.

Time for a cool change.

Haircuts $15.00
Nails (Full Set) $35.00
Perms $10.00
Ear Piercing $5.00
Tan $35.00 per month

The Arcade
Third Floor
Providence
421-3594

Johnson and Wales Student I.D. Required
Giving Thanks

I am thankful for:

Those few who are really true and remain close to me, because of the numerous times I have made poor judgments and or mistakes in my personal dealings with them—when it is all said and done, those people I care most about and work to retain in my life.

- David Bryan Reinhold

Tomorrow, because I'm too busy to be thankful today. I'm so busy, I might have to be thankful next week. Try me after the new year!

- Jeannine Kimball

Out of three children I am the last born, however, I am the first to attend college. I am extremely grateful for being given the opportunity to learn and make my own abilities. With an ingenious mind I can excel the life I used to dream of as a child. Opportunity stimulates hope.

- Monique Robinson

This holiday's end, because that means Christmas is just around the corner. I'm also thankful for Jeanine's outrageous viewpoints, especially the Nov. 8 edition on page two, last column, line five. Most daring. You go girl! Mostly I'm thankful for all those close to me, you mean a lot.

- Elizabeth Salm

The fact that Thursdays and Fridays only come once a week and being able to stay friends with those that are important to me. I'm also thankful for being able to work on The Campus Herald staff.

- David Morra

Recently receiving the "Ace Reporter of the Month" award at The Campus Herald and for Student Activities considering the American Civil Liberties Union on board as a recognized student organization.

- Jason Bach

The people that care about me; that I have food, clothing, and a home; and that I have the opportunity to go to college.

- Robert King

Being able to attend JWU, working on The Campus Herald, being involved in campus programs, and meeting lots of nice people.

- Darius Broadmax

The opportunity of a higher education and to my fraternity and family member for showing me a whole new world.

- David Palermo

The life I've been given. The good that overcomes the sorrow and my future with the "woman of my dreams." I thank god, my family, friends, and Kelly for all that I am grateful for.

- Keith Wilder

Living, but I have to be even more thankful for the people who I have become a part of my life. I give thanks to my parents and family, who have been with me through the good and bad times; and my friends who have listened to me gripe and complain, even though they "stink like trash cans" and keep telling me how "neglected" they feel.

- Liliana Cortez

Having a loving family and great friends.

- Todd Alley

Being Alive!

- Jenn Chase

My parents (Mommy), music (King's X), all my friends (girlfriend), everyone who supports me and what I stand for (my fans) and life. Thanks to The Campus Herald for helping me see that light.

- Joreaj Wood

My job, that allows me to work with young creative minds and I'm also thankful for the support my department, Student Life, has given to me.

- Claire Gendron

All of the staff members in Student Publications who make everyday more interesting than the last. I am also thankful for my family and closest friends, who are one and the same.

- Jamie Landow

File photo courtesy of The Johnsonian.

The Campus Herald Staff.

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Thanksgiving week dining schedule

**Brunch:**
- Ace 10:30-2:30
- U. Club 11:00-3
- Lite House 11-3
- Dreyfus 11-2:30

**Dinner:**
- Ace 4:30-6:30
- U. Club 3-6:30
- Lite House 3-6:30
- Dreyfus 3-6:30
- Minden 4:30-6:30
Great Summer Experience
Be an
ORIENTATION LEADER
Help welcome the class
of 1994 to
Johnson & Wales University

Great Benefits:
$stipend
2 Free Classes
Summer Room & Board
Applications available at the
Student Affairs Office,
Residential Life, Student
Activities (Business & Culinary)
Application deadline November 29
College Astrology

by Linda C. Black

Aries (March 21 - April 19). Travel plans can get botched Monday. Allow extra time and money. Tuesday and Wednesday, do what you're told. Annoyed with an obnoxious professor who would only cause anguish. Group activities Thursday through Saturday are OK, but take care, especially Friday. An attractive flirt may be already attached to a jealous mate. Guard against propositions to make a comeback and it's about time.

Taurus (April 20 - May 20). You're too close to a finicky friend. Don't let your temper get you down. You're too wrapped up in your own problems. Friday is time for a break. Better not let anyone know you're down.

Gemini (May 21 - June 21). Monday would be excellent if you didn't have so much work to do. Make time for exercise. Tuesday and Wednesday could be a grind, but achieving your goals could depend on work you do now. Talk and walk with a smart friend Thursday to solve a tough problem. Travel plans may be delayed Friday, so be flexible. Talk to the wizard for an unpleasant surprise Saturday, you'll be even less interested in it next week.

Cancer (June 22 - July 22). Don't depend on a fastly partner Monday; you need the stability in the relationship. Tuesday and Wednesday, you'll get it done. Working with another should go very well then too. (Looks good for romance, if appropriate.) Thursday and Friday, there could be strain on your budget. Books or other required stuff could require careful shopping. Sunday is for travel, romance and sharing tender moments.

Leo (July 23 - Aug. 22). Have fun Monday but stay independent. Tuesday and Wednesday are full-on weekdays. Don't plan anything else. Thursday by the light should appear at the end of the tunnel. Intellectually you'll be superior on Friday, but you may have trouble in romance. Go along with what a stubborn sweetie wants. Ditto Saturday. On Sunday, it could be expensive, so shop carefully.

Virgo (Aug. 23 - Sept. 22). You're sharp as a tack this week. Monday, you may have to deal with domestic matters. Tuesday and Wednesday are excellent for romance and personal entertainment. If you don't have a steady, sober lover or ask for help from an interesting prospect. Provide a shoulder for a weepy friend. Finish up your homework Saturday so you can spend all day Sunday doing nothing with a cosmic soulmate.

Libra (Sept. 23 - Oct. 22). A funny lecture Monday will stay with you for years. Take notes Tuesday and Wednesday though, especially on a domestic matter. Your roommate is looking through the most difficult assignments. You'll learn best by doing as usual. Expect Thursday through Saturday to be slower. A roommate may not want to cooperate, even if you're right. Sunday is better for romance and for getting your own way.

Sagittarius (Nov. 22 - Dec. 21). You'll be in a good mood Monday, but don't talk too much. Get something for a friend Tuesday to pay back a debt. You may have to buy more equipment tools Wednesday in order to do your job. You'll be assigned. Tackle a technical problem Thursday and expect surprises. Help a friend understand a complicated message on Sunday. Sunday is best for staying home.

Capricorn (Dec. 22 - Jan. 19). Scoury to meet a deadline Monday, and then take the evening off. Get a romantic commitment Tuesday. Discuss long-range goals Wednesday. Computerized assistance could lighten your workload. It could be expensive; only buy stuff that will last for years. You'll learn best through videos, musical presentations and for sensitive friends on Sunday.

Aquarius (Jan. 20 - Feb. 18). Make travel plans Monday, even if you can't get away. Pay attention Tuesday. If bad luck Tuesday by an attractive profile. Your attitude Wednesday could affect your prospects. Thursday, you'll be strong, smart and good looking. Don't push your luck, though. The other guy still has an advantage. Ditto Friday. A decisive Saturday could be good, but read the fine print. Another's needs could be expensive Sunday.

Pisces (Feb. 19 - March 20). If a professor is taking nonsense Monday, maybe it's a joke. You may find romance or a new friend at a club meeting Tuesday. Wednesday is excellent for a friend with who you share your career goals. You could learn a valuable insider's tip. If you don't, it'll mess up your entertainment plans for Friday night and Saturday. Take a romantic excursion on Sunday with a friend who's a keeper.

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THE Crossword

ACROSS
1 On — with
5 Uppercase letters for short
9 Crucifix
13 Pie
t
14 Bay window
17 Egyptian deity
18 A relative
19 — ish
20 Roadway's
daughter
21 Change
direction
22 Orange and
namesakes
25 Partly, prefix
26 Work/recreation
material
29 Wizen
32 Whitney or
Walking
33 Certain barrier
35 Beaumont's
ame
37 June cry
39 Ventures
41 Ready
42 Ave...
44 Animal fluid
46 Grass
47 Tool for cutting
49 Happened to
51 Etymology
52 Asterisk
53 Pea or bean
55 Dapper
56 Running track
57 Flier
58 Edible fish
64 — — — — — —
59 Wärme
66 Funny fellow
67 Nonpareil
68 Sword
69 Has

DOWN
1 Macrow and
namesakes
2 Buldate
3 Exchange
4 Premise
47 Consequence
5 Experienced
58 Name of a kind
59 — — Bede
60 Repeat
58 Got some shut-
eye
65 Zodiac sign
50 Painting on
plaster
56 Error
57 Unbound
58 Mountain lake
59 Betaker's
concern
60 Movember bar
62 Wrath

ANSWERS

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- **FREE TRIPS AND MONEY!!** Individuals and student organization wanted to promote the hottest spring break destination, call the nation’s leader. Inter-Campus programs 1-800-327-6013.
- **TRAVEL FREE to Jamaica, Cancun, Nassau, Florida for Spring Break with sun bound vacation.** Organize a small group as a college rep. Prices start from $359. Call 1-800-Sun-Trek for details.
- **BEACH Springbreak** promoter. Small or larger groups. Your's FREE, discounted or CASH. Call BMI 1-800-423-5264.
- **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!** Jamaica, Cancun, Bahamas, S. Padre, Florida from $109. Book now and save $88! Small organized group travels free! Sun Splash Tours 1-800-426-7710.
- **SPRING BREAK.** 7 nights from $299. Includes: Air, hotel, transfers, parties and more! Nassau, Paradise Island, Cancun, Jamaica, San Juan. Organize a small group-FREE Trip plus commission! Call 1-800-GET-SUN-1.

**FOR SALE**
- **TYING SERVICE** with laser quality printing only $2 per page. Call Robin at 421-9295.
- **EXERCISE BIKE** $50, and Alpine skier (like a Nordictrack) $100. Call Laura 831-3839.
- **87 4-WHEEL DRIVE** on the fly Subaru red-maroon 5 speed hatch back. Mint cond. $350 or obo. 454-0046.
- Do you want fast and accurate WORD PERFECT typing at $2 a page? Call TERRIE at 941-9814.
- **BURTON SNOW BOARD.** Use once, excellent condition. $350, Inc. carry bag, binding, and 9” snowboard shoe. Call 227-1254.
- **27" TOSHIBA TV** and Sony 4-head VCR. Sale for $550. 272-1564.

**Eastside Apt. Large Sunny and Renovated**
- 2 Bed-$450
- 2 1/2 Bed-$625
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- No Utilities
- Apartment Has:
  - Washer/Dryer
  - Stove/Refrigerator
  - Central Alarm System
  - Unlimited Parking
- **331-2611**

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Coming soon to a room near you...
For more info contact:
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**CLASSIFIED AD FORM**
Classified ads are accepted only on this form. The charge per week for 90 characters is $1 for all members of the JMU community and $5 for all others. 75 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 may be placed by Student Publications, 2nd floor Friendship Bell, 3 Richmond Street or mailed to The Campus Herald, R Abbott Park Place, Providence, RI 02905. Ads: Monique. No phone orders accepted. All housing ads must be approved by Residential Life. Deadline is the Monday preceding the issue you wish publication.

**Address:**
**Phone:**
**No. of weeks:**
**Total:**

**USE ONE BOX FOR EACH LETTER, NUMBER, SPACE, COMMA OR PERIOD.**

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**United Rent-A-Car Inc.**
- **Low daily, weekly, and monthly rates**
- **Subcompact to luxury - vans**
- **Free mileage - Free local delivery**
- **Cash deposits or credit cards accepted**
- **Minimum age is 21**

**$99.99 for 3 days weekend package rental**
Students discounts available on all other rentals

**CALL 732-6180**
DAD SAID,
"YOU
DON'T GET
SOMETHING
FOR
NOTHING."

WELL, GUESS WHAT?
HE WAS WRONG.

WE'VE MADE A BIG DEAL OUT OF NOTHING.
YOU SEE, WE DON'T CHARGE AN ANNUAL FEE.
PROVING ONCE AGAIN, WHAT
DAD DOESN'T KNOW WON'T HURT HIM.

IF YOU DON'T GOT IT,
GET IT.
Are you searching for love? Someone to talk to? A companion to help out?

Search no more. Here is your opportunity to find your soulmate, companion, or significant other. All you have to do is read the following ads:

**WANTED... a Guitarist:** Distortion pedals. Someone to jam with, who has patience.

code: 027

**SEARCHING FOR... a liberal, open-minded, Democrat, intellectual, and attractive Single, White Female. Not looking for a one night stand. I am 5'10", 175 lbs. male from a major midwestern city.**

code: 113

**LOOKING FOR... a 6'2" humorous and sexy male companion. Must be caring and enjoys a funny and caring woman.**

code: 024

**ATTENTION... all males: If you are down-to-earth, sensitive, outdoorsey, enjoy quiet times with women and are handsome - call me we'll go out for coffee.**

code: 272

**SEARCHING FOR... a deep, spiritual, down-to-earth, gay male. Not into the bar scene. Likes quiet times. You all know who I am!**

code: 701

**WANTED... a man who would be attracted to a 5'6", strawberry blond female with hazel eyes.**

code: 508

**SEARCHING... a Jewish female is looking for a Jewish male who is sweet, patient and caring.**

code: 010

**WANTED... a cute, attractive, Portuguese or Hispanic female, by a male. Between 5'3" and 5'8". Someone to hang out with and get to know. Must have a good attitude, fun to be with, and sociable. Age does not matter.**

code: 228

**SEARCHING... a gay male, 20, 5'5", blonde hair and blue eyes. Seeking a sincere relaxed individual, for friendship and relationship.**

code: 001

**WANTED... a 5'6" single, white female with short red hair. Preferably a model from New Jersey with a vicious attitude. Is there one around, maybe in Renaissance? By a Greek male.**

code: 850

**LOOKING... for a white female, with green eyes, blonde hair, about 5'7", who likes cats and chubby men who drives a blue Civic, must be a Scorpio.**

code: 024

**SEARCHING... for an attractive, kind, single, white female. Looking for a lovable person who will like my kind male companionship.**

code: 030

**LOOKING... for a massage therapists who will offer stress relief.**

code: 072

**SEARCHING... for a gay white male who is honest, spiritual, somewhat open and very spontaneous, is looking for same. I enjoy politics, travel and good conversation. Non-fem. Take a chance and respond, what do you have to lose.**

code: 013

**LOOKING... to find a tall, sweet, devoted male who lives at Conrad Hall. He must be a hard worker and a caring individual, by a female.**

code: 017

**KING OF THE JUNGLE... seeks Mate. Leo male hunting lioness to reign with. Strong, intelligent, sensitive tom desires kitten with same royal attributes.**

code: 007

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**If you would like to respond to any of these ads, all you have to do is put your name, phone number, and code number of the ad inside an envelope. If you would like to create your own personal ad, fill out the form on the other classified grid on page 13. Ads are subject to approval of the Editorial Board. Starting the issue of Dec. 13 ads will cost $1 in quick cash! Clearly mark and send all responses and ads to the Personal Person, in care of The Campus Herald. 'Don't be shy!'**

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**Free for a limited initial offer!**

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**Looks like a Vivarin night.**

It's 10 PM. You've cramned for finals all week. Took two today. And now you've got to pack an entire semester's worth of Philosophy into one take-home exam, in one night. But how do you stay awake when you're totally wiped? Revive with Vivarin. Safe as coffee, Vivarin helps keep you awake and mentally alert for hours. So when you have pen in hand, but sleep on the brain, make it a Vivarin night!
Griffins beat Southern Conn.

by Ramiro Jurado
Staff Writer

The Johnson & Wales University hockey team beat Southern Connecticut 2-1 on Saturday Nov. 6, for their first win of the season. The Griffins showed no mercy against SC, beating them 5-2. The win put the Griffins record at 1-1-1.

The Griffins started the game on the right foot with Matt Stauffer scoring the first goal with an assist by Joe Bonifiglio. The crowd began chanting "9-1-1," Bonifiglio's #9 and Stauffer's #11. Joe Bonifiglio did not disappoint the crowd and scored, assisted by John Garrity.

The Griffins seemed to have control of the game. Greg Breiner charged ahead off a breakaway late in the first period and slammed the puck past the goalie to increase the lead 3-0. The cheering crowd went wild. SC then scored a late goal to end the first period with the score 3-1.

Goalie Keith Graziano blocked several early shots at the JWU goal. SC took slap shots and had breakaways but were unsuccessful in getting the speeding puck past Graziano's body. Ian Anderson swiftly got the puck through SC goalie, Andrew De Groeseliers had the assist.

The spark was now aflame. JWU could not help but add to the lead. A shot was taken on the SC goal and blocked by their goalie, but John Garrity slapped the puck in on the rebound.

With the period coming to an end, SC scored a goal that would prove to be meaningless.

Rosters due today, Monday Nov. 15, for men's and women's intramural indoor soccer, basketball and coed volleyball.

Rosters may be picked up and dropped off at the Athletic Office.

Griffins face off against Southern Connecticut.

Photo by Ramiro Jurado

Sports have influences

Whether or not we realize it, sports are a major intricate part of all of our lives. It could be that we come from an area where major section of our local economy comes from major sporting events. It could be that we are from a small town where the major attractions are little league games, or it could be that you are one of those Sunday armchair quarterbacks. In any instance, however, we see sports, and they somehow influence our lives.

There is, however, a point where sport's fan participation should stop being our major influence, and rational, reasonable thinking should kick in.

Two weeks ago, when the University of Wisconsin's football team unexpectedly beat Michigan at its homecoming, a portion of the 77,745 celebrating Badger fans rushed the field in an attempt to tear down the goal posts. As a result, hundreds of fans were crushed against fences, injuring 73, six of which were critical.

This is an example of just how much sports can influence us.

It is not only the broad spectrum of sports that can have influence over people, but the individual players can have an effect as well. It could be argued whether or not Michael Jordan was the best player to have ever played in the NBA. However, it could not as easily be argued that anyone, in any sport, has had as much of an influence over as many people as he does.

Jordan was the first athlete in history to dominate so many aspects of mass media. Also, being a Chicagoan, I can tell you of the influence Jordan has over the entire city of Chicago. Everyone needs to know where he is; what he's doing; if he was going to lead the Bulls to another title; and if so, how much was he willing to put up on it.

If Jordan were to run for Mayor of Chicago, even as a Republican, he would win in a landslide. The influence that sports have on our lives can be good, but it can also tend to dominate our behavior. This is not the intention of sports. They are here to entertain us, not rule us.

Intramural dates 2nd and 3rd trimester

Nov. 16 Captain's Meeting for winter intramural sports, Culinary Gym, 5:30 p.m.

Nov. 17, 18 Study Sessions, St. X and Culinary Gym, 8p.m. - 12a.m.

Dec. 3 Coed Volleyball Begins

Dec. 8 Men's and Women's Intramural Basketball begins.

Dec. 10 Midnight Madness Basketball Tournament, Culinary Gym $10 per team to enter

Dec. 11 Indoor Soccer begins, St. Xavier Gym

Dec. 13, 14, 15 Staff Holiday Party, Culinary Gym, 7 p.m.-9 p.m., Secret Santas for staff.

Feb. 8 Rosters due for Men's and Women's Softball and Floor Hockey

Feb. 10 Captain's Meeting for spring intramural sports, Culinary Gym, 5:30 p.m.

Feb. 12 Staff/Faculty vs. Intramural All-Stars, 2 p.m.

Culinary Gym

Feb. 19 Pre-Final Dance Party (Tentative), Culinary Gym, 10 p.m. - 2 a.m.

Feb 22 Study Sessions, St X and Culinary Gym, 8p.m.-23,24 12 a.m.

March 8 Floor Hockey begins

March 18 Men's and Women's Softball begins

April 2 or 9 Benefit concert (very tentative) information forthcoming

April 29 Invitational Golf Tournament, Golf Course and Times TBA

May 13 Intramural Picnic, Site and Time TBA

Stress Relief Days

Find out your stress level and how to reduce it.

Harborside and Plantations Fitness Center

Nov. 15 and 16, Monday and Tuesday from 4 p.m.-7 p.m.

Juice and fruit will be provided.