Boozin’ it up on campus

Students and staff hope to educate others during upcoming Alcohol/Substance Awareness Week

By Daniela Zappula
Special Writer

Next week is Johnson & Wales’ annual Alcohol/Substance Awareness Week. Student Activities organizers have scheduled many entertaining events that will aim to educate students about the dangers of substance use and abuse on our campus.

This JWU awareness campaign has spanned over 5 successful years and included many special events to attract attention to the local and national college calamities caused by intoxication and drug use.

“It’s a serious issue,” said Marke Beveridge, the program’s coordinator. “People always believe they are invincible, especially college students. The sad reality is that everyday collegiate fun and games can become lethal and no one seems to pay attention until it is too late — when they find themselves injured, or even worse discover the ‘morning after’ that a close friend is comatose or even dead after an ‘innocent’ alcohol or drug-related party.”

Without being patronizing or morbid, Beveridge feels that the events scheduled during this Awareness Week are required time to bring awareness for students’ safety, and their determination to inform people about alcohol and drug use: what is safe, and what can be fatal.

Awareness Week Events

Celebrity Dawn Lewis will speak in the Xavier auditorium on Monday April 18th. She is the actress who starred in the T.V. show “Hanging With Mr. Cooper” and “A Different World.”

On Tuesday, April 11, state police will demonstrate with “the convince” with the narcotics team between 1-3 p.m. - 6:00 p.m. in the Xavier Courtyard.

On Tuesday night, comedic Steve Matuszak will perform at the Hospitality Center at 7:30p.m.

Wednesday April 12th, speaker Bud Boruff will speak about surviving drunk driving in Xavier Auditorium at 8:00p.m.

Thursday, April 13th there will be the “Cold Turkey,” a midnight basketball tournament of 9 on 5. It will be held from 11:30 p.m. - 3:00 a.m. at the Culinary Gym, and is sponsored by Tau Kappa Epsilon.

On Friday, April 14th, our Annual Fashion Show will be held at Plantations Auditorium at 8:00p.m.

To wrap-up eventful week, on Saturday April 15, the International Club will sponsor the annual Caribbean Festival from 7:00p.m. - 1:00 a.m. in the Culinary Gym.

The staff and student groups sponsoring events hope that this year, as in the past, students are aware of the problems that alcohol and substance abuse can cause and will take the needed precautions to protect themselves and their friends, not to take them to their “party.”

For more events, look for the “Be Wiser” calendar posted around campus or call Student Activities for more information.

Shalom, l’chaim

Hillel serves seder dinner, Kosher wine tasting at Lithouse Grille

Johnson & Wales University Hillel has been awarded a 1995 Irving and Sarah Pitt Campus Creativity Grant for its Kosher for Passover Week at the Lighthouse Grille.

“We hope that by creating these programs, Jewish students at Johnson & Wales, as well as the rest of the community will take part in learning about their own and others’ cultures.”

Jeffrey Ingber, former Johnson & Wales Hillel President and co-advisor to the group today.

“When I was a student here, I had an idea that JWU would be the only Hospitality School in the country to actually certify its chef’s Kosher cooking.

“When we first started this program in 1991, I never dreamed it would have come this far. I’m very excited that the students won this grant.”

The multicultural seder will be held on Monday, April 17 at 7:00 p.m. at the Lighthouse Grille, and the Kosher wine tasting will be held on Wednesday, April 19 at 8:00 p.m.

Anyone interested in more information or in participating in these events can please call Ellen Babil, Coordinator of the Jewish Student Outreach Project, at 863-1591.

The Hillel Irving and Sarah Pitt Institute for student leadership and its grant program challenges students to defy the norm, create the unexpected, establish new trends and explore the limits in designing unique campus projects that extend beyond the confines of traditional programming.

Through the Foundation for Campus Jewish Life and B’nai Brith Hillel Foundations, The Hillel network of 500 regional centers, campus-based foundations and affiliates brings the college world all the richness and diversity of Jewish life. Its historic commitment for a pluralistic community places Hillel in the vanguard of those who are determined to build a fuller and stronger Jewish people in the 21st century.

NO PARKING!

Don’t Forget April 20 is Earth Day!

Johnson & Wales will host an environmental fair at the Xavier Complex. Visit the Energy Van and exhibits on Claverick Street, which will be closed to cars all day.

THE CAMPUS HERALD

Johnson & Wales University Providence, Rhode Island Wednesday, April 5, 1995

The student newspaper dedicated to serving the University Community.
Learning about hope from the homeless

To the Editor,

I work as a Management Development student assistant and Student Senator at the Johnson & Wales University Community Service Office. I work at St. Charles Soup Kitchen, in Providence, where I have been involved in helping to provide food and clothing to those in need. I have gained a new perspective on life and the importance of community involvement. My experience has been extremely rewarding, and I strongly believe that everyone should have the opportunity to make a difference in their community.

One of the most rewarding experiences I had was during the Christmas season. I volunteered at the soup kitchen on Christmas Day, and I was amazed by the kindness and generosity of the people there. It was heartwarming to see how much they cared for one another, and how much they enjoyed each other's company.

I have also learned that even the smallest acts of kindness can make a big difference. For example, I remember a little old lady who was always smiling and saying thank you to everyone who helped her. She had a special way of making people feel important and appreciated.

I have come to realize that everyone has something to give, and that we should all try to help those in need. It is important to remember that we are all connected, and that we should work together to make the world a better place.

Sincerely,

[Signature]

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Sincerely,

[Signature]
Short Takes

Jobs ready for travel students

Travel Students: Several positions will be available in the travel & tourism internship program for teaching assistants. In order to be considered for the position you meet the following requirements:
- GPA of 3.0 or better
- Reliable mode of transportation
- Be in good standing with the University
- An Associates degree in Travel & Tourism or completed travel internship

If you are interested, please send a resume and cover letter to either Mr. Sabitoni, or Dr. McGarr.

The deadline for resumes is April 14, 1995. Candidate interviews will be held April 17-19.

If you should have any questions regarding the position please feel free to contact Mr. Sabitoni at 598-1705.

Alumni wants to realize its $200,000 goal

The Annual Fund provides unrestricted dollars that can be used each year for scholarships, academic programs and assistance with financial aid efforts. Volunteers are needed for the phonathon to ensure its success. Please join us in helping the Alumni Relations Office and the University in achieving this goal.

The Alumni Relations Office will be holding a regional phonathon on Thursday, April 13, 1995, at Plantations Hall, Second floor, from 5:30 p.m. to 9:00 p.m.

The Annual Fund is $1,000 shy of its $200,000 goal, and the university needs your support. Your partner will be greatly appreciated, says Cielesie Horne, assistant director of Alumni Relations.

For more information, please contact Moira Murphy, alumni coordinator, at X1498 to volunteer.

Foreign exchange students’ information seminars are around the corner for fall term

Informational seminars will be held on Thursday, April 20, 1995, in HAC Room No. 10 at 9:00 a.m. and at 3:00 p.m. in HAC Room No. 17.

On Friday, April 21, 1995 at 10:00 a.m. in the Conference Room in the Administrative Offices in the David Friedman Center.

A representative will also be available during the Co-Op Informational Seminars.

Applications are available in the Administrative Offices in the David Friedman Center beginning Thursday, April 13, 1995.

If you cannot make an informational seminar, please call 598-1134.

Important graduate information!

1995 Graduates! Remember to return your graduation news release data sheet found in your graduation packet to the Public Relations Department, PAR Building, 6th floor in order for a news release to be sent to your hometown paper.

Graduation information can not be sent without this information.

Also if a request is made for a release to be sent to a newspaper other than your hometown paper, student must state the reason, i.e., former hometown, grandparents, divorced parents, etc.

If you have any questions, call Sandi Hanson at 456-1412.

NOTE: This only applies to those students graduating between August 1994 through June 1995.

After that date the student is included on the graduation list for May 1996.

Practice your English have some fun

If English is not your first language, and you would like (no pressure) practice in pronunciation, please come to the Pronunciation Workshop.

Workshops are held every Tuesday at 3 p.m. at Washington Hall - Room 303, by professor Alice Smith will conduct the workshops.

Focus on discrimination

Join students from schools across Rhode Island for an afternoon of discussions and workshops focusing on discrimination in our schools on Saturday, April 8, at noon at Bay View Academy.

For further information please call the Office of Diversity at Moses Brown School 401-831-7350.

Journal workshop designed to increase creativity levels

Learn and practice a variety of methods to help you deepen your own life understanding and creativity.

With "Journal Writing: An

***************

Sr. computer lab assistant wanted

The Academic Computer Services is interviewing applicants for the position of senior lab assistant. Candidates must have the following qualifications:
- Sophomore & above
- 2.5 GPA
- Basic computer skills
- Positive attitude

Candidate will start working this summer (June, July & August) for intensive training and other projects slated to be accomplished during this time.

Interested parties must submit the following:
- Resume with cover letter
- Two recommendations from their faculty to Alex Z. Ironog, Coordinator, Xavier Computer Lab, Xavier Blvd.

Call Gretchen Robinson Wednesdays. Classes will be conducted April 5, 12, 19, & 26 from 7:30-9 p.m. in the parish room of Beneficent Congregational Church, 300 Weybosset Street. A $25 donation is requested for participation in the whole series.

Gretchen Robinson is a very experienced and popular instructor who has taught journal writing for adults as well as and high school youth.

Call the Beneficent Church, 401-331-9844 (fax 401-831-0544) for more information.

Introduction* instructed by Gretchen Robinson.

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*There may be a $50 surcharge for January, February and March deliveries.

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Greeks sponsor comedy, basketball tournament

By Dave Crane
Greek Correspondent
Greek Letter Council

Congratulations to Kappa Phi and Sigma Pi for working hard to become part of the Greek community.

Remember to pass in your nominations for the awards banquet by April 17th.

All organizations must have 2 representatives at our next meeting at 3pm. On April 10. Be sure to participate in your community service events. Any questions call 596-1083.

Kappa Phi
Would like to give special thanks to all who participated in "Jump Rope for Heart", it was a great success. Look for upcoming events.

Thanks to Phi Kappa Sigma for an incredible social. You made half a lot of fun. Also, thanks TKE for a great social.

Sigma Delta Tau
The sisters of Sigma Delta Tau would like to thank everyone who organized the Greek retreat. Our sisters had a great time.

To the brothers of Zeta Beta Tau, thank you for a great social. It was lots of fun.

Stay tuned for the win a date with a Sig Delt. Tickets go on sale soon.

Sigma Pi
On April 11, 1995, as part of Alcohol Awareness Week, Sigma Pi fraternity along with Sigma Sigma Sigma sorority in co-sponsoring comedian Steve Matuzak. He will be presenting his show at the Hospitality Center in the Rhode Island Room at 7:30pm. There is no admission for this event. We would really appreciate if all students, faculty, administration and Greeks come out and support Steve Matuzak, Alcohol Awareness Week and us.

Over the past week, we have selected our Social and Community Service chairpersons. If anyone would like to plan any events with us, either social or community service related, please contact Social Chairman Nate Smolinski at 598-4039 or Community Service Chairman Anthony Sussino at 621-9628.

Sigma Lambda Mu
Congratulations to the members of the Lambda Chi pledge class. Make us proud gentlemen.

Look out for the Lambda Mu Bunny Basket's. Buy one for your honey. Contact Stephen Pierce at 598-4453.

Tau Kappa Epsilon
We would like to thank everyone who supported us on Sunday at cleaning up downtown. It was hard work, but we had fun.

TKE is sponsoring "Cold Turkey" basketball on Thursday, April 13th at the Culinary Gym.

It's a 5 on 5 basketball tournament for Alcohol Awareness Week. Entry deadline for teams are on April 11th by 4:00pm at the Culinary Fitness Center. Double Trouble is almost here. Look for details soon.

Volunteers needed; get together and make a difference!

The Rhode Island Community Food Bank needs volunteers to help with a special project; the Rhode Island Post Office Food Drive. The Post Office will be collecting food throughout the state on Saturday, May 13, 1995. The Food Bank needs 5 or 6 volunteers at designated post offices in Providence to put the food into the Post Office containers and bring them to different locations within Rhode Island.

The time will vary according to when the food arrives back at the different post offices. Most of the times should be around 10:00 a.m. and 2:00 p.m. If you would like to help by getting a group together to volunteer; please call Jo Ryan at (401) 826-3073 as soon as possible so that we can arrange for your group to go to one of the locations.

IMPORTANT PASSOVER INFORMATION!!

For the fifth consecutive year, the Lite House Grille will become a Kosher for Passover Dining Facility.

Three Kosher for Passover meals a day will be served from Sunday, April 16 until Friday, April 21. Tickets will be sold at the Friendship building for $4.25 each, beginning on April 7.

A limited number of free tickets will be available through Ellen Dabli, who can be reached at 863-1591.

Special Passover Programs:

Multi-Cultural Seder — Monday, April 17, 7:00PM at the Lite House Call Ellen at 863-1591 to make a reservation.

Wine Tasting — Wednesday, April 19, 7:00PM at the Lite House

Must be 18 and over to participate, 21 and over to attend.
Over the hills and through the woods to Kent, England we go

Doris Sock

"Mind the Gap," a little voice says as you step off the train in a London subway.

People rush out before the doors close nearly knocking you over as they go. This is your first impression of London, rush rush. However, the rest of Kent, which is the county in which London resides, is not like this. Kent is filled with small villages of only 100 people or so.

I got the great chance to have an English best friend, and she invited me to go home with her to her village which is called Newnham. We travelled from Paris and drove to Calais where we took the ferry to Dover. Dover castle was great.

That day, they were having a festival and there were people dressed in Medieval clothing and shooting bows and arrows, while some women roasted pheasant and other meat over a fire. I felt as if I had walked into a novel or a movie.

As we drove out of the castle on the wrong side of the street and almost crashed headlong into another car, I really felt backwards. But we made it to her town and to her house, which is a converted abbey complete with an old graveyard right next to her house.

That day we walked her village visiting all of the people. Her town was only two streets. For dinner we went to the pub with half of the town. She told me that we were going to walk downtown to the pub. I was thinking that it would be a long ways away, but we walked down the street and we were there.

The English people were very nice and invited us over for tea the next day. Tea is a very big thing in England. It is a ritual every afternoon about an hour or two before dinner.

The next day, we went to Leeds Castle and Igham Moat. They are both castles that have been preserved for tourists and the English Historical Society. They were both very fascinating places and Igham Moat actually had a huge moat that surrounded the castle. We stopped and had cucumber sandwiches after we visited the castle and finally returned to the village for some rest.

Canterbury was our next trip.

We stayed there for three days visiting the cathedral there and visiting the Canterbury Tales museum.

This was the best museum that I have ever been in. As we went into the story of Canterbury Tales they actually had the smells of fish and horses. It was very good and I was sorry to leave Canterbury but we had to continue on to London.

We took the train for a day trip to London where we ate with my friend's grandparents at Fortnum and Masons. This is a lunch room where the waiters wear tuxedos and are very prim and proper even down to sitting the ladies at the table.

After lunch we went to Covent Gardens which is a bit like Venice Beach in California. There are a lot of homeless people here but it is one huge market place full of clothing, bags and gifts to be there.

We went to a huge park and sat and talked with a lot of the people. They were from all over the world and had come to London to try to make a living. Unfortunately, many were unsuccessful and ended up living in the park and making hair wraps for people. Hair wraps are where they take a lock of your hair and wrap colored string around it in different patterns and colors.

We walked a lot of London that day, seeing Big Ben and Westminster Abbey as well as the Thames river. It was all very beautiful and old. It is really amazing that something so old is still lived in or used for public services.

After seeing the Tower of London, it was time to go to the theatre to see Les Miserables. This was really brilliant. The actors and actresses were very good and I was very impressed with the props and special effects.

After the play we were exhausted, so we returned to Newnham and were just in time for the biggest rainstorm I had ever seen. It really poured and the thunder was very loud.

Before I had gone to England, I had joked around with my friend about how it rained all the time in England. We sort of had a bet which I lost because it only rained once the entire two weeks that I was there.

England is very green and must have a billion hills covered with sheep. This was the first time that I had ever seen a sheep and I also got the chance to see a peacock.

It was absolutely beautiful and I would suggest it to anyone who goes to Europe to go to the south of England to Kent.
Back from A capital...!

Freshman sent to Washington...!

The three of us at an early morning photo shoot, showing our bed hair best.

Hardly had we gulped down the wash-and-toss of Coke and savored the measly handful of Planters peanuts than USAir flight 101, Providence to Washington National, feathered gently to the runway and rolled to a standstill at the gate.

It was 8:15 p.m., Thursday, March 23 and Professor John Coupe, Gunnar Engilbertsson (a JWU accounting major from Iceland) and myself (best left undescribed) were on a mission.

We were to represent Johnson & Wales University at a weekend event sponsored by the Center for the Study of the Presidency. For Gunnar and myself, this came as a result of unwittingly winning an essay contest sponsored by the John Hazen White School on the topic of "Issues '95," the challenges facing our country's administration.

The venue for the weekend was the Hyatt Regency located only a few blocks from the Capitol. We settled in for the evening and night, preparing to register Friday morning.

Friday was spent touring the major attractions of our nation's capital, including a walk through the White House and a ten minute whirlwind tour of the Mall: the Lincoln Memorial, the Wall, etc.

Though brief, the tour was nonetheless inspiring. A stop at the State Department culminated in an hour-long briefing by Dr. Daniel Hamilton, Director of the Office of Policy and Public Outreach of the Bureau of European and Canadian Affairs, U.S. Department of State. Since his message was in keeping with the length of his title, I shall refrain from relating the details. (Give me a call if you want more info...)

The evening past pleasantly with a reception and dinner, during which a lecture was given by keynote speaker, Alexia Herman, Assistant to the President and Director of Public Liaison. She requested that the seven hundred or so conference participants consider the implications of the following four principles:

1) What does it mean to disagree without destroying the fundamental foundations of our government?

2) Change does not necessarily mean progress. Change is a very basic law of nature, but progress is not. "You can change and still not move a society forward," she said.

3) The need to value and respect our leaders. The Congress and President of the United States are not just the leaders of the USA.

4) Remember that in democracy the key cornerstone is the responsibility to be involved, and to be engaged.

Though her message was perhaps typical of someone in the equally well-received breakfast Saturday morning, we heard an account of the century revolve around O.J.'s whereabouts at the time of the...
the future:

weekend

D.C. symposium with winning essay

into a lengthy and rather patriotic dissertation, singing the praises of our Defense Department and Armed Services.

The Under Secretary's address was followed by "Issue Panels" during which time topics such as presidential leadership, the development of public policy, considerations on fiscal and trade policies, and the like were discussed.

I must say that I felt slightly out of place amid such an august gathering of political science majors, but found it still to be edifying, even if a little superfluous in informative value.

No doubt that gives enough of a feel for the nature of the weekend. There were of course other lectures and events which we attended.

But perhaps the highlight of the weekend was Saturday afternoon when the three of us from Johnson & Wales went across town to Arlington Cemetery, specifically to see the graves of the Kennedys' and to witness the changing of the guard at the Tomb of the Unknown Soldier. The poignancy and imagery will not quickly be forgotten.

Washington D.C. is a beautiful city, beautiful in its architecture, in its layout and design. But it is also a city of contrasts.

In stark relief against the backdrop of wealth, right on the Mall in the center of the tourist area, there are homeless people sleeping in plastic bags.

This struck me as truly ironic; right on the doorstep of our nation's capitol lies the spectrum of our society: The camera-slinging tourist roaming the halls of the Smithsonian, the veteran pounding his fists on the Wall, the jogger in the park, the bag people—all these and more make up the diversity that is the United States.

While we may not yet be the perfect people, it was heart-warming to experience a weekend with so many peers from across the nation who are all deeply committed to using politics as a means to form a more perfect union.

It was an honor to represent our university at this event. (I'll do that anytime; like I said, just give me a call.) And, by the way, I didn't bother with the peanuts on the way home.

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The Lincoln Memorial: you'll find him inside.

photo by Chris Voll
GRADUATES NEEDED: Driving ambition a must.

Your New England Ford Dealers have great incentives for ’95 college graduates.

Qualified graduates get $400 cash back and pre-approved credit up to $18,000 on any new Ford. The $400 cash back is in addition to most all other offers or qualified graduates can take advantage of special financing. And with your pre-approved credit, there’s no down payment and no payment for 120 days. So hurry in. Or for more information call 1-800-321-1329.

NEW ENGLAND FORD DEALERS

Probe Escort Contour Ranger Explorer Mustang

Anyone enrolled in a graduate school or who will graduate with at least a bachelor’s degree or graduate degree between January 1, 1995 and September 30, 1995 is eligible for either the cash rebate or special purchase financing on purchases only when you take retail delivery from October 1, 1994 through September 30, 1995. Qualified buyers from Ford Credit are limited to pre-approved credit on purchases only, up to $18,000 or MSRP, whichever is lower. No down payment and 120 days deferred payment slightly based on verified employment and or 120 days or vehicle purchase or a salary sufficient to cover living expenses and vehicle payments. Residency restrictions may apply. All 1995, 1996 and 1997 Ford cars, light trucks and minivans are eligible. See dealer for additional details.
Leap into spring with the Brown Dance Ensemble

Brown University Theatre presents the Brown Dance Ensemble Spring Concert on April 6-9 and April 13-16 in Stuart Theatre. A different production will be produced each week, with the first week's production consisting of student and faculty choreographed pieces, Milton Meyers' dynamic piece SEASONAL FIRE, and the highlight of the evening, DIDO and AENEAS, which will include dancers, principal singers, a chamber choir and chamber orchestra.

Tickets are available for both shows at the Leeds Theatre Box Office, Monday - Friday, 11 a.m. - 5 p.m. and in Stuart Theatre one hour before curtain on the night of the performance. Ticket prices are $11 regular admission, $8 Senior Citizens and Brown faculty/staff and $5 for students with an i.d. Performances on April 6-9 and 13-15 are at 8 p.m.; April 16 is a 3 p.m. matinee only. Tickets may also be purchased by phone with VISA/Mastercard. Leeds Theatre Box Office is located at 77 Waterman Street, Providence. To charge your order, or for more information, call 863-2838.

by Kenn Boyle

The Top Ten...

Cheap Dates in Providence

10. Riding the bus to Newport
9. Seagull watching at Culinary
8. Rollerblading on I-95
7. Salvation Army Christmas Concerts
6. Sharing a six-pack and weiners
5. Kennedy Plaza photo safari
4. Downtown parking space hunting
3. Quiet dinner for two at A.C.E.
2. Party crashing
1. Making-out on roommate's bed

It's One Of The Most Useful Credit Cards On The Planet. Unless You've Stolen It. Your MasterCard® is stolen. You panic, get angry, panic some more. Then you call and cancel it. Now the thief is in possession of, oh, about seven cents worth of stolen plastic. (Maybe he can use it as a coaster when he entertains at the hideout.) So relax. You only have to pay for stuff you bought, and you can even get a new card the next day. It'll be accepted at millions of places, one of which must sell wallets. MasterCard. It's more than a credit card. It's smart money.
The sun's in Aries this week, meaning it ought to be action-packed. Monday, with the moon in Taurus, focus on finances. Tuesday and Wednesday should be excellent for reading, writing and spirited debates. Thursday's best for staying home in bed, if that can be arranged. Domestic activities also dominate the agenda on Friday; have a house party! This weekend, the moon's in Leo, so it's great for sports, travel and participatory entertainment.

Aries (March 21-April 19). Make a financial decision Monday morning; you'll be too busy later. Tuesday and Wednesday, finish a paper that's coming due. Thursday's pretty much wasted; don't do anything significant for then. Get out of town Saturday and Sunday. Conditions are perfect for a decathlon weekend, with a date.

Taurus (April 20-May 20). You'll be powerful on Monday, so finish up a tough job. Don't fritter away money on Tuesday or Wednesday, not even on school supplies. Settle down to study on Thursday, and by Friday night you may find an attractive prospect there. Get a friend to help you build something for your room. Working together will be bonding.

Gemini (May 21-June 21). Your burden may seem almost too heavy on Monday, but by Tuesday you'll be lighter. Hustle from then through Wednesday, making the most efficient use of every minute. Yes, that will take planning. Friday and Saturday morning are good times to go shopping for food.

Cancer (June 22-July 22). Attend a club meeting Monday morning; you could discover another way to save! Be prepared to explain your position on Tuesday and Wednesday. Rest as much of Thursday as possible. It may be hard to find the funds to do everything you want this weekend. Love is heavy with school requirements for your limited resources.

Leo (July 23-Aug. 22). You're even luckier than usual all this week. That should help, if you run into a brick wall of a professor on Monday morning. Avoid making financial decisions, or any other kind, on Thursday. The test on Friday will require you to use your intuition, as well as your natural intelligence. You can relax over the weekend. You'll probably get whatever you want.

Virgo (Aug. 23-Sept. 22). Monday, you'll be in a good position to see your next most practical move, so take a peek and make a decision. Changes are rampant on Tuesday and Wednesday. Keep your overall goals in mind, so you don't get confused. Consult friends on Thursday, but don't act until Friday. Lay low this weekend, and finish an assignment that's coming due soon.

Libra (Sept. 23-Oct. 23). Do extra work on Monday so you won't have to go further into debt. You'll be as sharp as a tack on Tuesday and Wednesday. An older woman may be a bit tough to figure on Thursday. Be patient, and the issue should come clear by Friday. Listen. A bold dare may try to talk you into doing something outrageous this weekend. Actually, it might be fun.

Scorpio (Oct. 24-Nov. 21). Listen to a stubborn friend's advice on Monday and you'll be money ahead. You may need to pay fees as soon as Tuesday or Wednesday. Make initial contact on Thursday, but don't complete that rendezvous until around lunchtime on Friday. You'll be irresistible then. Romance is good over the weekend, but you also have to complete an assignment. You're getting trenched in a competition, back off gracefully and wait for a better time.

Sagittarius (Nov. 22-Dec. 21). Monday, concentrate on your work or there will be trouble. Expect a lively argument on Tuesday or Wednesday. Pay attention, and learn something too. Neither a borrower nor a lender be on Thursday. Friday's better for either. Finish up a practical matter, like paying the bills, on Saturday morning so you can get in some exercise over the weekend. Your sweetheart may want to stay home, but you should be able to log in a few miles.

Capricorn (Dec. 22-Jan. 19). A decision made Monday can help you achieve a financial and romantic security. Don't take a break on Tuesday and Wednesday to homework; you've let it pile up! Don't take your roommates temper tantrum too seriously on Thursday. The squall may over as quickly as it came and be forgotten by Friday. Shop carefully for a household item over the weekend. Don't let your friend talk you into spending too much on all the fancy options.

Aquarius (Jan. 20-Feb. 18). Start home Monday night and provide security for somebody who needs a shoulder to cry on. Tuesday and Wednesday a better time for playing, and for doing a bit of reading assignment. Thursday and Friday may be a grind. Don't complain; it's a necessary job until it's finished. You may get a chance to build something magnificent over the weekend. Join up with another creative type and let your imaginations run wild.

Pices (Feb. 19-March 20). You learn best by working with an expert on Monday. Tuesday and Wednesday could be slightly confusing. Although you have to scurry to keep up, it could be kind of exciting, too. Don't neglect your school work in favor of spring fever! This weekend, unfortunately, you may have to do work! If the job's offered, take it. You have uses for the money soon.

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MACARONI AU FROMAGE

(EAT WITH GUSTO FOR ABOUT 5¢ PER SERVING.)

| 2 cups macaroni (pasta shells are fun) | 1 cup milk |
| 1 cup sharp cheddar (grated) | 3 tbs flour |
| 1/2 stick butter | 1 tsp pepper |
| 1 tsp Worcestershire (if you like) | 1 tsp salt |

Cook macaroni in 5 cups salted, boiling water for 15 minutes or until al dente. Drain. In a separate pot, melt butter and mix in flour over low heat. Then, stir in milk until smooth. Add cheese, salt, pepper and Worcestershire. Stir well. Smother macaroni. Serves 4.

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