Join in a Little Friendly Competition

by: Carol Boujnoch

Saturday, February 10, 1996
FHA/HERO will sponsor the first annual on-campus competitive events conference, ever to hit the campus. It will start at 9:00 a.m. at the Harborside Academic Center. This is a great opportunity for NSO clubs to compete against each other since most of the clubs don't get to compete on a collegiate level. It is also a great experience for those students who aren't in an NSO club to gain experience.

There will be four competitive events in which to participate.

1. Design a Business: This is comprised of three criterion that each contestant must complete: Students must prepare a written business plan including such information as mission and profile etc, financing activities, and advertising/marketing plans for an original business created by the contestant.

2. Food Service: This is where the contestant must create original recipes in the starch, vegetable, main course, and soup categories, then they must prepare the recipes, serve the judges and clean the kitchen area. Three plates will be required, one for tasting and one for presentation.

3. Job Interview: The contestant will be judged on his/her resume/portfolio, actual interviewing skills, and letter writing abilities.

4. Public Speaking: The contestant will choose one of five abstract topics to present a five minute extemporaneous speech in front of a panel of judges. A written outline will be required.

We encourage anyone interested to take this opportunity to showcase your creativity, practical knowledge and edge gained here at J&K, gauge your progress, compete against fellow students, and compete for three grand prizes. In addition to the prizes, plaques will be awarded.

Entry applications can be picked up in the NSO office, 4th floor, JA building or Renaissance Hall room #503, until February 2, 1996. The entry fee is only $5.00. Anyone with questions can call Carol for more information at X5379.

This is a wonderful opportunity for students to put their skills in action and have a good time as well.

TKE Fights the Treacherous Weather With Homeless

by: Stacie Inglassia

Rain, Sleet, Hail, or Snow nothing could stop TKE from proceeding in their annual sleep-out for the homeless. This was the third year TKE fought the treacherous weather, so they could sit outside the State House for 24hrs, and collect money to help the homeless. Through the 22 inches of snow, with their hot chocolate and donuts, the TKE brothers were able to raise over $500 to give to the Amos House for the homeless.

There was one extra person who sat with TKE this year he is a Vietnam vet named "Tom". Tom has been homeless for many years, and he talked about his experiences as a homeless person. He explained what it felt like not having a bed of your own to sleep in, or hot meals to eat everyday, somewhere to take a shower, a place to feel safe, somewhere to call home. He was asked why he was not in some kind of a shelter on such a cold winter night and Tom replied by saying, "the last time I stayed in one of those places I was raped and humiliated and I refused to go through that experience again!" Jim Paul (TKE President) said, "that after an experience like this it makes you realize how lucky you really are and how we as students tend to take the little things for granted". You really don't know how much you have until it is all gone, and your left with nothing but the clothes on your back.

This is the third year in a row that TKE has had bad weather on the day that they planned on doing their sleepout, and they have never postponed the event to a different day when the weather was better. Jim was wondering why they would not do this in better weather and the brothers were quoted as saying, "that the homeless don't get to choose what kind of weather to sleep out in so why should they?"

All the brothers of TKE would like to thank O.K., O.F., T.E., K.K., and S.T. for showing their support on that cold winter night.

Remember that these guys choose to sit outside in the cold once a year to help the homeless, where as the homeless do this every day of the year not by choice but by their own personal circumstances that have forced them there. Being homeless is never by choice.

§ Important Information for Third Term Registration §

Business and Hospitality Students:
Third Term registration will take place in the Xavier Gymnasium According to the first letter of your last name.

A-C Monday, February 19, 1996 9:00 a.m. - 3:00 p.m.
H-O Tuesday, February 20, 1996 9:00 a.m. - 3:00 p.m.
P-Z Wednesday, February 21, 1996 9:00 a.m. - 3:00 p.m.

Remember... You must register on your specified day and date according to the first letter of your last name.

Culinary Arts * Pastry Arts:
A-L February 12, 1996 9:00 a.m. - 3:00 p.m.
M-Z February 13, 1996 9:00 a.m. - 3:00 p.m.

Student Services Complex Gymnasium
Students unable to attend may register at the Xavier Gym February 19-21, 9:00 a.m. to 3:00 p.m.

Now is the time to apply for Financial Aid for the 1996-97 academic year. If you have previously completed the Free Application for Federal Student Aid (FAFSA) you will receive a 1996-97 Federal Renewal application in the next few weeks.

Renewal applications are mailed to the address indicated on your 1995-96 FAFSA. You need to update the information you put on your FAFSA last year with this year's information. For example, 1994 tax information was on the 1995-96 FAFSA. When you are updating the Federal Renewal Application, you will be replacing this information with 1995 tax information. You must mail the form back to the Federal Government. You will be sent a SAR in the mail within four to six weeks. Don't worry, however, if you do not receive the renewal application or if you lose it, you can complete the 1996-97 FAFSA. FAFSA's are available in the PAR building, first and second floors.

If you have any questions regarding the completion of either form or if you have any other questions regarding financial aid, options to pay your balance, etc., you should contact the Financial Planning Office at 598-1468.

INSIDE THE CAMPUS HERALD

It's time to sign on the dotted line.
Join Student Publications.

Did you win the JWU poster contest?

Are your planets aligned in the right way?

Find out on page 14
Walk to Culinary. Share Apartment, convenient, parking, NARRAGANSETT St. Reasonable rent. 751-6740.

PROVIDENCE
1 Bedroom Apartment Walk to Train & City $395/monthly includes heat and electric. 831-1931.

LOOKING FOR ROOMMATE fully furnished house, all utilities included $250 a month. Private room. Female preferred. 434-6413

COMPUTERS FOR SALE MACINTOSH COMPUTER for sale. Complete system including printer only $499. Call Chris at 1-800-665-4392 ext. 9485.

RESTAURANT:
Dining Room Manager - Prestigious, Hartford area Country Club seeks successful Dining Room Manager. Excellent pay and benefits. Hotel and restaurant managers welcome to apply. Send Resume to: Dining Room Manager Tumble Brook Country Club 736 Simsbury Road Bloomfield, CT 06002 No phone calls, please

Providence 1 Bedroom Apartment walk to train and city $395 Monthly includes heat & electric. 831-1931

Female roomate wanted for a 3 bed room apt. w/ room available round the corner from bus line, on 1st floor, kitchen, living room, bathroom, porch, washer & dryer, and parking. Alarm included $283 a month all utilities included. Contact Dawn (617) 784-4285

SPRING BREAK '96-SELL TRIPS, EARN CASH 7 GO FREE!!! Student Travel Services is now hiring campus representatives. Lowest rates to Jamaica, Cancun, Daytona and Panama City Beach. Call 1-800-648-4849.


Great Resume, but no job!! Interviewing ambitious individuals who are people-oriented. Business Minded call (401)345-0040.

Student to share East Side Apartment. Large, parking, furnished. Female, Male, pets? $275 + utilities. Call Kim 351-3695

4 bed apt. 2 miles from school, 4 parking spaces, new modern bath, hardwood floors, laundry facilities, bus line, clean, secure. $800.00 per month, utilities included, at $650.00 per month with no utilities. 353-8072.

Sunny Spacious and quiet 3 Bed apartment Freshly painted, minutes from campus apartments, laundry, parking $650.00 467-2707.

Activists! Help win environmental campaigns build a resume. Call Clean Water Action 331-6792

LOSE 20 POUNDS IN TWO WEEKS

Famous U.S. Women's Alpine Ski Team Diet

During the non-show of season the U.S. Women's Alpine Ski Team members used the "Skin Team" Diet to keep their weight in control. This diet is right - 20 pounds in 14 days! The basis of the diet is a chemical food action and was devised by a famous Colorado physician especially for the ski team. Each person's body weight is determined and a diet is made that is easy to follow whether you work, travel or stay at home.

This is a honestly, fantastically successful diet. If it weren't, the U.S. Women's Alpine Ski Team wouldn't be permitted to use it! Right? So give yourself the same break the U.S. Ski Team gets. Lose weight in scientific, proven way. Even if you've tried all the other diets, you owe it to yourself to try the U.S. Women's Alpine Ski Team Diet. That is, if you really do want to lose 20 pounds in two weeks. Order today! Year's supply at a phenomenal price.

Send only $8.95 ($8.60 in Calif.) and 50 cents Rush service to American Institute, 721 E. Main Street, Dept. 234, Santa Maria CA 93454-4907. Don't order unless you expect to lose 20 pounds in two weeks! Because that's what the Skin Team Diet will do.

Student Discounts.

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Haircuts
Nails (Full Set)
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The Campus Herald | page 2
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The Coupon Herald • page 3
by: Phillip Dell

Have you ever heard of the saying, "breaking the ice"? In the eyes of one Johnson & Wales student the saying takes on a whole new meaning.

During the weekend of January thirteenth, Andrew Reh flew to Michigan to compete in the Plymouth Ice Carving Spectacular, a competition said by many to be one of the largest in the nation; people from all over the mid-west were attending. Competing against twelve other people, a carving of a knight was able to put him in a third place finish. "You only had four hours to complete this competition, forcing competitors to be fast but gentle with the ice," says Reh. Andrew is a junior at Johnson & Wales working towards his bache- lor's degree in culinary arts and is also the president of the Chippers club. A native of Northern Michigan, Reh has had minimal experience at ice carving. After working for a renowned resort and helping his high school instructor, Andrew has given many attempts at the ice carving industry. With the help of a superb high school education and continuous work experience, he has been able to complete masterful centerpieces such as love-birds, bears and avarans. Andrew stated that he had not ever completed the "knight" before the competition. "Ice carving is not easy, you have to take it one chip at a time," says Reh. As for the competition, "It's only one competition, each one is a learning experience," he stated.

ATTENTION CULINARY STUDENTS.

Are you looking to express your ideas on food and Culinary Life?

Campus Herald & Culinary Thymes are open to your art, literature and recipes.

For more information on this exciting opportunity, please contact:

Phillip Dell / Culinary Editor at

Home: 589-4406
Office: 589-2804

A S T H M A

If you have asthma, this is your opportunity to participate in a national research study.

If you qualify we will provide you with study medication, physical exam, lung function tests, and a peak flow meter free of charge. You will also be paid for your time and effort up to $300.00. To be a part of this study, please contact Allergy Asthma Center 95 Pitman Street Providence, RI 02906 (401) 331-8426

You may be eligible to receive FREE asthma medication for a year!

University Club

Fusion Night Dinner

Chinese New Year

Friday, January 2, 1996

Soup

Peking Soup

Cold Appetizer

Cold Spring Roll

served with seaweed/soy dressing

Hot Appetizer

Fried Dumplings

with ginger scallion soy sauce

Peking Duck

Stir Fried Beef

Ginger Scallion Shrimp

Sweet & Sour Pork

Starches

Steamed White Rice

Pineapple Torte

Desserts

Fortune Cookies

Fried Ice Cream

Located at the corner of Five street and Cheesman street in the Weine-Throner Building Reservations and proper dress required (call 556-4714

The Campus Herald

CULINARY THYMES

Breaking the Ice One Chip at a Time

by: Tyson Davenport

Over the vacation I had a few opportunities to cook and create meals for family and friends, as I am sure most culinary students did. Being in the winter mode, I tried to create a meal that went along with the season, but as I drove through the countryside to a local winery, I did not find myself thinking of hearty winter meals. Instead, my thoughts kept with a light Mediterranean Cuisine.

As I passed along the rows and rows of barren vines with the workers between them bundled up trying to complete their winter pruning against the winter frost, I started to wonder what wine would even begin to pair with such a meal.

Now I had a dilemma on my hands. A traditional summer wine of light varietal flavors would definitely not go with the season. Then again, a hearty red would not pair well with the light meal. After an abundance of thinking it finally came to me - Beaujolais Nouveau is a wine from the Burgundy region of France.

This light red wine is only released on the third Thursday in November and the wine will only last three to four months after the release date. This wine differs from most reds in many ways, but most importantly its light fruity texture and short life present the greatest contrast.

Beaujolais Nouveau receives its lightness from allowing the grapes to ferment within their skins and using a special method of pressing.

This process makes a wine that is absent of Tannin. Tannin is a substance in a red wine which allows the wine to be preserved. This substance (Tannin) comes from the grape skin and is released into the wine when the skins are pressed. Since tannins preserve wine, and Beaujolais nouveau is absent of them, then a wine is created that has a very short life.

Without the astringent taste of the tannins, the wine is extremely light and fruity. A light wine that must be drunk during the winter season! It sounds as though this wine was created for such a meal as mine.

So if other culinarians found themselves in such a bird over their light winter creations, the solution may be this. For my light Mediterranean meal of Marsala Sauce accompanied with Fest pasta and garden vegetables, served in the heart of winter, try pairing a light young fruity glass of the "Winter Wine", Beaujolais Nouveau and let your friends and family enjoy.
Take the Chance to Try Your Wings Before You Fly

by: Camille Rowlette

Students beginning their sec- ond year at Johnson & Wales University are given the opportunity to gain experience in the market place before embarking upon their career. An internship allows students to demonstrate their ability and skills during their studies. For the potential intern, there are several options available, one of which is participation in the Cooperative Learning Program with either a domestic host company or going abroad. The other option is to enroll into the Practicum Program, which entails a rotation among Johnson & Wales University properties. A minimum grade point average of 2.75 is required.

An internship provides stu- dents with a hands on learning experi- ence while in a classroom setting. Participants are placed in non-salaried positions and are rotated among four university properties. They are the DVC kitchen, located in the harborside Academic Center, Johnson & Wales Inn and the Radisson Hotel. The rotation now includes a state-of-the-art pastry shop located in the Acrobat shopping complex in downtown Providence. Exposing students to various establish- ments provides a broader view of the food service industry. Upon comple- tion, students will possess a clearer understanding of their chosen field of endeavor.

Students participating in the Cooperative Learning Program are placed in salaried positions. They have the option of working at either a restaurant, resort, hotel, or pastry shop. This opportunity gives them a chance to implement skills they have learned that they have obtained during their first year at the university. It also provides them with an actual job setting which gives insight into the work place versus the sheltered atmosphere at school.

My Cooperative Education site was Dessers International, a wholesale pastry operation located in Exton, Pennsylvania, all of whose products are made from scratch. I worked for Master Pastry Chef Gunther Helland. Before going there, I researched the company and uncovered many enlightening facts. Chef Helland possesses a reputation for strictness and each employee is expect- ed to maintain a notebook of his/her daily activities.

When completing a project "minutely detailed notes" are to be taken. They should span from mise en place (set up) to clean up and list the amount of time taken to complete each step of the project. My responsibilities ranged from prepa- ration of creme brulees and marzipan dessert items to apple flans and finish- ing trifles. On two occasions I traveled with Chef Helland to the St. Regis Hotel in New York City for off- site catering assign- ments. I found the project very informative. The skills gained from its completion will become more valuable as I progress in my career. Working at Desserts International was a great learning experience. Although Chef Helland is known for his rigorous stan- dards, he is also known for his great talent and dedication to the profession. If an individual is up for this great challenge, a great deal of knowledge can be acquired and I would highly recommend working there.

Students also have the oppor- tunity to do their internship in a resort setting. Alex Baskin, a sophomore pastry student at the Grove Park Inn and Resort located in Asheville, North Carolina. She worked under Executive Pastry Chef Scott Gerkin. The position involved a rotation throughout the pastry department which supplies dessert items and breads for the entire resort which includes two restaurants. Her first assignment was the plating of key lime pie. She also worked with the bakers during bread production. Other responsibilities included the prepara- tion of buttercream, chocolate ganache and mousse. Alex was also given the opportunity to finish two wedding cakes. When asked about her feelings toward the program, she replied, "the Co-op project was extremely helpful. Participating in the program increased my confidence in my abilities. I gained more experience in chocolate work and wedding cakes. It also decreased my anxiety about working in a large production atmosphere. I would highly recommend it to others. The exposure, whether good or bad, is very enlight- ening to the stu- dent." While some students seek expe- rience in a commer- cial environment, others prefer a classroom setting.

Corey Brennan chose to participate in the Practicum Learning Program. His first assignment was a position in the DVC kitchen at the harborside Academic Center. While there Corey prepared various tortes, mousse, fruit tarts and special occasion cakes. Afterward he was transferred to work at the Johnson & Wales Inn located in Seekonk, Massachusetts. During his three-week stay, he spent there, his skills in the production of breads, rolls and frozen desserts intensified. The final four weeks was spent at the Radisson Hotel. Corey found this segment of the program highly enriching. His responsibilities included the preparation of cookies and biscuits. Corey also expanded his skill base by making a chocolate dome cake, poured sugar pieces and a cro- quembouche (an elaborate dessert made with tiny cream puffs and coated with caramel, all stacked into a tall pyramid shape). "I would recommend participation in the Practicum Learning Program; working at the Radisson was the best part. Although Chef Mark made you work, he also made you think," says Corey.

Gaining experience in their field of endeavor can be very reward- ing for some and an enlightening dis- appointment for others. Donna McNamara chose to participate in the Cooperative Education Program to gain life experience and to work in an industry setting versus a classroom environment. After researching several possible sites which included pursuing company profiles and studying menus in the Career Development office, she chose the Don Cesar Resort located in St. Petersburg, Florida. The pastry department at the Don Cesar is responsible for the production of desserts for all of the in-house restaurants. Donna’s first assignment was the preparation of key lime pie. Experience in plating pastries, prepar- ing tortes and assembly of the their dessert buffet was also acquired. Although her position was involved in preparation and assembly of the dessert items, it involved mixed and ready-made components versus scratch production. Therefore, Donna did not find the Cooperative project very help- ful. "The Co-op site listing should be distributed earlier (perhaps 3-6 months)" says Donna. "Students should know where they want to go and thoroughly researching the site is absolutely critical. This includes call- ing the location and if possible, speaking with a person for whom you will be working." Donna also recommends that students ask questions about what the position’s responsibilities will be before choosing a site. Whether particip- ating in the Cooperative Learning Program or doing Practicum, acquiring an externship is a good opportunity for students to experience the job world before leaving school. Much can be learned and hopefully the student will have a clearer view of their next step following graduation.

Join The LATE NIGHT MUG CLUB

Here’s How:

1. Bring in your own 16oz mug, and sign-up.
2. Pine Street will display your mug, and keep it for your use on the house.
3. Each time you come to LATE NITE at Pine Street, we will be pleased to serve you with your own mug.
4. First time sign-ups get a free personal pizza.

Late Nite is for cash sales only. All times are Thursday-Saturday 7pm-12pm and Sunday 12pm-2am.

At the end of the trimester a raffle will be held, exclusively for Mug Club members.

Restrictions Apply. Call for Details.

*Positive ID is required to consume alcohol.

The Campus Herald • page 5
Greek Row

The Weather is Stormy

Greetings everyone. The men of Phi Kappa would like to take this time to wish everyone a very happy and wonderful new year.

We hope that everyone is in good spirits and enjoying themselves in this new year. At this time we would like to welcome our K.A. Tyler Rudd. Let's show him a good time and also what gentleman we are as well.

We would also like to take this time to congratulate the Kappa class. Remember guys this is only the beginning of your fraternal life, use it wisely.

Congratulations also go out to Kevin Bittle on the birth of his son Jake L. Bittle. Last but not least,

Congratulations to all new Greek organization initiates as well, good luck to all of you.

One final note to everyone, look out for the STORM it's coming!!!

Spring Rush is Upon Us

SIGMA SIGMA SIGMA

Welcome back students and staff! The Sigma sisters wish you and yours a safe, happy and healthy new year!

Congrats to the GAMMA class! You girls worked hard and deserve it. It's a new year, so let's make it a good one!

Spring rush will soon be here. Look for upcoming rush dates and activities, or see any Sigma Sister for information.

CONGRATULATIONS TO SIGMA'S NEW OFFICER BOARD:
Julie Strope-President
Jill Nickels-Vice President
Alyssa Donaldson-Treasurer
Patty Cuack-Secretary
Jessica Fortman-Rush
Allie Swenson-NPC Representative
Sherry Vonbrock-Education

Look out for the Chocolate Rose

KAPPA PHI

The sisters of Kappa Phi would like to formally congratulate our new sisters of the Alpha class. We would also like everyone to keep a watch out for our upcoming events such as, Phi Ball, Bake Sales, and Chocolate Rose.

Lastly, we would like to wish everyone success and happiness in the new year.

A New Beginning for ΦΣΚ

The Brothers of PHI SIGMA KAPPA have initiated a new executive board. The new President is Scott Allen, Vice President is Jim Pacella, Secretary is Keith Morrison, Treasurer Anthony D'Angio, and Sentinel Joe Mauro.

The brothers of PHI SIGMA KAPPA wish the best of luck to the new executive board. The brothers latest service to the community was a successful food drive for Mayor Cianci. We are looking forward to our socials with Kappa Phi and Sigma Delta Tau.

Be on the lookout for your long awaited new Greek Row Editor

Sea-Saw Your Night Away with ΦΣΣ

The brothers of Zeta Beta Tau Fraternity would like to thank everyone who came out and supported our ZBTahiti party making it a huge success.

Our brothers have been working on some voluntary community service, such as helping around, moving, cleaning up for the Joslin Community Center. This is a center for homeless children.

Also our brothers are looking forward to repeating the sea-saw-athon with Phi Sigma Sigma sorority, raising more money than last year.

Red Ribbons are MADD

In conjunction with MADD of Rhode Island the brothers of Sigma Pi were able to deliver more than 1,000 red ribbons to those students residing in the J&W residence halls. Dave Rue, director of MADD, was extremely grateful for the help in heightening the awareness of drinking and driving.

Also, on April 16, 1996 will be the annual Multiple Sclerosis Walkathon. We hope to see Johnson & Wales students come out to help the MS cause. Anyone interested in volunteering should call 401-798-4883.

To all you Greek
Freaks out there:

Here are the answers to last weeks Greek Crossword Puzzle put out to you especially by Strong Roots. If any organizations were missing, We're sorry we missed you.
New Honors Organization Rolls into National Recognition

There is a new organization on the J&W campus that could be one of the most influential groups for many years to come. With newly elected officers and a well developed plan of action, the J&W Collegiate Honors Society looks forward to becoming one of the strongest and most successful organizations in the University.

Spearheaded by Dr. Jim Brostian, the Collegiate Honors Society (CHS) is a newly created organization whose goal is to provide service to the university in addition to providing benefits for members of the Honors Program at Johnson & Wales. Enrollment in the program is decided by the admission directors each year, based on an incoming student's past grades and standardized test scores.

Honors courses have been offered for several years at the university. However, Dr. Brostian's appointment as Honors Program Director marks the first time that the program has had a director. Dean Thomas Farrell, Dean of the John Haynes White School of Arts and Sciences, selected Dr. Brostian to form and advise the organization because of his previous experience with honors students at other universities. At this point the group has formulated a constitution, elected officers and set goals; this year's group looks set for success.

The first meetings for the honors students were held during orientation week. Then a preliminary brainstorming meeting was held on October 16 at the Culinary campus. At this meeting, students aired their concerns and ideas for the group, and rough goals were set for the next meeting.

At the next meeting, over fifty of the freshman honors students attended and elections were held. The officers, all freshmen, then held an officers' meeting to set goals, revise the constitution, and create an agenda for the year.

Just recently, the Collegiate Honors Society received notification that it has been chartered by the National Collegiate Honors Council and the Northeast Region of the Collegiate Council. This means that the CHS now has national recognition and can participate in the activities offered by these groups.

Now that the officers' ideas have been presented to the majority of the freshman members of the CHS, it's now time to begin working on these ideas in order to turn them into reality. The CHS needs help and ideas from all members in order to get things accomplished. Also important are individuals who have already had experience with the honors program. Anyone with ideas that could help the organization is welcome to contact any member involved in the organization.

The next meeting is scheduled for February 8th. At this meeting a group picture of all members will be taken. Also, the CHS asks that if possible, people who want to join the organization would please bring their $15 annual membership fee. All those interested in the organization are welcome, so please look for further information to be posted.

Travel to a Teaching Internship

Several positions will be available in the Travel & Tourism Internship program for teaching assistants.

In order to be considered for the position you must meet the following requirements:

- GPA of 3.0 or higher
- 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 Prof. Sabitoni or Dr. McCarr. The deadline for resumes is February 5, 1996. Interviews will follow. If you should have any questions regarding the position please feel free to contact Prof. Sabitoni at 598-1705.

DECA Competes for Top Honors

Guess where I’m going this weekend? Delta Epsilon Chi members will be attending the Regional Competitive Events Conference on February 16 through 18, 1996.

Johnson & Wales is hosting Delta Epsilon Chi members from all over the North Atlantic Region. Hotel accommodations will be at the Johnson & Wales Inn in Seekonk, Mass.

Members will compete for top honors against the other North Atlantic Region participants. It will be a great opportunity to meet new people, have fun, and enhance our education. Hope to see you there!

Johnson & Wales University

STUDENT ACTIVITIES' OFFICIAL
SPRING BREAK IN NEGRIL, JAMAICA

MARCH 3-10, 1996

AVERAGE PRICE:
Quad Occupancy: $559
Trip Occupancy: $599
Double Occupancy: $639

PRICE INCLUDES:
• Round Trip Airfare from Boston
• 7 Night Hotel Lodging
• Round Trip Transfers Between Hotel and Airport
• On Site Tour Staff

INFORMATION SESSIONS:
Xavier 103 @ 7:00pm
1/21/96, 1/10/96, & 2/7
HVC 17 @ 7:00pm
1/12/96, 1/9/96, & 2/6

Any Questions?
Call Chris or Romero at (401) 598-2833
Sponsored by the Student Involvement Board
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DEAD ELEPHANTS

FEB 8th

A THOUSAND LAUGHS!

CREATIVE LOAFING

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1. Benny & Joen

2. Bad Girls

3. 12 Monkeys

4. Pulp Fiction

5. The Adv. of Baron Munchausen

6. Mrs. Dadefire

7. Heroes

8. Blade Runner

9. Ace Ventura, Pet Detective

10. Batman Forever

11. To Die For

12. Singles

13. The Godfather, Part III

14. Carlos's Way

15. Dead Man Walking

16. The Client

17. Blue Sky

18. Cape Fear

19. Down and Out in Beverly Hills

20. Ruthless People

21. Get Shorty

22. Outbreak

23. Tootsie

Directions:

1. Pick any two consecutive movies in this chain. (You can go clockwise or counter-clockwise—it doesn’t matter.)

2. On the line between them, name an actor who was featured in both movies. (Example: No. 3 would be Johnny Depp, as both he was in both Ed Wood and Benny & Joen.)

3. Continue in either direction through the entire chain.
FREE CONCERT TIX

BE ON THE LOOKOUT FOR THE CARNIVAL'S MUSIC DORQUE. FOR FREE TICKETS TO CYPRESS HILL DE LA SOUL AND ZIGGY MARLEY

JAN. 31 st COMEDIAN JIMMY SMITH 6:30 pm-12am RHODES ON PAWTUXET
8pm Hospitality RI Room

FEB. 2nd SNOBALL

Poster Contest Winners

1st Place
SELENE EVANS SOUTH HALL

2nd Place
DAVE CAMPBELL AIRPORT CENTER

3rd Place
JENNIFER NELSON HOSPITALITY

HOSTED BY HOSPITALITY CENTER
JAMES YOUNG COORDINATER
Eat and Chat at Liturgy

There will be a meeting on Tuesday, January 30, 1996 at 8:00 p.m. in the lounge of the Friendship Building for all students interested in beginning a Newman Club through Campus ministry. There is a nucleus of 8 students and we will be planning community outreach activities including a Habitat for Humanities Chapter, Good Friday Walk for Hunger, as well as social gatherings and an end of the year Retreat. Come join us for outreach, fun, and values/faithe sharing.

Campus Ministry invites you to an intercollegiate retreat weekend. Come enjoy a weekend of fun, relaxation, sharing, prayer, and meditation with students from all over the state at St. James on the Sakonnet, Tiverton, R.I. February 23-25. Cost of retreat will be $15.00 (Negotiable) which covers 2 nights and 4 meals. Registration deadline: February 16, 1996. Limited space available.

Students continue to meet on Sundays for donuts, etc. after the 11:30 mass at St. Francis chapel. We invite you to join us to share liturgy, friendship, food and conversation.

Memorial mass: Sunday, February 4, 1996, 11:30 a.m. at St. Francis Chapel for Liz Covino’s Dad, Joseph Sullivan.

Next meditation/stress management session: Sunday, February 4, 1996, 8 p.m. Friendship Building. (We meet every other Sunday Evening.)

Essay’s for Issue’s ‘96

The center for the Study of the Presidency will be holding its 27th annual Student Symposium at the Hyatt Regency Washington on Capitol Hill, 400 New Jersey Avenue, Washington D.C. on the weekend of March 15-17, 1996. The theme will be “Congress, the Presidency, and Issues ‘96.” Among the people invited to address the Symposium are: President Clinton; White House Director of Public Liaison, Alexis Herman; Senator Robert Dole and John D. Helms; and 50 distinguished issue panelists drawn from academics, business, and government.

Essays should be typed, double spaced, and no longer than 2500 words. Essays are due no later than 12:00 p.m. February 13, 1996 and will not be returned. Anyone interested in entering the contest please contact Professor John Coupe, Washington hall room 417, x492.

Dancing of Different Generations

INTERGENERATIONAL DANCE
1. Date: Friday, March 22, 1996
2. Place: Culinary Gym or Plantations
Auditorium Reservation of Room
3. Entertainment: Band Shire
Theme: World War II
4. Ticket Price: Last Year it was $2.00

5. Co-Sponsorship of the event: LUB, Clubs Council, Student Activities, Phi Kappa Sigma, International Club, Delta Phi Sigma
6. Transportation
7. Food and Novelty Item

TRY SIGMA

THE ONLY GREEK LETTER YOU NEED TO KNOW!

FOR INFO. CALL JESS AT 598-4204
Two for Two Special at J.A.

One of the smallest National Student Organization clubs on campus, unique, independent, supportive, active, and motivated. All these describe Junior Achievement at JWU. The Junior Achievement chapter at JWU is the only one of its kind in the U.S. This is a club that gives you an opportunity to volunteer in the community and share ideas with others.

This year the chapter has organized a volleyball tournament, a Spaghetti Dinner to benefit Traveler’s Aid, and the Data Match contest. The club also works closely with Traveler’s Aid to help benefit those less fortunate. The club has the highest percentage of attendance among N.S.O. clubs. The reason for this is that it is a small and very active club.

The club holds meetings every other Wednesday of the month. Meetings are held on the third floor of the Junior Achievement building which is located on Weybosset St., near the PAR building. Meetings are February 2, 21, and March 13. If you are looking to get involved, come and join JA. We are looking forward to seeing new faces.

JA is also holding their annual Spaghetti Dinner on Feb 13 in the 2nd floor TV room at Renaissance Hall at 6:00 p.m. Admission is $2 or two canned food items or two personal hygiene items (the items will be donated to Traveler’s Aid). All are Welcome!

Les Dames Continue their Aid

Culinary Arts/Baking and Pastry Arts Majors:

The Les Dames D’Escoffier Scholarship is available to students enrolled in a culinary program who plan to continue in the culinary field after graduation. Applicants must have completed one year of culinary school and have past experience in the food industry. The application deadline is March 15, 1995, to obtain funds for the 1995/1996 academic year.

To request an application call the Student Financial Services Office at X2870 and ask for Chazz or Cardi.

S&S: Be Careful Out There

Drugs:

An investigation by the Resident Director of the Hospitality Center and Campus Safety & Security officers revealed marijuana and drug-related paraphernalia on Saturday, Jan. 13. Cranston Police arrested one student in connection with the incident.

On Tuesday, January 16, two students were arrested by Providence Police after Campus Safety & Security officers and the Resident Director discovered alcohol, marijuana, drug-related paraphernalia, and other contraband in a room at South Hall.

An International Way to Fill Your Days

French Club:
Monday, February 5 — 7 p.m.
Aliotne Ciesseko, Manager of Special Services for Police and Security at Brown University, offers a presentation on “Culture and Life in Senegal.”

Spanish Club:
Wednesday, February 14 — 7 p.m.
“Argentina: Past, Present, and Future” is the subject of this month’s meeting presented by Classical High School teacher Umberto Prazzolo.

Refreshments. All levels of fluency welcome.

German Club:
Saturday, February 17 — 7 p.m.
A “Feasching” or Masked Ball will be the featured event as the German Club celebrates Mardi Gras. Costumes are encouraged and all levels of fluency are welcome. Advance reservations by February 9. Refreshments.

TAPAS and FLAMENCO:

PLC Dessert Social Has all the Answers

On February 6, 1996, the President’s Leadership Council applicants are invited to a dessert social at McNulty Hall on the 5th floor meeting room (Steve’s Place) at 7 p.m. The PLC members will be present and available to answer any questions you may have about the upcoming interviews. The interviews will take place during the last two weeks of February by appointment. More information will be given at the McNulty social. Appropriate dress is required.

PLC members will have a meeting before the social beginning at 5 p.m. Dinner will be provided so please call Bonnie if you will be unable to attend. This meeting is important to discuss plans for the April retreat, a March meeting, and new information.

G laddin g’s
....at the Arcade

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PHI KAP is like GREAT MUSIC

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Dexter's not his usual self.

You suspect the salsa.

So you call Dr. Nusblatt, your family vet back home.

The call is cheap.

(Too bad about the consultation fee.)

Live off campus? Sign up for AT&T True Reach Savings™ and save 25% no matter who, how, when or where you call in the U.S.

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AT&T
Your True Choice
ARIES (MAR 21-APR 19): If you haven't made your party reservations yet for December 31, 1999 it's probably too late. Most of the hottest spots have already been booked to overflowing. However you've still got time to put some killer plans in place for what's shaping up as maybe "second" best occasion for revelry this decade: the next ten days. I should add, though, that while it'll be prime time Slash and carouse for you Rams, the outlook for the other signs is decidedly less spectacular.

TAURUS (APR 20-MAY 20): Survival of the fittest: yuck. Natural selection: ugh. As a fuzzy-wuzzo-companion-addict with a sweet disdain for macho competitiveness, I can barely bring myself to say this, but it's my duty as your astrologer to report the ugly truth. Darwinian principles will be in full swing for the next two weeks. If you're not somewhat a predator, you will be prey. If you don't at least nibble and chomp, you will be devoured. GEMINI (MAY 21-JUNE 20): Both Hugh Grant's and Elizabeth Hurley's careers have blossomed since lover-boy's run-in with pleasure police in Los Angeles last summer. Just goes to show you that sometimes the most embarrassing and demoralizing events can lead to unforeseen power and glory. Doesn't their little morality play tempt you- even slightly-to commit a big boo-boo right now? From an astrological perspective, it's the most likely time an experiment-gone-wrong would have a happy-ever-after ending.

CANCER (JUNE 21-JULY 22): John Wayne bobbit has been quoted as saying, "I've had a lot of intuition since I got my penis cut off." It's a shame he required such drastic measures to tune into his deeper wisdom. As you seek to access greater reserves of your sixth sense in the coming months, I guaran-
tee you won't have to resort to any-
thing remotely comparable to his tech-
nique. In fact, I predict astrological
forces will arouse a kind of how shall
I say this-"errection" in your gut reac-
tions. So much so that you may even
have the sense that your growing a
new, uh, "inner penis".

LEO (JULY 23-AUG. 22): Are you in
that groove again where the street
lights seem to flicker and burn as you
pass by? Have you noticed that peo-
ples body language is more protective
that usual around you, as if they can
sense kundalini thunderbolts erupting
from your aura? Do you fear you're in
danger of repelling the very magic
you long to attract? Shhh. Don't answer
those questions, my electrifying friend.
Just see if you can disseminate your
animal magnetism with more relax-
ing.

VIRGO AUG. 23-SEP. 22: In the first
part of this horoscope, I'll recom-
 mend that you obtain a book by Joy
Sikorski called "How to Draw a Radiad
and Other Fun Things to Do at Work"
It's a wacky manual that stimulates your
imagination about all the ways you
 can kill time on the job. (Skate down
carpeted hallways using a sheet of
paper under each foot; answer your
phone by chewing like a chicken.)

In the second part of this horoscope,
I'll suggest that as you find Sikorski's
book useful and all-too-pingant, then
start exploring what you can do to make
sure it won't still be useful a year from
now. And no, I'm not necessarily
advocating you quit your job tomorrow.

LIBRA (SEP. 23-OCT. 22): One of my
favorite mysteries, Rudolf Steiner,
believed that each season of the year
offers us a chance to build a particular
quality. Autumn pumps up our
willpower and encourages us to
cultivate our thinking skills; winter
strengthens our hearts. From my own
obvious observations, I can confirm
that the last point holds true for you
Librans. During the ten days on either
side of the pagan feast of Candelmas (February 2) you always seem to have shaking abundance of cosmic help in boosting your talents for love, intima-
cy, creativity, and doing the nasty. In
that spirit, I present you with your
mantra for the week: "fragment succuu-
ient juicy lush". Repeat this quickly 22
times every hour on the hour.

SCORPIO (OCT. 23-NOV. 21): My
brother Tom, who's in real estate
business, occasionally turns tarot cards
to help his clients reach their decisions.
Since February happens to be prime
time for you Scorpions to upgrade your
domestic vibes, I asked him to do a
divination for you. My question was,
"Should Scorpions work harder to ac-
ie their dream home, or should they
be content to live with crabby funky,
 cramped place near heavy traffic,
where they find it difficult to sleep and
where the feng shui resembles that of
a Burger King?" In response, Tom shuf-
 fled the deck 33 times and drew the
Fool. He said it means you should for-
eget everything you thought you knew
about what you want in sanctuary.
Launch a fresh fantasy about your
future household.

SAGITTARIUS (NOV. 22-DEC. 21):
You won't have any good luck this
week. You won't have any bad luck
either, or dumb luck or even strange
luck. No, Sagittarians, the quality of
the sentimentalism we usually slip
and slide your way this week deservesthe brand new work "Schuck".

"Schuck" is a sleek and plucky kind of
luck that gives you lots of slack.
"Schuck" single-handedly cures you of
the notion that there is any such thing
as random chance or blind fate.
"Schuck" slings you a happy string of coincidences that proves invisible hands are always working to
give you exactly what you've earned.

CAPRICORN (DEC 22-JAN 19): The
most famous Capricorn in history once
declared, "It is easier for a camel to pass
through the eye of a needle than for a
rich person to enter the kingdom of
heaven." Of course, like most great
storytellers, Jesus was given to exag-
ergation. I think what he really meant,
and would have affirmed had he been
pressed by Ted Koppel, was, "It is easi-
er for a camel to pass through the eye
of a needle than for a rich Non-
Capricorn person to enter the kingdom
of heaven." You goats, in other words,
aren't at all likely to have your spiritual
principals disturbed by material abun-
dance. Which I'm sure you'll be prov-
ing in spades in the weeks and months
ahead.

AQUARIUS (JAN 20-FEB. 18): In the
groundhog Day, Bill Murray plays a guy who suddenly and inex-
plicably finds himself trapped in a mad-
dening predicament. He keeps living
the exact same 24-hours-Groundhog
Day-over and over again. Kind of
remind you of your own daily routine?
In the movie of your life-if I were the
scriptwriter-I would tell the story of
how your experiences on February 2, 1996 had an eerie similarity
.to Murray's fate. It was and is and will
be the day you finally break the trance
and stop living the same dream over
and over again.

PISCES (FEB-MAR 20): In old
Japan, February 3 was a holiday called
Sekien. Celebrates hung fish heads
from the doorways on the theory that
the foul odor chased away demons.
As you Pisceans erode the thick of your
astrological season of exorcism, I high-
ly recommend a funny yet serious ritu-
al similar to that. Instead of fish heads,
thought, you could use dirty socks or
moldy bread instead from under the
couch. If there's anything demons hate
better than bad smells, its humor-especially
the self-mocking kind.

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DATE: SUNDAY, FEBRUARY 11, 1996
PLACE: HARBORSDIE ACADEMIC CENTER
TIME: 12-3 p.m

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REFRESHMENTS WILL BE SERVED. We look forward to meeting you.

page 14
Millions of people suffer needlessly from migraine because they don’t know they have it. College and university students, in particular, should be aware of migraine symptoms because their age group represents a time when their lives are filled with the factors and conditions that can “trigger” migraine attacks. A leading headache specialist offers advice to students who may be suffering from migraine.

You just made it through another week filled with all-nighters, caffeine fixes, junk food, mid-terms and loud music. The weekend is finally here, and you’re ready to kick back and relax. Suddenly, your head seems to explode with throbbing, pounding pain, so intense that all you want to do is crawl in bed and not deal with anything or anybody. This isn’t fair—free time is no time for a headache.

Chances are, what you’ve got may be much more than just a headache. It may be migraine, a disease that can cause pain so intense that many sufferers have wished they were dead during an attack. Unfortunately, the symptoms of migraine are often discounted as not serious, especially in this age group. Though migraine typically strikes more often after the college years, it can occur earlier in life. A study of headaches among adolescents and young adults indicates an average of 77.8 percent of women and 57.8 percent of men between the ages of 18 and 29 reported that their most recent headache occurred within four weeks of participating in the study.

An average of 85 percent of men and 68 percent of women who reported having one or more headache in the prior year and never consulted a physician about their headaches.

Migraine Symptoms

Migraine is characterized by multiple symptoms including severe, recurrent pain, usually on one side of the head and often accompanied by one or more of the following associated symptoms: nausea, vomiting and sensitivity to light and sound. Migraine attacks can last from four to 72 hours.

“The pain is often aggravated by routine movement or physical exertion,” said Dr. Glen Solomon, head, Section of Headache at the Cleveland Clinic Foundation. “Frequently, the sufferer has to lie in a dark, quiet room until the attack passes—a coping mechanism that is not often a practical alternative in a busy lifestyle,” he said.

“Until very recently, the cause of a migraine attack was largely a mystery. Many scientists now believe that migraine is caused by a sequence of events that cause blood vessels in the brain to tighten, then relax, resulting in the throbbing pain of a migraine. Although there is not a cure for migraine, much has been learned to manage the disease, including effective treatment programs.”

Finding The Route to Relief

The first step is to see a physician for a proper diagnosis and treatment program,” Solomon said, noting that diagnosis should include a thorough evaluation of the headache to ensure it is not a “marker” or indication of any number of serious problems.

“One of the things we often notice in young patients is that when they shut off the stereo, they have a terrible headache,” he said. “They become extremely sensitive to sound, which can trigger a migraine attack.” The patient plays an important role in treatment, Dr. Solomon said, adding that learning to recognize and control the signs and “trigger” factors common in the lifestyles of young people is essential. Examples of different triggers include:

- Irregular sleep or insufficient sleep
- Dietary factors, such as skipping meals, dieting and consuming foods and beverages with caffeine, alcohol, MSG or nitrates.

Environmental changes including changes in atmospheric pressure or temperature as well as cigarette smoke, bright lights, and loud noises— even music.

Certain medications, including over-the-counter pain relievers and analgesics, such as aspirin. Many of these medications also contain caffeine, a known migraine trigger.

Hormonal changes, associated with birth-control pills and menstrual cycles.

Motion from riding bikes or cars, eyestrain, irregular workouts or even a lack or exercise.

Emotional changes, including fatigue, depression, anxiety, anticipa-
tion or stress.

Migraine is a difficult disease to diagnose, treat and live with because it affects people differently, with symptoms and triggers varying by individual. However, relief from migraine pain is possible, and early diagnosis and treatment will help lessen the impact it will have on sufferers’ lives now and in the future.

STUDENTS WANTED: SHOW US YOUR STUFF!

Name:

Grade level:

Local address:

Local phone number:

Have you ever worked on a yearbook/newspaper before?

Do you have any computer experience?

If so what kind?

What positions on the yearbook staff would you be interested in? (Please check all that apply)

- Editor in Chief
- Business Manager
- Section Leader
- Chief Photographer
- Copy Editor
- Assistant Senior Section Editor/Design Editor

What positions on the newspaper staff would you be interested in? (Please check all that apply)

- Senior Editor
- Copy Editor
- Writer
- Photographers
- Sports Editor
- Culinary Editor
- Graphic Designers
- Production Assistants
Winter Sports

Geared into a Hockey Playoff Position

JWU’s hockey Griffins have geared themselves into a position for a potential Northeast Collegiate Hockey Association Playoff berth, after putting together three straight victories in a period of eleven days.

That streak was later stopped, but not without a fight from the Griffins, who took untied MIT to the limit before dropping a 4-2 decision at Providence College’s Schneider Arena.

Nonetheless, the Griffins are playing some solid hockey. JWU opened the second semester’s action with a 5-1 victory over Mohawk Valley, then wiped out a 3-5 loss in Worcester, 5-3.

But on Sunday at Schweizer, MIT did just enough to extend their undefeated streak to ten, as the Griffin tight-checking defense actually played one of its best games of the year.

JWU and MIT played scoreless hockey for the first 19 minutes, before the visitors got on the board with just six seconds to play in the first period. MIT made it 2-0 less than two minutes into the second period. But the Griff’s leading scorer Mark Deveaux, notched his 33rd goal of the year, pok- ing a rebound in the second period and finished with 19 saves in his two periods of work.

The Griffins scored their second power-play goal midway through the second period, when Frank Azavedo scored from the doorway with help from Deveaux and Dave Thibeault. That, though, was all that Zehren would allow, as the Griff net minder stopped 15 JWU shots in the third period. Still, the 6-10-1 Griffins earned the respect of MIT coach Tom Keller. He told JWU coach Joe Brantolino after the game that the Griff’s “played us as well as anybody has all season.” In fact, Keller later said the JWU posed a threat to anyone that they would meet, “if the Griffins’ drive for a post-season playoff spot is successful.

JWU showed signs of their improvement from earlier in the year in their conquest of WPI. Again, it was Deveaux and Thibeault who led the way. Deveaux had a goal and four assists. Thibeault had two goals in the first period that gave the Griffins a 3-0 lead. He also assisted on Deveaux’s score, the clincher that came with six and a half minutes to play in the game.

Frank DeCosta and Frank Azavedo also scored for JWU. Mike Grover, who stopped 12 shots in the third period of the MIT game, had 36 saves in his complete game victory at WPI.

JWU returns home to play Springfield College on Saturday, February 3, at 6:00.

The Gods of Basketball

The Gods of Basketball haven’t really been very kind to both the JWU men’s and women’s basketball teams. When the Griffins play well, they can hang tough with an awful lot of teams. But when they’re not running on all cylinders, things get real tough, real quick.

The men’s team managed to break out from their winless year with a vengeance in an 88-46 pounding of Massachusetts College of Pharmacy, but dropped a couple of Great North Atlantic Athletic Conference games days later. Rivier College’s inside height advantage and adept passing picked the Griffins apart. Endicott College came to the Delaney Complex four days later and blew out to a 50-30 half-time lead on their way to a 97-73 win.

To accentuate the positive, the win against Mass Pharmacy was a solid one. The Griffins rolled up 25 straight points and moved out to a 28-3 lead. JWU’s passing, floor speed, and unselfishness was a remarkable thing to watch. They later ran off a second scoring spree—an 18-4 spurt, that gave them a forty-point lead.

Freshmen Tamel Guitlee and Jason Chopp topped the scoring last, but everyone got into the act. Another of the promising freshmen, Anthony Williams, had ten points and nine rebounds. Shawn Brown had ten points. The Griffins shared time, scoring, rebounding figures, and assists, while holding their opponents to only 25 percent from the floor. That’s good for the team, something that Coach Jeff Roth had been waiting to see.

But against Rivier and Endicott, things changed. The Griffins gave Rivier a scare after falling behind early. In fact, after being down by as many as 22 points in the early part of the second half, JWU cut the lead to just nine, with ten minutes still to play. The Griffins even had the ball down by nine, when they were bitten by a blitz that had beat them in the last

The Gods Of Basketball

Give the Magic
of Victory

Men’s Basketball Team Wins

It took a while, but when the JWU men’s basketball team finally got rolling, it did it with a flourish.

After having spent the first four weeks of the season simply trying to mold a young team into a competitor, the Griffins finally broke through for their first win of the year in their second game of the new year. JWU simply belted Massachusetts College of Pharmacy, 88-46.

The breakthrough began almost from the opening tip. Coach Jeff Roth’s Griffins took a 3-2 lead and turned it into the first eight minutes of the game. The amazing run of 25 consecutive points came in the first eight minutes of the game. The amazing run of 25 consecutive points came in a flurry of run-and-run, fast-breaking basketball that was executed with near-perfection.

And, for the first time in quite some time, everyone had a hand in going-on. Vaughn Isaac scored six of his eight points during the outbreak, and Troy Moore added four points and three assists in the span. Lassie Sapp assisted on three two-pointers and had three steals in the 25-0 run.

The teamwork got even better in the ensuing four minutes, when a total of eight players scored in a 18-6 run that increased the Griffins lead to 66-46.

JWU put it in cruise control in the second half, and closed out their opponents with two strings of six straight points. Jason Chopp and Tamel Guitlee turned in the top scoring totals, each with 15, while Anthony Williams and Shawn Brown had ten each.

The Griffins begin their February action with three games on the road, and will return to the Delaney Complex to face Endicott College this Saturday, February 10.