The First "Mister" in the Pageant

Whigham crowned the newest Miss/Mister African Heritage. These winners are responsible for staying active with the Multi-culture Center and are granted the duty of representing the African-American student body. All proceeds of this Multi-culture Center sponsored event went towards a scholarship.

Luxurious Night at the Westin

by Rebecca Rivera and Sandra Lai

Since 1968, the annual Snoball has been a routine Winter Week closure. Over 300 people attended this year’s formal which was held at the Westin Hotel in downtown. Dinner, professional photos, music, and entertainment were included with the price of the ticket. Turning Circles turned the ballroom into some sort of disco inferno. Among those dancing the night away were Dr. Bowen, the president of the University, and Mark Burke, vice president of Student Affairs.

Bowman addressed the guests, stating that this year’s Snoball was different because it was held at the Westin instead of the Rhodes of the Pawtucket. Many students agreed with the new change, stating that the atmosphere was more pleasing and romantic than the Pawtucket.

The traditional crowning of King and Queen took place. Amy Geiser and Stone, last year’s Queen and King, crowned Janice Santiago and Paul Harris. Both “royalty” are juniors working as RA’s at McNulty. There were eight court members. Four students from the UB Dance Committee selected the King and Queen based on application, essay interview, a minimum GPA of 2.5, and their involvement with Winter Week activities.

According to Julie Kerrins, chair of the Dance Committee, all the money went toward the cost of the Snoball; UB did not profit off it. Kerrins says that Snoball is a tradition and is held for the entire University community.

Mindin Sold to Brown

Johnson & Wales announced the sale of Minden Hall, a 280-bed residence hall on the East Side near Brown University and Thayer Street, on February 20. Residents at Minden should not panic; housing plans are in the works.

Under a lease agreement with Brown, JWU will continue to house students in Minden Hall until June 1999. There will be no disruption of living arrangements for JW students currently living in Minden, or for those who wish to live there during the 1998-99 academic year.

According to Dr. John Bowen, president of the Providence campus, Minden Hall will be replaced with a 200-bed residence hall located in downtown Providence. JWU has not yet determined whether it will construct a new building or renovate an existing one. Specific plans will be announced in late May.

"The consolidation of outlying residence halls is part of the University’s strategic plan for developing our downtown campus," Bowen said. "It will minimize housing our business, hospitality and technology students, and will allow them another option for on-campus living closer to their major academic buildings."

Words to the Wise

Wondering why the Campus Herald has not been distributed? "Controversial" words strike a cord with administration.

"Before you attack her, wrap your, pocket."

"Never, Never, deck her with an unwrapped pocket."

These two slogans are to blame for the recall and reprint of the February 11 issue of the Campus Herald. Dean Pasquinella authorized the recall and prohibited the distribution of any old versions of the February 11 issue.

The last page of the issue was devoted for Valentine’s Day: National Condom Day is Valentine’s Day. A list was placed on the back page to promote National Condom Day with slogans such as “Before you hump, cover your stump” and “No Glove, No Love.”

The list, according to Pasquinella, was not entirely offensive. It was the layout of the page and the content in which the slogans were presented that struck a strong emotion for Pasquinella. He states that the only major problem he has concerns these two slogans because it may be construed as inappropriate and offensive material. He says that the school does not condone violence in any way and that the words “attack” and “deck” connote images of violence and abuse. He believes the words may offend victims of rape, abuse, or harassment. As an administrator, he is responsible for maintaining a certain code of standards and to uphold the
Scholarship Opportunities

Carl W. Christiansen scholarships of approximately $1000 each are available to accounting students. Applicants must be a legal resident of the State of Rhode Island and a citizen of the United States. They must have expressed an interest in public accounting and must obtain an overall academic average of 3.0.

A Howard F. Greene scholarship of $1000 is available to an accounting student who is currently a junior. Applicants must have a GPA of 3.5 in accounting and 3.2 overall. They must have demonstrated writing skills, self-help, extra-curricular activity and financial need. Applicants need not be RI residents but they must be enrolled at a college or university in RI.

For the above two scholarships, application deadline is March 13. Contact Prof. Piccirilli, ext. 1077, Johnson Hall, room 307, for application forms, criteria and guideline information.

Ecolab Scholarship Program - Ecolab is sponsoring academic scholarship awards, each will be in the amount of $1000. Only one scholarship will be awarded to any one student per academic year. It is anticipated that approximately 12 scholarships will be awarded. Applicants must meet the following requirements: be enrolled full-time, for both Spring and Fall Terms. Applications will be evaluated according to the following categories: industry-related work experience, financial need, academic record, educational qualifications, extracurricular activities, responses to the required essay questions, and neatness and completeness of the application. Deadline for application is June 1.

The National Tourism Foundation is sponsoring a number of scholarship opportunities for students majoring in Tourism, Recreation Management and Tourism. In addition to cash awards, upon receipt of a National Tourism Foundation scholarship, each winner is given the opportunity to attend the 1986 NTA Annual Convention in St. Louis, MO - an expense paid trip and registration valued over $300. General scholarship requirements must be a full-time student, entering his/her junior or senior year, study, have at least a 3.0 on a scale of 4.0, and have a degree emphasis in a travel and tourism related field.

The Tony Orlando Yellow Ribbon Scholarship is offering a $5000 cash award, competitive on the basis of academic standing and disciplinary registration to the NTA Annual Convention, and a one year subscription to COURIER magazine.

The National Tourism Foundation (NTF) is currently accepting applications for its Fall 1986 Internship. The Foundation is seeking a student pursuing a degree that is related to travel and tourism. The internship includes a $3000 personal stipend to offset travel and lodging expenses.

The International Foodservice Editorial Council is sponsoring a scholarship for students preparing for Foodservice careers. In order to be eligible for the award, students must be in good standing with the University, and show evidence of training, skill and interest in both foodservice and the communication arts. The winner will be selected on the basis of the number of awards and their amounts may vary from $100-$500.

American Indian Services is sponsoring a scholarship available to students with American Indian Heritage. The amount of the scholarship varies from $200-$250. Full-time students will be considered first, part-time students will have second priority status. Students must also exhibit financial need.

For the above six scholarships: step IX13 for further information

Recipe Contest

For the fifth consecutive year, Custom Food Products will be the exclusive sponsor of the American Culinary Federation (ACF) Soup and Sauce Championship. All qualifying entries receive a free personalized Marigun chef's jacket. The finals will be held in Anaheim, CA at the National ACF Convention on July 25-26. National Championship Awards start at $1500 Grand Prize to $250 First Prize. All applicants must be current members of the ACF. Please see Professor F. Fanta for an application and further information.

Crime Alerts

Assaults

One student was arrested by Warwick Police for assaulting a teen. student at ACE Hall on Friday, January 16.

Sunday, February 1, a student at Xavier reported an assault to Campus Safety & Security. The incident is under investigation.

Dugs

The following is a list of the drug related incidents reported to Campus Safety & Security.

January 15: A student was arrested at McNulty Hall by Providence Police for possession of marijuana.

January 12: A student was arrested at ACE Hall by Warwick Police for possession of marijuana.

January 22: A student was arrested at Minned Hall by Providence Police for possession of marijuana.

February 7: Two students were arrested at South Hall by Providence Police for possession of marijuana.

Stolen Vehcile

A student reported to Providence Police and Campus Safety & Security that a car was stolen from the Culinary North Lot on Wednesday, January 7. The theft is under investigation.
Freezing Rates for Freshmen

JWU announced that it is implementing a new financial aid incentive which will freeze the rate of tuition in a student's freshman year.

According to William McArville, vice president of student financial services, the University's new Guaranteed Tuition Plan has the potential to save incoming students up to $4000 over a four-year period. This freeze, which is effective immediately, is aimed at full-time, continually enrolled undergraduate students. This financial aid measure will benefit from the freeze as well.

"In this era of increasing difficulty in financing a college education," said McArville, "it is our belief that a tuition freeze - along with some rather significant tax savings recently enacted by Congress - strongly supports our goal to provide our students with a more affordable education.

Consul General of Sweden Visits JWU

When Dag Sebasian Ablander, Consul General of Sweden, recently visited JWU, he was indeed a welcome guest - the warm and welcoming foods of his homeland.

Accompanying the consul general was his private chef, Ulrika Bengtsson, who prepared a very traditional Swedish dinner for 44 JWU officials and their guests.

The authentic menu consisted of:

- Layered Potato and Matjes-Herring Napolitana, Cured Tenderloin of Venison, with Baby Beet Salad and Vasterbottenriost Cheese, Crusted Icelandic Cod with a Grilled Chantenille Dipping and Tomato Boulion, and for dessert, a Bucket of Lent Liserost in hot milk.

The food was paired with all-American beverages - Coors Blue Moon Wheat Ale and two Sokkenet Vineyards wines: a 1994 Cabernet Franc and a 1995 Vidal Blanc.

The consul general was also accompanied by his wife, Gunilla von Ahlin, Dr. von Ahlin, president of JWU, hosted the dinner. Special guests included a number of JWU students from Sweden, as well as Susan and Earl Sumner with Vineyards, who were responsible for preparing the dinner. Dr. Bowman to the consul general last fall.

The consul general and his wife are friends of the Sumners. During his talk, he consul general made note that during this year's dinner for the Nobel Laureates in Sweden he served Sokkenet wines.

"What I like best about the United States is its good spirits, their good ideas and their win-win 'let's make it happen' attitude," the consul general said.

The consul general and his chef came to JWU to promote the great cuisine of Sweden, according to Dr. Bowen. During their visit, the Swedish chef prepared a special lunsch at the Charles River Community College, which supports our goal to provide our students with a more affordable education.

Community Service Needs

See a play for free! Volunteer ushers are needed for the Trinity Repertory Company. Please call the Church Office, 701 Washington Street (corner of Washington & Empire near the Providence Public Library). The dates are Wednesday, February 25 at 6:45 pm for an 8pm performance and Thursday, February 26 at 6:45 pm for an 8 pm performance. The event is within walking distance. Black pants/skirts and white shirt/blouse (ties and scarves if you wish) are a MUST. Training as an usher and a free showing of the performance are provided for volunteers. If interested, please call Susan Conney at The Feinstein Community Service Center at ext. 1265.

So what do you do on your weekends? Ever wanted to do something good and fun but didn't know what? Well, here is something you can do, and you'll feel great after you're done! The National Kidney Foundation is seeking 10 volunteers to assist in the "Gift of Life Walk" at the Roger Williams Park and Zoo on Sunday, April 19th from 7:30am - 2 pm. Positions available: set up and clean up, register walkers, traffic controllers, operators/cheerers for walkers at water and fruit stations, entertainers, chefs and ambassadors. Transportation is NOT provided for this event. Comfortable clothing (i.e. sneakers) is suggested. A letter of support and thanks from the ever grateful person is given to volunteers. If interested, please contact Anne Stuart at 7308440.

What are your priorities? Do you enjoy talking on the phone and want to use your incredible phone etiquette to do some good in the world? Four volunteers are needed for the Women and Infants Hospital Fund Development 1998 Spring Phonathon at 300 Richmond St. (within walking distance from downtown) to call donors and ask for their monetary support. The dates are March 9, 11, 17, 23, and 25 from 5 pm to 8:30pm. (a buffet dinner and training will be held from 5pm-5:30pm) Please notify DeBbe DeLade to volunteer and tell her if you need transportation. Casual and comfortable dress is suggested. A letter acknowledging volunteer participation is awarded. If interested, please contact DeLade at 274-1122 ext. 2020.

Volunteers are needed for the Trinity Repertory Company Theatre for "Ahab the Ecstatic" play located at 201 Washington Street. Volunteers are needed for the following dates:

- Thursday, March 12 at 10:45 am for a noon performance
- Friday, March 13 at 8:45 pm for a 7 pm performance
- Saturday, March 14 at 12:45 pm for a 2 pm performance
- Sunday, March 15 at 8:45 pm for a 7 pm performance
- Monday, March 16 at 11:45 am for a 1 pm performance

The event is within walking distance. Black pants/skirts and white shirt/blouse (ties and scarves if you wish) are a must. Training as an usher and a free showing of the performance are provided for volunteers. If interested, please call Susan Conney ASSP at the Feinstein Community Service Center at ext. 1265.

W O R D S, from front page

University’s image, Pasquarrella deems the list as not fulfilling the mission of the University or the mission of the Campus Herald, which is to serve all members of the entire University community, not just college students, but faculty, parents, and administration.

According to Sandra Lai, the editor of the Campus Herald, the list was not placed to offend anyone. Merely, it was in jest and humor. Figuring that everyone in the school is adult enough to handle adult material, in fact, the list, according to Lai, was found on the Internet and compiled by her. Meaning anyone with access to the web can access the list.

Armand Anderson, vice president of Student Government Association, feels strongly against this "censorship" stating that it is impossible to prevent offending everyone. She also states that he is offended himself offended that the money and time spent on creating and printing the issue was wasted.

Many other students have the same sentiment, expressing that students here are adults, that the college is babysitting us and treating us like children.

Those that have been told about the list said they have heard some of the sayings before and that they never thought the sayings offensively, nor did they think it was offensive.

Dean Pasquarrella’s point is that the material is inappropriate for a college newspaper, and the University will not tolerate such remarks.

It seems the entire situation would have been different had the list been presented in a different form or in a different section.

So, for those who have been searching for the February 11th issue, it is on its way. As of this issue print, the last issue should be out on newsstands now. With this issue, there should also be the newly revised February 11th issue alongside with it. The list, though, has been removed.

Any opinions or comments about this situation, or about any situation happening on campus, can be dropped off in Plantations Hall, first floor, next to the auditorium; or in the mailbox located in Student Publications office next to Purchasing.

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Do you spend more time searching for last year’s tax return than it actually takes to use that information? Have no fear. It’s never too late to get your records in order.

1. Identify your objectives. Determine why and how you need to access your records in the future. Do you need to keep them for tax purposes, to track investments, to monitor savings or spending? If you understand this, you can set up an effective system.

2. Develop a system. While computers offer some obvious and time-saving advantages, good old pen and paper is fine.

If you decide to use a computer for your record keeping, there are a number of cost-effective programs on the market that you can choose from. Quickens and Microsoft Money are the two leading software programs for bookkeeping.

Whether using a paper or a computer, the same basic elements of organization apply. Set up your records so that all your information is clear and well defined and make sure your system makes sense.

3. Allow for checks and balances. In order for your system to stand the test of time, you must have the ability to go back and double check your records to verify your accuracy. Your system is weighted on the ability to go through your records and find and correct mistakes. You are now ready to set your system in motion, dive right in and start entering information.

4. Monitor your effectiveness. After you’ve used your system for a while, ask yourself, “Is it meeting my objectives? Is it easy and efficient to enter information? Is it clear and well laid out?” If the answer to any of these questions is no, go back and change it.

5. Modify and fine-tune your system. As your needs change and grow, you’ll want to update your record keeping system. Make it work for you.

For more information on personal finance issues, visit the website at www.dollarsandc.com.

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USA Spring Break 1-888- SPRING BREAK

First-time Cruiser Tips

Seven new cruise ships are scheduled to debut in 1998, and four of them will accommodate more than 2000 passengers. Yet in spite of the cruise industry’s steadily growth - 1997 saw a 10% increase over 1996 - the Cruise Industry International Association (CILIA) reports that only 10% of Americans have ever taken a cruise vacation. Why is that?

“Believe it or not, most Americans still think of cruises as expensive, very upscale vacations,” says Mark Jackson, a professor of travel and tourism management at the University of Miami, FL. “But the truth is, cruise vacations are affordable - in fact, the price you pay for the total package of transportation, meals, accommodations and entertainment is an excellent value for you dollar.”

In an effort to attract more first-time cruisers, Jackson adds, cruise lines are introducing a wider variety of ships, new ports of call, themed cruises, and a variety of sea/land options in 1998. For example, Carnival Cruise Lines will introduce two ships this year - one of them, the 2046-passenger Paradise will be the world’s first smoke-free cruise ship. It will operate alternating weeklong cruises to the Eastern and western Caribbean from Miami.

The industry’s newest cruise company, Diamond Princess Cruises, is scheduled to launch its flagship, the 1750-passenger Diamond Princess, in April. Its sister ship, Diamond Wonder, is slated for a December 1998 debut. The seven-day itineraries for both ships include a three or four day stay at the Walt Disney World Resort in Orlando, FL, followed by a three or four day cruise to the Bahamas.

In May, Princess Cruises will introduce the 2600-passenger Grand Princess, said to be the largest and most expensive cruise ship ever built.

“In May, Princess Cruises will introduce the 2600-passenger Grand Princess, said to be the largest and most expensive cruise ship ever built.”

Whether you are a veteran cruiser or one about to board ship for the first time, AAA offers the following cruising advice:

Organize your sightseeing.

If you prefer to explore at your own pace rather than travel with a tour group, consider renting a car, motel or bicycle.

Speak the “mother” tongue. Or, at least, don’t become impatient with locals who don’t speak English. Try to learn a few key phrases, combine them with your gestures and you should do just fine. A smile will encourage most people to go out of their way to be helpful.

Respect the local customs. For example, bargaining is common in marketplaces, but can be unacceptable elsewhere. Try to buy local dress code - swimwear is fine for the beach, but always bring a frown upon anywhere else.

Try a new water sport or two. Caribbean islands offer excellent opportunities to try scuba diving, windsurfing, parasailing and scuba diving. Just be sure to take a course with a certified instructor before trying any of these sports on your own. You can book something ahead of time at the cruise ship’s excursion desk.

Stay in “ship” shape. Those midnight buffets and seven course meals need not ruin your figure. Most cruise lines offer excellent exercise facilities and organized fitness programs - a great way to meet some of the other passengers.

Beware the fireball in the sky. The tropical sun is very intense, producing a tan- or sunburn much faster than in more temperate climates. Select a sunscreen that has the highest SPF recommendation for your skin type, and apply it frequently. Apply sunscreen anytime you go outside and use a waterproof formula while swimming or playing water sports. If you do get sunburned, avoid the sun and saltwater for a few days. Aloe-based lotions can cover the pain and prevent some peeling.

A burn severe enough to produce other symptoms, such as swelling or fever, should be treated by a doctor.

Bring home the perfect souvenir. Gargantuan mementos need not be expensive, but should capture the spirit of places you visit. Locally made handicraft clothing, accessories, pottery, paintings and drawings make excellent gifts, and shopping for them is half the fun. Local books and guides, including those with locally written novels, historical accounts, coffee table picture books, maps, calendars and postcards. Cookbooks make wonderful keepakes you can use them to prepare your favorite island dishes for years to come.

By Brenda Farrell who writes for The Hospitality College.

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USA Spring Break 1-888- SPRING BREAK

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opinion

Why Blimpie?

Most everyone can agree Sean DeBree aptly describes his food. "You kick the Lloyd’s of food," he says. The advantage of Lloyd’s of food is that even if you do not go to Lloyd’s you still have a quality meal. Blimpie, on the other hand, has a standard amount of meat they put on each sandwich. They also have regulations so you are receiving a standard amount of meat every time.

Most of the time this is less meat than a Ma and Pa shop, but the price you pay for a Blimpie’s sandwich is less than a Ma and Pa shop. A footlong Blimpie sandwich is $4.99 to $6.25. If a customer wants extra meat, s/he can purchase an additional $1.00 and get an extra dollar or two (depending on the sandwich).

But no one expects a foot-long sandwich to start off the weekend. Therefore, Blimpie offers a large variety in portions of meat and sizes of sandwiches. There are two six inch, or three inch sandwiches. Pitta, and wheat breads are available. Most Ma and Pa shops sell twelve inch, and eight inch sandwiches. At Ma and Pa, they do not have pita or wheat bread. Blimpie accommodates every customer’s taste.

Blimpie also has all of the standard items you can buy from a supplier. Ma and Pa shop does not have these regulations. Blimpie freshly slices the meat for your sandwich when you order it. Subway serves pre-sliced meat; this meat is not pre-sliced at the beginning of the day in the factory before it gets to the restaurant. Subway regulates its portion size by using this method, but you are not only pre-sliced but delivered frozen and then thawed out. This dramatically effects the quality of the meat on the sandwich.

Cleanliness is a big issue for any restaurant. Blimpie’s restaurants are required by the franchisee to keep a certain level of cleanliness throughout the restaurant. The franchise sets controls by having company representatives check as customers during unannounced visits. There are many franchises where company representatives check the back of the house to see if it has met the required standards, but Blimpie does not have this type of control. Since it is too big. The cleanliness of these restaurants depend on the individual. Blimpie is to walk in, and the day that a customer walks in. All Blimpie employees are required to be wearing gloves when preparing food; some Ma and Pa shop do not. This practice will not occur in this restaurant.

Quality: Blimpie’s Sandwichie offers quality product. After examining the specific aspects of quantity, quality, price, and freshness, we determined that the question of which sandwich place to eat at is a personal choice. S. I. Kipos says: "Simply Blimpie."

by Philomena Corradino

Surprised that we’re featuring fresh corn on the cob when the good part of the continent is chillin’? You bet! Fresh corn in summer. But, right now you’ll find Southern Supermarket corn that’s grown in Florida, Georgia, Alabama and sold from October through July, with the supply highest in April and May. Supermarket is a variety that stays sweet and tender longer than most other varieties of corn properly stored. It’s picked, packed, chilled and shipped within 24 hours, with field heat removed within 30 minutes of harvesting.

Good corn needs nothing extra to improve it. But you can give it a new twist by adding your favorite spice or herb to softened butter.

Cilantro Lime Butter

1/2 cup lightly packed fresh cilantro leaves
1/2 teaspoon grated lime peel
1/2 cup plus 2 tablespoons fresh cilantro, chopped
1/2 cup plus 2 tablespoons softened butter

In a bowl or food processor fitted with a metal blade, place cilantro, lime peel, salt and hot pepper sauce; process using anoff and on motions until cilantro is finely chopped, 5-6 times, scraping the sides of bowl if necessary. Add but- ter; process until combined, about 30 seconds. (Or, finely chop cilantro leaves; place in a medium bowl with 2 tablespoons lime juice; stir until well coated, about 2 min- utes.) Serve with hot cooked corn, boiled shrimp or other steamed vegetables. Yield: 1 1/2 cup.

Caribbean Shrimp and Fresh Corn Packets

8 ounces fresh shrimp, peeled and deveined
4 ears of corn, husked and cut into 1/2-inch sections
8 4-inch sections of fresh corn
8 4-inch sections of fresh corn
8 4-inch sections of fresh corn
8 4-inch sections of fresh corn

Place shrimp in each of eight 1 1/4-x-7-x-1/2-inch foil packets. Place corn sections on top. Fold foil over packets; press edges to seal. Place packets on rack in shallow pan; add 1 inch water to pan. Place pan on grill over medium heat, or place on rack in pan under broiler. Grill or broil 15 minutes or until shrimp are done. Serve immediately. Yield: 8 (1 1/2 cup) packets.

Have a Sun-safe Spring Break

If you’ve been thinking of visiting an indoor tanning salon to get a base tan before going to the beach for spring break or to get a tan while you’re on spring break again, No tan is healthy for your skin, whether obtained at the beach or with indoor tanning lamps, says Dr. Kes Amonette, a dermatologist and a past president of the American Academy of Dermatology (AAD). "A tan is an injury. It is the skin’s response to an overdose of ultraviolet radiation, " she warned.

Some people mistakenly think that a base tan will protect them from a sunburn. "If you get sunburned, Dr. Amonette says. However, an indoor tan has at best the screening power of a sunscreen with an SPF 4, offering almost no protection from the harmful ultraviolet rays of the sun."

Tanning with a sunscreen is safer than tanning without one, according to what the tanning industry says. Although indoor tanning beds give a smaller amount of burning rays, (ultra- violet B light) than the sun, face- skinned people who do not limit their exposure can still burn. Also, some burn can occur in people who tan while taking medications that make them light-sensitive, such as certain antibi- otics and acne medications.

Worse, however, is the damage that tanning beds and sunlamps can cause years of "Suntanning, especially indoor tan- ning, has only negative health conse- quences, whereas, whether it is short-term effects like red, dry and itchy skin or long-term effects of pre-malignant wri- nges, sagging skin and skin cancers, " continues Dr. Amonette. "In my opinion, plastic surgeons practicing in Temple, Tex., and president of the American Society of Plastic and Reconstructive Surgeons (ASPRS)."

Such damage is possible because tanning beds and sunlamps provide-and are designed to do-one dose of A (ULV) light that permeates deep into the skin. "Thirty minutes in an indoor tanning bed is equal to a day at the beach for ultraviolet A exposure, " Dr. Amonette notes.

Warnings of possible side effects from large doses of UVs radiation, peel, salt and hot pepper sauce; process using on and off motions until cilantro is finely chopped, 5-6 times, scraping the sides of bowl if necessary. Add but- ter; process until combined, about 30 seconds. (Or, finely chop cilantro leaves; place in a medium bowl with 2 tablespoons lime juice; stir until well coated, about 2 minutes.) Serve with hot cooked corn, boiled shrimp or other steamed vegetables. Yield: 1 1/2 cup.

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Protect your skin

"To prevent skin cancer later in life and help keep their skin young-looking, advises Dr. Lynch, "it makes sense for young people to drink sunscreen and protect their skin from the sun.""

While the sun is ideal, Dr. Lynch admits it is "somewhat unrealistic to expect young people on spring break to stay out of the sun altogether. I cannot, however, stress the importance of wearing sunscreen to avoid burning, espe- cially during quality time when the sun’s rays are the strongest." "ASPRS and AAD are both con- cerned about young people’s use of sunscreens and recommend these tips for a sun-safe spring break.

Do not intentionally tan, either outdoors or indoors, on any part of the body, where water and sun reflect the sun’s rays, take special precautions. Use a sunscreen with a sun protection factor (SPF) of at least 15. Reapply sunscreen every two hours and after swimming or sweating.

Outdoors, wear a wide-brimmed hat, sunglasses, and a shirt that cover your skin.

Be careful, where water and sun reflect the sun’s rays, take special precautions. Use a sunscreen with a sun protection factor (SPF) of at least 15. Reapply sunscreen every two hours and after swimming or sweating.

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Outdoors, wear a wide-brimmed hat, sunglasses, and a shirt that cover your skin.
**Your Horoscope**

**by Natasha**

**Aries** (March 21 to April 19)
You could end up being the silent partner in an enterprise. Discord arises midweek with a cantankerous co-worker. Love considerations cause you to sulk into selfish behavior this weekend.

**Taurus** (April 20 to May 20)
Career objectives will be achieved, but it's better to work from behind the scenes than to engage in pitched battle. Keep peace on the home front. Some are just looking for an excuse to argue.

**Gemini** (May 21 to June 20)
The financial picture for you should be improving. In fact, you should be able to plan that special vacation trip you've anticipated. Family members are cooperative over the weekend.

**Cancer** (June 21 to July 22)
You'll get your career on the right track this week. Still, further planning is needed. The weekend is relaxing and invigorates you for the week to come.

**Leo** (July 23 to August 22)
Loved ones should have a good time together, although the accent this week falls on home-based activities rather than on the weekend.
**A Luxurious Night at the Westin**

**Photos by Peggy Shultz**

**ESKIMO KISSES:** Amy Geiser, last year's Queen, and her boyfriend.

**DISCO INFERNO:** Dancing the night away at the Soffita.

**UJB Dance Committee: Finally smiling and enjoying the night.**

**Not just for couples: Anthony McEnt and Rebecca Rivers pose for a quick snapshot.**

**Romantic Interlude: Lending the Soffita atmosphere.**

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**Seize the opportunity to expand your skills**

The Campus Herald is seeking writers, photographers, reporters, editors, music experts, designers, artists, and storytellers. You must be a creative, innovative, dedicated, committed leader and teamplayer.

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Attention Seniors

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GCP
Thanks for all that participated at the Greek Retreat. It was a big success and a definite stride towards Greek Unity.
We would also like to commend the great turnout at the Greek Breakfast. Look for more to come in the upcoming trimester.
Congratulations to Shalek Pervin from Phi Beta Sigma on his new SGA Representative position.
Attention all GREEKS! Prepare yourselves for the largest Greek event ever! Greek Weekend '98 is happening in May with opening ceremonies beginning on Thursday, May 7th and closing ceremonies on Saturday, May 9th.
Good luck with finals. Get ready for a GREAT third trimester!!!

**Phi Sigma Kappa**
The Brothers would first like to announce Carol Bernardo as our new Fraternity Advisor. Good luck Carol and we "won't let you down!"
Congratulations to Andre Spence, Eddie Fimetal, Reggie Legende, Joel O'Neil, Brian "Kingshaw", and DJ Ramirez on becoming the newest brothers of Phi Sigma Kappa.
We would like to thank Delta Phi Epsilon for a great social. You ladies are all of fun. "How about them D-feres?"
Please look for the Phi Sig in upcoming events, such as: Heaven and Hell, at the Reactor Room in March, and our 5th Annual Crane Lift for Cancer with SEC in October.
Also, congratulations to Andre Spence on his Freshman position.

**Delta Phi Epsilon**
Thank you to Christie Miguel and Sally Cohen - the retreat was great. Also, a special thanks for the date dash - it was awesome! Amy Miller - you did a great job on RUSH! Thanks! Erika Ortiz - you did an incredible job with the Omicron! Christie Miguel - good luck with the Pi's. Good luck to the new E-board and thanks to the old E-board.
President: Jessica Macker
Vice Presidents: Cara Breyd & Sally Cohen
New Member Lucifer: Christie Miguel
Treasurer: Joanna Goetsmann
Secretary: Chris Kelley
NFC Delegate: Jennifer Martin 
Member at Large - Kristen Rogers
Happy birthday to Buffy Burch, Gina Springler, Michelle Dubuque, and Jessica Boxer.
Happy three year anniversary to the Iota's and Happy two year anniversary to the Lambdas.
The sisters of Delta Phi Epsilon would like to congratulate the Phi new member class:
Jessica Ciremini
Heather McGrath
Mahnoz Qureshi
Courtney Foley
Tina Lekacos
Rebecca Shapiro
Lisa Morehead
Julie Sanzo
Julie Chiver
Kathy Brown
Michelle Callaro
To the brothers of Phi Sigma Kappa - power, power: what a great time. to the Brothers of Omega Phi Delta - thank you; we all had a great time! The sisters are looking forward to our social with the brothers of Tau, Kappa Epsilon and our annual Boston city climb to support: the Cystic Fibrosis Foundation on March 8. Please see a Delta Phi Epsilon sister for more details. Good luck to everyone on Finals! Have a great Spring Break!

**Sigma Delta Tau**
The sisters of Sigma Delta Tau would like to first thank all of the girls who came to our informal rush and would like to welcome and congratulate the new members of XI Class Jenny, you did a wonderful job with all your hard work and dedication in making this rush a success. We would like to extend a special congratulations to our new Executive Board of the Gamma Sigma Chapter:
President: Zina Toder
Vice President: JoAnn Fajanski
Rush: Jennifer Feldey
Education: Stefanie Mielnichausen
Scholarship: Kacey Wolfson
Sergeant of Arms: Kimberly Lafferty
Treasurer: Andrea Perrino
Tutor: Jessica Rosa

**Sigma Lambda Beta**
Good luck to the fellows who are going through our education process because you are going to need it! We got alot of faith in you young men.
Thanks to the D-Years for the Date Dash. Y'all invited on me. Thanks also to the guys who showed up to the informational meeting. I hope we answered some of your questions and concerns. The African Extravaganza was great! Thank you for letting the Beta's help set up for the event.
Latino's, where you at? Hey! be representing! we be at the bars! Latino's, where you at? Hey we be at the clubs getting down! Latino's, where you at? Hey we smoke out! Latino's, where your at school? Shhhhh silence fill the Kore.
We are over 7K make up in our school. That 700 students give or take a few. Y'all made it to the next level. Most of our brothers and sisters don't even see the step of a capable Greek involved in activities and clubs in school. Help out in the Latino and minority communities that look for our guidance. Push the bad things aside or at least till the weekend, and get involved. We need your help! Who, you say? The Betas, Gammas, Latin American Club, Dominican Club, Caribbean Club, La Familia E.A.R. B.A.A. D.O.A, 200 & 900, Phi U, A.K.A, Strong Roots. These are just a few that represent us; people of color. Don't do it because I'm asking you to. Do it because you love yourself and "La Raza". Latinos. Those who are doing something... thank you and good order.
So Latinos and Latinas who are in darkness for the next 2-4 years, apply yourselves and help yourselves and each other to find the light of success. Remember, "College is not knowledge; it's where you find it."
Thank you.
Nico, L.B. "86 peace

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Bits and Pieces of JWU’s Basketball Diary
Both Teams Head to Playoffs

They’ll make it into the Great Northeast Athletic Conference playoffs, but both the JWU men’s and women’s basketball teams have had more than their share of ups and downs this year.

The men’s team will hit the road this week for what Coach Frank DeSimone hope will be three successful games against teams he knows his team can compete with. Indeed, there’s no one in the GNAC that stands as the championship tournament team’s clear-cut favorite.

The status of the women’s team is a bit different. As they head out to Connecticut for the first round of the GNAC women’s playoff, Coach Stephanie Brown knows that her team is capable of putting together 40 minutes of great basketball. They’ll just have to do it against the likes of Albertus Magnus and St. Joseph College, both of whom boast ed records of 8-1 in the league in their first nine games.

Though the women face the most stern of tests, they still have some weapons. Marya Moore, who last week became JWU’s all-time scoring leader, is having a solid year. So, too, is Telesha Parsons, the freshman who is averaging a double-double a game with 14 points and 13.9 rebounds. Parsons is the nation’s seventh-leading Division III rebounder.

Nancy Shelar’s nine-pointers is tied for the most in a single game this year in the entire country. If she’s on during the playoffs, things could get very interesting.

Jayne Stockwell, Tyressa Brooks, and Christine Loring have all had big moments throughout the year, and Michelle ta has had three double-doubles to her credit as she continues to improve with every outing.

The men’s team showed that they, too, can make big noises in the GNAC. They stopped Rivier from keeping up a share of the conference title with a 101-95 victory last week. In that one, the Wildcats distributed the ball better than they have done all year. Seven players scored in double figures, and the range of shots taken by each player ranged for the most part from seven to 13. In basketball lingo, that’s great distribution, and it paid dividends in the win column.

Anthony Williams has been having a tremendous month of February. The junior co-captain has cracked the GNAC’s top-ten scoring list, and has improved his average by four points since the beginning of the month. He has now scored double figures in 10 of his last 11 games, and has led the team in scoring in five of the last eight games.

Williams had 18 points and a team-high eight rebounds for the Cats. Daishun Duren and Mike Ivery scored 15 each. Rob Williams added 14; Matt Lennox 11, and J. Gary and Marlon Blakney ten each for JWU.

Pairings and times of games are available through the JWU Sports Hotline at JWU-INFO ext. 212.

Men’s Volleyball Making a Killing

Mark down March 12 and March 28 on your calendar, if you’re into good, volleyball, or want to keep your heart rate under emotional duress. Those two dates mark JWU’s remaining home matches.

Volleyball lovers and clinical researchers alike don’t really know what it is about the JWU men’s volleyball team and their home matches at the Delaney Complex.

They’ve had two; they’ve got two left. And if the last two are anything like the first two, people are going to show up just for the action. Saturdays.

First, there was the Wildcats’ opener against Wentworth. In that one, Wentworth won the first two, and Wentworth took the deciding game, 16-14.

This time, the Wildcats prevailed, leaving a hearty hundred or so who meandered into the Delaney Gym quite happy and somewhat emotionally spent. JWU had won the first two games, then faltered and dropped the next two, then recovered enough to wrestle the match away from Western New England, 3-2.

Second-year standout Chris Jones came up huge for the Wildcats, who won their second North East Collegiate Volleyball Association game in the process. Jones racked up seven kills in the deciding game to clinch the win, including a kill that sealed the clincher in a 15-12 contest. John Kato added seven kills and seven blocks on the right, but had plenty of support from the other six members of the team. Toddare Ware came up with three blocks and two kills in the first game before Jones spiked the clincher in a 15-8 win.

Matt Cretella started the Wildcats off to a 15-10 win in game two with kills for the first, sixth, seventh, and 11th points of the match, forcing two sideouts. Kyle Bryant came up with a couple of kills, and served the first five points of the third game.

Ivan Hildebrandt also came up big for the ‘Cats. It looked like the Wildcats were on their way to a 3-0 whitewash, but things went awry and Western New England proved that they’re not a bad team either.

WNEC roared back into the game with a 15-4 victory in game three and a 53-15 bathing in game four. The Golden Bears clawed their way back behind Bernard Kay Walker, who can flat out do it. Setter Mike Pasvee, who was making a homecoming of sorts because he’s a native of Warwick.

By the time the fifth game was about to begin, it looked nasty for the Wildcats, but along came Jones. Jones and Law blocked the first point. Bryant and Ware came up big with defensive plays during a long rally and a WNEC error made it 2-0. Jones’ first kill made it 3-1. He second, backed up by Law, made it 4-1. A Cretella dink and a WNEC error got the load out to 6-3.

But JWU couldn’t shake the Bears off its back.

Equine Club
The Equestrian Club meets every Monday at 6 p.m. on the fifth floor of Xavier. The topics of conversation are horses, horses, and more horses.

Fundraisers are in the works. Many of the horse events are held at the Barn in Rehoboth, MA. The one requirement for this club is the prospective member must be dedicated and responsible. The prospective member must be willing to take an active role in all of the club’s activities.

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