By Mike Post
Editor-in-Chief

Johnson & Wales University - Providence, Rhode Island
Wednesday, February 25, 1999

Performing Arts Center. The bid was declined due to routing and sales. Do not feel bad about Dave, he was given 274 offers and only accepted 31. Other groups that have been bid on are Busta Rhymes, who declined outright, the Goo Goo Dolls, routings, and Lauren Hill, who originally wanted one price but after her nomination for a Grammy Award her price doubled. Another tour that was possibly coming to JWU was the MTV College Tour. Featuring the bands Third Eye Blind and Eve 6, the offer was denied due to routing.

So much for the past what about the future and where do we go from here? The answer can go in two directions. The first direction is the Sino-Core Tour which is sponsored by MTV and Levi. The tour includes four bands, Everclear, Redman, Sade, Coughing and DJ Spooky. The event would be held sometime in March. As of now publicists at the University had not made its decision of sponsorship but the Sino-Core Tour definitely will be coming to Providence. Stay tuned to 95.5 WBRU for information regarding the dates and the ticket prices. If the University does not take this event students can look forward to a surprise at the Wildcat Wahoo in May at the HarborSide Campus. We can all be assured that the concerts are on the way. One way or another, the national acts will begin to realize that New England is still alive and we will be able to enjoy some. Snoball "99 Perfect End to Winter Week Activities

By Mike Post
Editor-in-Chief

On Saturday, February 6 a number of Johnson & Wales students, faculty, staff and guests dressed to the nines at the annual Snoball dinner and dance. The event, which served as the finale for Winter Week, was a great success. Sponsored by the University involvement Board, this dance was one for the history books. By the Thursday before the dance, 1400 tickets had been purchased leaving procrastinators scrambling to find a ticket. It was held at the Westin Hotel in downtown Providence. From the hours of seven to midnight, guests enjoyed a full buffet dinner and dancing. The DJ spun music non stop and everyone definitely sweated off their freshman fifteen. At the dance, guests could enjoy having their picture taken and placed inside a whimsical snow globe. A special thanks goes out to the University Involvement Board for a job well done.

ECHOES of the Century
Part 3 of 8: JWU A Growing Community
A Look at Student Body Responsibility

By Ryan Ford
Staff Writer

Johnson & Wales University has many future plans that will accent the attitudes of the student body. From buildings to faculty, the word on campus is improvement. This won’t be relevant to anyone if we don’t make our changes heard. Improvement of a University takes feedback from all students, no matter what race, religion, or creed.

We, the student body, have a chance to create an atmosphere that will suit our needs. Every student should take a minute out of their busy day to identify what exactly they like and dislike about Johnson & Wales and try to make their voice heard at some level. Not only can voices be heard, actions can also be seen. These actions taken by students show maturity but also can reveal stupidity. All of this can change rules or thoughts people have towards us.

Many individuals haven’t noticed that they are in the real world and what they do now will directly affects their future endeavors. Making a change on a University campus or getting involved with a movement on certain topics will show people that you are ready for responsibility and decisions in the world. Noticing that you and others can change things in your surround-
ings will be a definite achievement.

Realize that taking care of your residence hall, like picking up garbage, taking time to speak to professors about topics discussed in class, or even helping a classmate with homework all help you as a person. This is the key to becoming happy with this campus. We all made a decision to come here, why don’t we make it a great experience for you and others in the meantime. Doing things that hinder the learning of other students isn’t fair to those focused on their future. Seeing some actions and hearing some incidents has given other individuals and me a feeling of high school all over again. Not saying we can’t do crazy things that will let our frustration out, but know the limit you shouldn’t pass. Getting out of con- trol to a point you put someone else into danger isn’t the key.

Johnson & Wales is and can be a great community, but we all must recognize what each of us bring to it. Different beliefs, religions, and pronunciation of words all play a role in the diversity among us. If you feel you can contribute to this growing community, get up, get out and do something! Remember it may seem unrealistic to you that your voice or actions can change things but from first hand experience they sure can add to new developments throughout the campus.

Snoball ’99 Perfect End to Winter Week Activities

By Mike Post
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LET CAREER DEVELOPMENT MAKE MUSIC FOR YOU

Cooperative Education
The following companies will be on campus to interview students for summer co-op positions. Please contact Trisha Metcalfe at 598-1873 to be put on an interview schedule.
Space on each schedule is limited; so do not wait! You must have a GPA of 2.75 or higher.

Hyatt Hotels Corporation Wednesday, February 17th
Walt Disney World Thursday, March 11th
Bristol Hotels and Resorts Friday, March 12th

Cooperative Education Information Sessions:
Business/Hospitality
Board Room, third floor of University Hall
February 26th 1:30 p.m. - 2:30 p.m.
March 10th 2:30 p.m. - 3:30 p.m.
Application Deadline is March 3rd

Alan Shawn Feinstein Graduate School
Board Room, third floor of University Hall
March 5th 2:00 p.m. - 3:00 p.m.

College of Culinary/Pastry Arts
Stop by the HAC Career Development Office for session location.
March 10th 3:00 p.m. - 4:30 p.m.
March 17th 9:30 a.m. - 11:00 a.m.

FILING FOR FINANCIAL AID IS NOW EASIER THAN EVER!!
You should have received the Federal Renewal Application for Financial Aid in the mail already. Applications were mailed to the address indicated on your 1998-99 FAFSA. Simply update the information listed on the form and return it to the Federal Processor, or file on the Internet at http://www.fafsa.ed.gov
If you did not receive a renewal application in the mail please contact Johnson & Wales at (401) 598-2870 or 1-800-DIAL-JWU, ext. 2870, and we will mail you a 1999-00 FAFSA.
Either form should be completed as soon as possible after January 1, 1999 to ensure maximum eligibility for all aid awarded by J&W. If you need assistance in completing the form or have questions, please call or visit the Financial Planning Office.

PERHAPS IT'S TIME TO PANIC!
YOUR FINAL OPPORTUNITY TO HAVE YOUR SENIOR PORTRAIT
TAKEN FOR THE 1999 JOHNSONIAN YEARBOOK IS
NOW PLEASE CALL
1-800-OUR-YEAR
(1-800-887-9327)
Starting March 15th to schedule your appointment
Failure to be photographed will mean failure to appear in the section of the book that formally presents the class of '99

The Campus Herald
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Mortic Majewski
Sports Editor
John Parente
Music Editor
Kathy Jones
Contributors
Career Development Department
Dubin/Relations Department
Student Life Department

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The Campus Herald encourages all students, faculty, administrators, and community members to voice their opinions on topics concerning them in and outside of Johnson & Wales University. A writer can express his or her opinion in Letters to the Editor. Letters must be signed in ink or they will not be published.
You may contact us at our offices on the 3rd floor of the CBCSL call us at (401) 598-2867, or fax us at (401) 598-1171.
Latin Soul Comes Alive at JWU

DSA Hosts Formal at Biltmore Hotel

by Juan Soto
Student Life Editor

On Friday, February 12th at the Biltmore Hotel in Providence, the Dominican Student Association held their 1st Annual Latino Formal Dance, "La Elegancia". The price for the event was only $10, which included dinner. More than 200 people attended the dance.

The night started out slow, as any event does. As the few brave souls got up and started to dance, the party turned up. The dancing ranged from salsa to merengue to slow dancing. Everyone dressed formal, which made the atmosphere elegant. Several of the Latino fraternities and sororities like Beta Lambda Delta and Sigma Lambda Gamma attended this gala event.

The evening also included a raffle. For a price of $3, people had a chance to win a night's stay at the Biltmore Hotel. By the time the dance ended around 1am, there was still a large crowd of people that seemed not to want to leave. They continued dancing until the early morning hours.

The night was a complete success for the Dominican Student Association. The turnout was great, the night elegant and the club achieved its goal. It expanded the minds of the students in the university by showing them the Latino culture and they had a good time in the meantime.

Wanted:
Student Life is seeking an Office Assistant.

Part Time/ 25 Hours a week
Weekends and Weeknights a Must

Interested Candidates can call Tim Lorenz at Student Life in the Harborside Recreation Center.

ACCREDITATION UPDATE

Johnson & Wales to Receive Notification on NEASC Accreditation in March, 1996

Following two intensive years of preparation, team work, and hosting of a visitation team from the New England Association of Schools and Colleges (NEASC) from October 18 to 21,1998, the Commission on Institutions of Higher Education will meet in Salem, Massachusetts on March 4, 1999, to review the Visiting Team Report, the University's institutional response to the team report, all other supporting documentation and cast its vote at that time. Our current NEASC accreditation began in 1993. The President will be invited to meet the Commission. We will be notified of the Commission's decision on our continuing regional accreditation with the NEASC shortly thereafter.

The Commission publishes eleven standards that were addressed in the University's self-study, standards that establish minimum criteria of institutional quality and represent major areas of institutional activity. Over 100 individuals from throughout the University contributed to the 200 page document, which was accompanied by literally reams of appendices. Our students continue to reap numerous benefits from our affiliation with the regional association including access to state scholarships, access to graduate programs, flexibility in transfer credit, access to licensing and certification, and inclusion in several college guides.

The president will communicate the Commission's decision to the University community upon receipt in March.

ACICS Team to Visit Providence Campus and All Branch Campuses From April 11th to April 16th, 1999

A visiting team from the Accrediting Council for Independent Colleges and Schools (ACICS) will be conducting a comprehensive evaluation of Johnson & Wales University, including all branch campuses, from Sunday, April 11th through Friday, April 16th.

Our long-standing affiliation with the ACICS, which accredits career-oriented institutions, dates back to 1954, and has proven to be a positive relationship that has contributed to the enhancement of JW's reputation as "Americas Career University". In 1993, ACICS granted JW the maximum six-year renewal of its accreditation through December 31, 1999.

The ACICS Visiting Team will be comprised of a chairperson, approximately 15 team members, representing a cross-section of college and university faculty members and administration. They will be touring all University facilities, visiting colleges and schools, observing classes, reviewing a variety of supporting documentation, and interviewing a cross-section of administration, faculty, students, alumni, and members of the Board of Trustees. Everyone is expected to be available to the team members.

Johnson & Wales University is enthusiastic and well prepared for this comprehensive evaluation and new grant of accreditation from ACICS.
Passover Notice

Passover will be coming sooner than you think. The time to plan for Passover meals is NOW. The Seder will be at Pasta Place, downtown, on Wednesday, March 31. In addition, kosher meals will be available for the week of Passover. Anyone on a meal plan will be able to attend or obtain kosher for Passover meals; other University community members can purchase meals at $4.50 per meal, and the Seder will be the same price. For those outside the University community the cost will be $8 per person. Tickets will be available at the Citizens Bank Center for Student Involvement.

The Seder and the Passover meals will be BY RESERVATION ONLY! Those reservations must be in by MARCH 21, NO LATER. Please be in touch with Rabbi Ben Lefkowitz, Jewish Chaplain, NO LATER THAN MARCH 21. You can return the slip below, or call him at ext. 1499 to say if: 1. You will be attending the Seder; 2. You will need kosher for Passover meals. (The Seder is being produced on site, the other meals are being imported from a kosher-certified caterer.)

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1. I will be attending the Passover Seder on March 31
2. I will have ___ guests for the Passover Seder
3. I will need kosher for Passover meals

Gospel Fest ‘99
Voices lift spirits at JWU

by Crystal Jones
Staff Writer

On February 7th, 1999, the Johnson & Wales University Gospel Fest '99 kicked off. The performers included the United Ensemble Gospel Choir, Rev. Paula Sanders, Kenyaatta and the Jones Foundation. Each group sang three musical selections and they all had angelic voices. This event was outstanding and remarkable. The event also included dancing and chanting. They also gave a chance for the audience to get involved by having the audience sing and chant with them.

Duane Merritt, president of the United Ensemble Gospel Choir said, "I was truly blessed to see the young and the old sharing in songs from the past and the present". Each group brought different feeling with each song they sang. This was like a huge gospel party. The support of Black History Activities by Johnson & Wales University has been outstanding. I hope this spirit and enthusiasm lasts all month.

What does it mean to “WRESTLE WITH GOD”

by Sr. Claire Provost
Catholic Campus Chaplain

Thomas Merton, a well known contemporary writer of spirituality wrote: “Christ Jesus cannot live without feeling and without heart. His love is human as well as divine,” and our love for God is a joke if we think it can be just an intellectual thought on paper, or something that “we think about” and do not feel. Actually, spirituality at times is filled with emotion and struggle. There are times when we think it is a whole lot easier to just “give up religion.” During this season of Lent, we take a look at what indeed could be done about growing in our relationship with God. However, that isn’t as easy as it sounds, for often emotions will get in the way.

Emotions are an integral part of our daily lives, so it follows that if our prayer is real and is our own, then it is emotional and comes from SOMEWHERE IN THE HEART. So many of us think that the “way we feel” is a secret, private thing and we would never tell others HOW WE FEEL about our relationship with God. That could be because we ourselves are not comfortable with our emotions, especially our emotions about spiritual things. The truth is that affections play an important role in our relationship with God.

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11TH YEAR!

GUARANTEED APPROVAL
JWU's First Student Artist of the Month: Freshman Maria Cunha

By Clara Mateo
Arts & Entertainment Editor

Maria Cunha is a first year Fashion Merchandising student at Johnson & Wales University, yet moving from her home in Woodbridge, Connecticut did not erase her love of photography. Her dorm room is filled with amazing black and white photographs, which seem to capture the essence of the subject at that moment and time.

Cunha, now 19, has been interested and an active photographer for two years. She became involved in photography at Amity Senior High School because she simply "wanted to try it out," says Cunha. Although she hasn't had much time to exercise her talents in Rhode Island, she plans to pursue it in the future. She plans to minor in photography when she continues her education at the Fashion Institute of Technology in New York City, after obtaining her associate degree at Johnson & Wales. Cunha feels that photography is "a way to express art through your mind and presenting it to everyone." Hopefully we will be seeing more of her talent in the near future.

A piece of Maria Cunha's work.

To The Ignorant!

If the Sun shines on her face, if the wind blows on her face, if the rain wetens her face, if the snow falls on her face all the same! Why must a person stop to question or contemplate whether she or he is African, Caucasian, Hispanic, Asian, Jewish, Polish, Arabien (you get the picture)? If two people are in love which, by the way, always prevails. Why must people first see color and not two people: a couple, a unit, a relationship, a togetherness?

Why can't people only acknowledge that the only thing that is black and white, is right and night. When you look beyond this and allow yourself to question or to be disgusted with that unit, that togetherness, that couple, that love, you only give that relationship another stepful step to climb.

If you really think about it, in actuality God made a man and a woman for a reason and even then the thought of color never was contemplated; -Men and women are made for one another, no matter what race, religion, or national origin. Wake up!

To The Ignorant!

By Anthony R. McPhie

Poem 3

Floating thoughts, in a mind that constantly wanders. Wanders to the edges of the universe, of hell's mouth, of paradise. A paradise lost to a soul that wills it to be found. Found to be a paradise where nothing is complete in its nothingness. A nothingness which cannot be felt or touched, for it does not exist. Exist in the moments of time which will help to define that lost soul, that lost paradise. They want to be found, want to exist, even if merely in those floating thoughts in a mind that constantly wanders.

By Clara Mateo

Untitled Poem

I have come in contact with a heavenly beauty that I must savor. The zestful taste of the vapor of life, accompanied by the harmonious song of the birds, makes me feel a firm connection with glorious creations which will never go stale. With my eyes I caress the rough and rugged spots of her body and still find no mistake; Perfection. There is a sweet union between us, as if she was my soul mate, a loved one. She is the essence of beauty


By JP

Brown Skin Lady

She stands there like a single rose growing in a field of weeds. My eyes focus on her, studying her like I was going to take final exam. Her body, a road map of heaven, as perfect as a pearl found in the deepest reaches of the sea. Her skin, the inspiration for cocoa butter, is soft as a bed of swans feathers wrapped in a cloud. Her face, the place were her lovely smile brightens my soul like a single match struck in a dark cave. She's like medicine the cure to every man's affliction.

By JP

QUALITY APARTMENTS AVAILABLE

EAST SIDE UTILITY INCLUDED OFF-STREET PARKING LAUNDRY ON THE PREMISES 3-4-5 BEDROOMS BILL 508-336-5459

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Look for the return of Soundbites in the next issue of the Campus Herald on March 17.
GREEK ROW

We would like to congratulate three new members of our Delta class: Kelly, Jessica and Julie. A special thanks to Sigma Pi for the after hours social. We all had a great time and we are looking forward to the next. Thanks to all the sisters who helped out in fundraising at the hockey game, for the Women's Concern Center and to everyone who participated in Trouble Shooting for the American Heart Association.

We send our deepest sympathy to the sisters of Delta Phi Epsilon regarding their loss and are grateful that everyone came out of a day of depression. We wish everyone a safe spring break and good luck to everyone on finals.

To Delta Phi Epsilon, we are so sorry you girls have to go through this. If there is anything you need from us just call. Phi Sigma Sigma would like to thank everyone who attended our Valentine's Day Crush Party. It was an exciting and eventful night. We hope everyone had a Valentine's Day filled with love and happiness. A special thanks to all the sisters who helped out at the Rusted Root concert. It turned out to be great! Congratulations to our new Executive Board:

* Kim McGuire - President
* Rachel Tull - Vice-President
* Childers, Nardi - Sergeant-at-Arms
* Brooke Phillips - NPC President
* Shari Glazer - Treasurer
* Jaime Varjani - Tribune
* Jordan Hartcher - Scribe
* Sara Kirkpatrick - Membership Recruitment
* Brittany Lee - Membership Orientation

To everyone, have a safe and fun Spring Break '99! See you next month!

The sisters of Sigma Sigma Sigma would like to congratulate all the Panhellenic sororities on their new member classes. We would especially like to welcome the Kappa class:

Rachel Klein
Kate Pahl
Nicole Duhaime
Sue Ellen Carey
Leah Grossman
Christy Anderson
Bridge Matthews
Megg O'Keefe
Lyana Siegrist
Danya Arella
Meghan Diamond

We would like to wish Sigma Pi a Happy Founder's Day on the 26th of February. Thank you to all the organizations that participated in the "Walk for Robbie". You helped make it a great success!! Please have a safe and relaxing spring break and Good Luck with finals........Kerry, don't forget. We're going to South Padre!

The sisters of Theta Phi Alpha would like to give a special thanks to Sigma Sigma Sigma for putting together "Walk for Robbie". We would also like to congratulate our new members Samantha Frey, Erin Johnson and Kerry Wofmann, as well as our new Executive Board. Thanks for a great election. We would also like to give our deepest sympathy to the sisters of Delta Phi Epsilon on an unfortunate situation. We are just glad everyone is in good health. We hope everyone has a safe and happy spring break. We look forward to seeing you at Theta Phi Alpha's upcoming events. We would also like to wish Christy Tarbell a very Happy Birthday!

Should your club, sorority, or fraternity be on this page. The answer is yes. Call Juan at x 2867 for more information.

Junior Achievement Cooks Up Fun For Local Students

By Crystal Jones
Staff Writer

For the past several months, the Johnson & Wales chapter of Junior Achievement has been working with a local school. The chapter adopted a classroom at the William D'Bate School in Providence. Each week, members went to the elementary school and helped the students by tutoring and playing with them. The students are in the 4th grade and range from 9-10 years of age.

As part of the community service event, JA brought the students to the university for a tour and a day of fun. On February 5th, over 70 children from the William D'Bate School went to Culinary. There the children designed chef hats and aprons and were taught how to make cookies and pizza. Afterwards, they went to Delaney Gym to play games for the remainder of the afternoon. The children were well behaved and enjoyed themselves greatly. Kristy Kawfuss, chapter historian said this of the event: "I feel that it is a great experience for the young kids because it gives them someone to look up to that's not their teacher or parents".

The day ended on a great note. Some of the children even said that they loved the school and hope to attend JWU when they grow up. Congratulations to Junior Achievement on a great event!

American Marketing Association

The Johnson & Wales University American Marketing Association is conducting several fundraising events for a trip to the AMA Conference this March and invites all members to join in on the drive! The proceeds will also go towards the upcoming New York overnight trip and many other fantastic AMA experiences.

So show your Marketing spirit and come to the AMA meetings. Tuesdays at 3pm in Academic 100. Remember that you don't have to be an AMA member to attend! We want you to come and discover what the Johnson & Wales American Marketing Association can do for you today.

Benefits to joining the AMA far exceed having some resume item. These include car rental, hotel and airfare discounts, professional training programs, marketing career fairs, industry job placement, endless career contacts, and the pleasure of networking with some of our industry's top professionals! All of this awaits you today!

Please come to the Creative Marketing office in the Academic Center anytime Monday through Thursday to speak with Professors Kevin Bittle or Erin Wilkinson to obtain an application or just to discover more about this fantastic organization. Look for postings around campus for upcoming trips, conferences, social events, seminars, and much more! If you have any questions or comments, please contact Sarah Cyr-Lisbon by e-mail at sarahc@spyrnet.com

WANTED:

The Office of Student Life seeks
Level II Office Assistant For
Downtown Campus
33 Hours per Week
Weekdays 8:30AM - 4:30PM

Any interested candidates please call
Tanaya Walters x 2833.

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THE ACCOUNTING CLUB WILL BE PREPARING TAX RETURNS ON THE FOLLOWING DATES:

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TUES., MAR. 16
TUES., MAR. 18
PLACE TBA FROM 5-7PM
In room 3006 from 5-7PM

PROVIDENCE PUBLIC LIBRARY
SAT., MAR. 13 : 9:30-3PM

PLEASE REMEMBER TO BRING ALL OF YOUR TAX INFORMATION WITH YOU.

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A Successful Time For The Business Professionals of America

The Business Professionals of America (BPA) is one of the National Student Organizations within the university. Their mission is to contribute to the preparation of a world-class workforce through the advancement of leadership, citizenship, academics, and technological skills. The chapter has 22 members who are constantly striving to promote, strengthen and increase their membership. Their President, Aaron Dixon, along with Vice-President Tony Pasquale, Secretary Joann Flores, Treasurer Jessica Reid and their two Advisors, Caroline Smith and Elizabeth Robberson have been diligently working on their events throughout the academic year.

Since the beginning of the school year, BPA has been working on their largest event, the BPA Fashion Show, which was held on February 11. They had many retail sponsors from all over the state contribute their apparel to the event. The event was held in the new Culinary Gym from 7pm to 9pm. A reception followed the show. The members made contacts with student models, retail stores, D’s, food vendors, florists and hairdressers to make this event a success.

Other events the chapter has done and are planning to do include: adopt-a-family for Christmas, Student Activities Night in both the Fall and Spring, social outings, bake sales, Special Olympics fundraiser, Admissions Open House to represent BPA, BPA week (Feb. 14th-20th) where they promote the chapter, judging at the Massachusetts State Competition for the high school level of BPA and other community service projects.

The chapter will be traveling to Philadelphia at the end of April for their National Conference, where their members will be competing in various business events. They have a great time each year they go and it’s an opportunity to meet other BPA students (high school and college) from all over the country. Though they are a fairly small club compared to others, they have a close knit group of members that work hard to help them grow in both size and commitment.

STUDENT GOVERNMENT ASSOCIATION

Spring Elections for the 1999-2000 School Year

By Chastity S. Anderson

Are you interested in becoming a member of the Student Government Association? Well, your time to shine is approaching! On April 27th, SGA will hold Spring elections for available positions. Joining SGA will give you the time, resources, and leverage it takes to become an active member on the JWU campus. If you are interested in running for an office, election packets will be available in the C.B.C.S.I (Friendship Building) within the next month. These packets will contain the rules and regulations of campaigning, petitions, the offices currently available. So don’t hesitate, gather your campaign staff, and make a difference!

Attention Class of 2000

By Melissa Joolin

All juniors graduating with their bachelor’s degree and freshman graduating with their associate’s degree in the year 2000 please give us your ideas.

We are looking for ways to leave our mark at Johnson and Wales so future students know the first class of the NEW MILLENNIUM. Any suggestions or fundraising ideas that could help us in our initiative are welcome. Please stop by the Student Government office located in the Citizen’s Bank Center for Student Involvement Building with written ideas. There will also be a class meeting Tuesday, February 16th at 6:30 p.m. on the second floor of the CBCSI.

Charleston Meet Providence!
Charleston SGA visits Rhode Island

By William Bennett

Renaissance Hall Senator

The weekend of February 4 was an exciting one for Johnson & Wales University. The Providence Campus hosted the Delegates from our southern campus, Charleston, South Carolina. The senators from each campus were interested in each other’s Student Government Association. The weekend started out by having an informal meet and greet with Providence Campus President John Bowen. The students had an opportunity to ask questions of him and each other concerning the role of student government. Later that day, the students from each campus got together and had a workshop on effective meeting time and teamwork. The weekend included the Snowball where everyone was in attendance. According to one South Carolina delegate, “We never had this much fun in Charleston!” The weekend concluded with a general senate meeting where the Charleston delegates got to view our Student Government in action. A great time was had by all and the sincerest thanks were given at the Senate meeting. Also, our thanks go out to all the senators who were involved in the weekend.

Residence Hall Walkthrough Schedule

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How do you see your future?

By Michael E. Miller

"Two editions back, I did an article about ciga-
rettes and your life. I did get a huge response back from you, so I figured that you really didn't care. On the record, it doesn't bother me that you don't care.

Today I wish to talk to you on the subject of nar-
cotics. I believe this subject is a more important subject than the one I did last time. That is a matter of fact, not a problem on this campus. I believe this because I always hear people talking about how they got high over the weekend or on their way home from the students getting arrested, for possession or use of narcotics. I don't think I could ever understand why you want to abuse drugs. You think by doing drugs that it would make you life better or just make you feel better in general? The worst thing about drugs is that it can kill you faster than cigarettes can. If I would ask you "Why do you use drugs?" The answer I would most com-
monly get is that; "it makes us feel better." I hate to tell you the bad news, but all it does, is give you the impres-
sion that it makes you feel better. Well I am going to tell you about some popular drugs. I will also give you why you think they make you feel better and what is in them.

The first thing, I am going to talk about is Mar-
juanua. Marijuana is a green or gray mixture of dry,
shredded flowers and leaves of the hemp plant. It is the most often used illegal drug in this country. Most users roll marijuana into a cigarette called a "joint." The drug can also be smoked in a water pipe, called a "bong." Some users mix marijuana into foods or use it to bake. Lately, young people have been getting high on "smoking" marijuana: they slice open cigarettes and replace the tobacco with marijuana, making what's called a "blunt." All terms of cannabis are mind-altering (psy-
choactive) drugs; they all contain THC (delta-9-tetrahy-
drocanabinol) and other cannabinoids.

There are about 400 chemicals in a cannabis plant, but THC is the one that affects the brain the most. Because marijuana users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, mari-
juanua is damaging to the lungs and pulmonary system. Marijuana smoke contains some of the same carcino-
gens and toxic particulate as tobacco, sometimes in higher concentrations. Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives. Is this the drug of your life? Have you been doing so long that you don't even realize it?

The next thing, I am going to talk about is co-
caine. Cocaine is a drug extracted from the leaves of the coca plant. It is a potent brain stimulant and one of the most powerfully addictive drugs. Cocaine is distrib-
uted on campus as: cocaine, crack, speed, blow, coke, crack-k,
rice, ice and coke. Cocaine is a white crystalline powder that can be snorted or dissolved in water and injected; and "crack" is cocaine hydrochloride. Cocaine contains caffeine, sodium bicarbonate (baking soda) and water to create a base.

Cocaine may be used occasionally, daily, or in a variety of compulsive, repeated-use "binges." Regardless of how it is used, addicts of cocaine and injected cocaine reach the brain quickly and bring an intense and immediate high. Snorted cocaine produces a higher, more rapid effect. Cocaine can produce a surge in energy, a feeling of intense pleasure, and increased confidence. The effects of powder cocaine last about 20 minutes, while the effects of "crack" last about 12 minutes. Heavy use of cocaine may produce halluci-
nations, paranoia, aggression, insomnia, and depression. Cocaine's effects are short lived, and once the drug leaves the brain, there are no "hangovers." There is a "crackdown" that includes depression, irritability, and fatigue. Is this how you feel? I bet you tell people that you go to bed

Let's talk about heroin a little. Heroin is a highly-
addictive drug derived from morphine, which is obtained from the opium poppy. Heroin makes the brain's pleasure systems and interferes with the brain's ability to perceive pain. Heroin can be used in a variety ways, depending on the person and the purity of the drug. Heroin can be injected into a vein, injected into a muscle, smoked in a water pipe or standard pipe mixed in a marijuana joint or regular cigarette, inhaled as smoke through a straw, inhaled as powder via the nose. Heroin is a fast-acting drug, especially when injected or smoked. Ingestion or smoking causes brain to reach its high in 7 to 10 seconds; heroin reaches the brain in 7 seconds. The high from heroin is experi-
enced as intense pleasurable.

Once a person begins using heroin, they quickly develop a tolerance to the drug and need more and more to get the same high. Where do you get the money for the drugs? Are you a part-time worker for a job you steal money, from friends or

Here is some information about LSD. LSD is a very powerful substance. Here are some facts that you should know. LSD is the active chemical in hallucinogenic plants. LSD was discovered in 1938 by Dr. Albert Hofmann, and is one of the most potent mood-changing chemicals. It is manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. LSD is class-
ified under Schedule I of the Controlled Substances Act, which indicates the greatest possible potential for abuse. LSD, commonly referred to as "acid," is sold on the streets in tablets, capsules, or occasionally in liquid form. It is odorless and colorless, with a slightly bitter taste, and is usually taken by mouth. Usually LSD is sold as "blottter acid," where the drug is imprinted on small, colorful sheets of paper. A single dose costs around $4-5 and the effects can last from 3 to 12 hours.

Users refer to their experience with LSD as a "trip," and to acute adverse reactions as a "bad trip." The user may experience panic, confusion, suspicion, anxiety, and loss of control. Flashbacks can occur even when use has ceased. Most users of LSD voluntarily decrease or stop its use over time. LSD is not considered to be an addict-
ing drug because it does not produce compulsive drug-
Use. It is not addictive, except for those who take very large amounts. LSD is not habit forming.

At this time, I wish to talk about amphetamines. Amphetamines are stimulants or "uppers" which are usu-
ally made synthetically in unsafe illegal labs. The effects of amphetamines include stimulation of the central nervous system, increase in well being and energy; a release of social inhibi-
tions; and feelings of cleverness, competence, and power — are similar to the effects of cocaine but last longer, from 4 to 6 hours depending on dose and poten-

ty.

The term "amphetamine" is used to refer to a large class of stimulants: amphetamines ("black beauties," "white bennies"), dextroamphetamine ("desies, beans"), and methamphetamine ("crank," "meth," "crystal," "speed").

The different types of amphetamines have such similar chemical make-ups and effects that even experienced users may not be able to tell which drug they have taken. Amphetamines are taken orally, injected, smoked, or snorted. Injecting or smoking leads to an immediate intense sensation — a "rush" — that lasts only a few minutes and is extremely pleasurable. Oral or intranasal use pro-
duces a milder euphoria, a high, but not a rush. Amphetamines are extremely toxic, and injection and snorting are painful. "Ice," slang term for smok-
ables methamphetamine with a translucent rock-like appearance, is a highly addictive and toxic form of amphetamine. Chronic amphetamine use produces a psychosis that resembles schizophrenia and is char-
acterized by paranoia, picking at the skin, and audi-
tory and visual hallucinations. Extremely violent and erratic behavior is frequently seen among chronic abusers of amphetamines. Wow!

The last thing, I wish to talk about is mush-
rooms. Certain types of naturally occurring mush-
rooms contain hallucinogenic chemicals — psilocybin and psilocin. These mushrooms have been used in Mexico and Central America and have been used in native rituals for thousands of years. Dried mush-
rooms contain about 0.4% psilocybin and 0.004% amounts of psilocin. Hallucinogenic effects can be obtained by ingesting 4-8 milligrams of the active hallu-
inogenic chemicals or about 2 grams of the dried mushrooms. The mushrooms are used in the investor of mush-
rooms last about six hours. Mushrooms, which have a strong bitter taste, can be eaten or brewed into a tea. The effects of mushrooms usually begin within 10 minutes after they are ingested and last for about 6 hours. The effects can be variable from one person to another. Each time they are used due to varying potency, the amount ingested, and the user's expectations, mood, surroundings, and frame of mind. Once ingested, mushrooms generally cause feelings of nausea and other physical symptoms before the desired mental effects appear. The high from using mushrooms is mild and consists of distorted perceptions. Effects may include different perceptions of stimuli like touch, sound, light, and movement. The user may feel persis-

tent. Users report almost identical effects every time they use drugs, the only people you are hurting is yourself. These are the same people who make you feel that you hurt your family and friends. I wish to hear your thoughts on the matter. Let's tell your story: Write to Michael Miller, The Campus Herald @ the Citizen Bank Center of Student Involvement.

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The Campus Herald/Letters & Perspectives

The Campus Herald is looking for your comments, feedback, and issues that you face as a student. Please write them in a letter to the editor. We will try to address your issue and publish your letter. Please note that we will not publish any unsigned letters. Any questions call x2867.
Horoscopes by Bobbie Watkins

Aquarius (Jan. 20-Feb. 18) - You have been on top of the world for days. You have always had patience in wanting things in life. It paid off because you knew it would. Sagittarius sees you as one of their perfect mates.

Pisces (Feb. 19-Mar. 20) - You have come to the point where you have to make choices. Don’t avoid them because they are still going to be there. Think about this way: If it’s not written in blood, you can always change your mind.

Aries (Mar. 21-April 19) - You are up for a surprise. Watch the mail or a gift from someone you know. Its contents will make your day. You will know someone is thinking of you.

Taurus (April 20-May 20) - Your talk with a friend and/or love meant more to them then you think. Your time and your listening ear made a huge difference. You are more open when you are in a deep conversation on a topic that effects you in your life. Don’t keep things to yourself all the time. Share your feelings.

Gemini (May 21-June 20) - If you have been avoiding someone, think about how they feel when you walk past them. Don’t let them assume anything about you. Let them know how you feel and tell them your side of the story.

Cancer (June 21-July 22) - You seem to be comfortable where you are, as far as relationships go. Things are changing on how you, but you learn from past experiences more than you learn from knowing what will happen if it turns out a certain way. You seem to learn more from what I call “hands on experience.”

Leo (July 23-Aug. 22) - You tend to view things with a negative attitude. Start looking optimistically on things then they will go your way.

Virgo (Aug. 23-Sept. 22) - Never let doubt come in to your mind if you are strong about what you want. Doubt tends to over cloud your mind to the point that you don’t know how you want things to turn out.

Libra (Sept. 23-Oct. 22) - You have always been the person that want ed to be the leader. What will happen if you aren’t? Don’t stop giving your best just because you have to answer to someone else.

Scorpio (Oct. 23-Nov. 21) - First impressions mean everything in your starting relationship. You have passed that test and made a very good impression to that special someone. If it is meant to be, then you will find a way to make it work. Don’t base your new relationship on the past.

Sagittarius (Nov. 22-Dec. 21) - You have been working very hard. It seems that when it comes to work loads, it comes in quantities. Spring Break is what you need to rejuvenate. Remember hard work is the feeling that you did your best. Nothing less!

Capricorn (Dec. 22-Jan. 19) - You haven’t been around the people you care about lately. Maybe if you plan a dinner with them or a lunch, then you can see how they are doing. The time you spend with that person will make a difference.

Hugs Life got you down? Do you need someone to talk to? Is your love life a mess? No one will listen to you well. Listen now taking you letters, and will address them and try to HELP YOU! If you want to chat with Lori, simply write to Dear Lori. The Campus, Herald at the CBS 13, 3rd Floor.

Answers to last weeks Super crossword puzzle

Wishing Well

Aqueduct 2 3 6 7 2 8 3 5 6 7 5 7 2
Beaches 1 2 4 3 6 4 3 5 8 7 6 9 9
Beverly Hills 4 5 6 7 8 9 1 2 3 4 5 6 7
Brushfires 9 8 7 6 5 4 3 2 1 0
Disney Smog
Harbor 8 7 6 5 4 3 2 1 2
Hollywood The Valley
Earthquakes Traffic
Kings Freeways

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

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Beaches Hollywood
Beverly Hills Smog
Brushfires The Valley
Earthquakes Traffic
Kings Freeways

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GROWING PAINS ARE JUST THAT; VOLLEYBALL ‘CATS DROP HEARTBEAKER

By John Parente
Sports Editor

The string of tough marathon home matches that have become the norm for the Johnson & Wales men’s volleyball team is continuing. They’re entertaining, remarkably resilient, and play hard... but some may not be as pleasant.

But as has been the case in two other matches at the AAC, someone else is sneaking out of Providence with a win. This time it was Wentworth who won a pair of 16-14 matches to earn a 3-2 victory over a Wildcat team that sooner or later is going to taste an awful lot of success.

The ‘Cats clawed back deficits throughout the two-hour-long match. In game one, the Leopards jumped out to an 8-3 and 11-6 lead, but J&W scored five points in a row and tied the game. Wentworth managed to come up with a block and a couple of kills to have the lead, 15-12.

Spurred by that near-successful comeback in the first game, the Wildcats went on a tear and took a 21-17 lead. Dave Bender had three great plays and Dave Dahy had two blocks and two kills in a 15-9 victory in game two.

The Wildcats took the third game, 15-12, as Shawn McLean had five kills, and the ‘Cats grabbed the first two points, but the ‘Cats tied it 2-2. Kills by McLean for J&W and Roath for the Leopards made it 3-3. McArdile’s third kill of the game brought the Wildcats to within one at 5-4, and two Wentworth errors and a Chiorica kill eventually knotted the game at 7-7. The Wildcats took advantage of a controversial call and a third Chiorica kill to make it 9-7 on Daves’ serve.

But Rooth, a big 6-4 middle hitter, came up with a beauty and teammate Dave Hyde did the same, and suddenly it was tied again, 10-10.

Four points followed as the match neared completion. Rooth’s fourth kill made it 11-11. McArdile’s fourth made it 12-12. The freshman’s fifth kill of the game tied it for J&W, 13-13. Wentworth blew its first chance to win with a net violation, and it was 14-14. Hyde’s spike and a double-hit call later, and the Leopards put a quick and sudden end on what turned out to be a beauty of a match.

Still, there’s an awful lot of promise as the Wildcats are still only taking the lid off their season. 3-4 in their first seven matches. J&W heads out to tournaments at Roger Williams University and River College over the next couple of weeks. They’ll next be at home after Spring Break, on March 27th, against Daniel Webster.

WRESTLING’S FIRST YEAR SETS SOLID FOUNDATION

By John Parente
Sports Editor

You don’t have to know who the half-Nelson was named after to see just what kind of future wrestling may have at J&W.

In their first year as an NCAA Division III team, the wrestling ‘Cats have had an awful lot of success. And as they turned their attention toward their first-ever New England regional championship tournament, there’s an awful lot to be proud of.

Freshmen Jason Finnerty, James Gilbert, and Keith Dixon led the Wildcats into the New England at Rhode Island College as J&W’s very first ranked wrestlers. Finnerty, 14-4 at 125 pounds, ended the regular season with an overall record of 19-7. He has been ranked second in his class throughout the entire season. That’s no small feat for a first-year wrestler, let alone one from a first-year program.

Gilbert has been J&W’s busiest wrestler, finishing the regular season at 21-6. The 157-pounder has been ranked as high as fourth in New England, and put together a spectacular string of matches during the last portion of the year. His 8-0 victory over Tom Labrie gave Johnson & Wales a 28-25 win over Southern Maine in the Wildcats’ last meet of the regular-season, a quad at AIC in Springfield.

During that meet, Gilbert also picked up points with a 4-2 victory against the host team, one of New England’s strongest wrestling institutions.

Dixon, J&W’s 174-pounder, finished the year 17-9 overall, and most recently grabbed a 3-1 win over Coast Guard’s outstanding Greg Madelina. Dixon went into the regionals ranked at number-six.

The Wildcats, as a whole, have had a decent start to the year, but overall have struggled to find consistency.

Blakeney and Joseph hustling 90-feet, end-line to end-line for eight key minutes, and with key fumbles from Vincent Macdonald, Jason Thompson, and Pete Wolejko, the Wildcats pulled to within one, 35-34, at the end of the half.

Blakeney made a successful start strong in the second half, and built a nine-point lead, but, again, the Wildcats backcourt pulled off some steals, forced some turnovers, and got back into the game. Macdonald and Lockhart finished with four steals each, and each had a major basket down the stretch, and the Wildcats eventually forced overtime when they got key deuces from Blakeney and Macdonald, and a trey from Lockhart, on their way to a 74-74 tie.

Macdonald finished off his sensational night with five points in overtime. He could’ve killed the ‘Cats when he was left alone to shoot from the corner with eight seconds left. Luckily for J&W, Holmes got an unkind bounce off the rim and Blakeney grabbed the rebound.

The Wildcats when traveled the length of the court, and Macdonald shuffled a pass to Cioffi, who, even from the bad angle, managed to kiss some backboard and score the deciding points from outside the arc.

Not pretty, but it was effective. Who cares about pretty, anyway.

While the Wildcats did what they’ve done at times throughout the entire year, is show the rest of the GNAC that they’re coming along. They’re taking a new style of play that risks turnovers and some missteps. But when they play defense with that same abandon, and move the ball around, they’re fun to watch, becoming more successful, and making some small but historic steps.

A playoff game at home is a nice start.

HISTORY MADE, AS JWU MEN CLINCH HOME PLAYOFF SPOT

By John Parente
Sports Editor

They’ve been at their best when they’ve played from behind, being scrappy, ball-chasing defense, and an up-tempo offensive game. And though it hasn’t always been pretty, it’s now been effective enough to create some Johnson & Wales men’s basketball history.

The Wildcats’ improbable win at Albertus Magnus set up something that J&W has never seen before—a first-round home game in the Great Northeast Athletic Conference playoffs. The ‘Cats and AMC will meet Thursday at the HarborSides Recreation and Athletic Complex in a first-round game beginning at 7pm.

J&W clinched a four-place league finish when freshman T.J. Cioffi sent a three-pointer home at the buzzer that ended overtime. The shot broke an 82-82 tie and gave the Wildcats their second road win of the year.

The other by-product created when the Wildcats win is balanced scoring, and the conquest in New Haven is just another example. Adam Joseph had 14 points, while Cioffi, Marlon Blakeney, and Willie Lockhart had 13 apiece. Vincent Macdonald had ten, as J&W raised its GNAC record to 4-5.

There’s more to the story, though. Albertus Magnus, who could have locked up the home-court advantage for itself, vaulted out to a 17-3 lead on its own floor before a small but rowdy bunch of fans. As Falcon swingman Kevin Holmes launched shot after shot (he finished with 38 points), Albertus was rolling along.

But the Falcons began loosening up, taking bad shots, losing a bit of their focus, and the Wildcats started to whittle the lead down. With
PROVIDENCE, RHODE ISLAND SELECTED TO HOST THE INAUGURAL GRAVITY GAMES

New Alternative Sports and Lifestyle Festival Set For September 9-12, 1999

PROVIDENCE, R.I. - The Gravity Games Committee has selected Providence, R.I. to host the inaugural Gravity Games. The new sports, lifestyle and music festival from NBC Sports and EMAP Petersen, Inc., will debut September 9-12. This announcement comes today from the Gravity Games Committee, which includes member of NBC Sports, EMAP Petersen, Inc. and Advantage International.

"The support and cooperation of the city and state officials and the private sector were the final deciding factors in our decision," said Scott Seymour, executive director, Gravity Games and member of the Gravity Games Committee. "We are looking forward to forging a partnership with Providence and the State of Rhode Island over the next three years."

The bid process for the Gravity Games began in December, 1998 with Atlanta, Baltimore, Denver, New York City, Phoenix, Providence and San Diego vying to host the inaugural Gravity Games. Last week, the Gravity Games Committee announced that the process had been narrowed down to two cities, Denver and Providence.

"The Rhode Island Sports Council is thrilled to welcome the Gravity Games to the State of Rhode Island," said John Mousseau, executive director, Rhode Island Sports Council. "We look forward to working with the Gravity Games to bring the best possible sporting event to the State of Rhode Island."

The Gravity Games will feature seven adrenaline sports including various bicycle stunt, inline skating, skateboarding, street luge, wakeboarding and freestyle motocross competitions contested on innovative downhill, vertical and street courses. The Gravity Games will offer top prize money and feature a multifaceted interactive, festival environment with lifestyle components from music and fashion to food and film. The Gravity Games will air on NBC in October, 1999. NBC Sports, EMAP Petersen, Inc. and Advantage International are also planning to conduct a Winter Gravity Games slated to debut in 2000. Winter Gravity Games details will be announced shortly.

The Gravity Games is a joint venture between NBC Sports Ventures, the business unit of NBC Sports and EMAP Petersen, Inc., the largest special interest publisher in the United States. The Gravity Games is conceptualized from EMAP Petersen's "Raw Sport" Group of publications which delivers 18 million readers through magazine titles such as SPORT, SLAM, BOX, BMX RIDER, SKATEBOARDER, SURFER and GRAVITY MAGAZINE among others. NBC Sports comprehensive programming lineup includes the NBA, Major League Baseball, LPGA TOUR, PGA TOUR, and USGA golf, Wimbledon and French Open tennis, Breeders' Cup horse racing, Notre Dame football and the WNBA as well as the Olympic rights to the Olympic Games through the year 2008. Sponsors include Mountain Dew, Toyota and the U.S. Marine Corps.

JWU INTRAMURAL BASKETBALL
STANDINGS OF THE TEAMS

DIVISION A

| M. Curry | 11 | 0 |
| Stallions | 3 | 1 |
| Brasco | 2 | 2 |
| Blue Devils | 1 | 3 |
| Heftman | 0 | 4 |

DIVISION B

| McNulty | 2 | 1 |
| Fab 5 | 3 | 1 |
| Kicks | 3 | 1 |
| Big Dogs | 0 | 4 |
| Horsemen | 0 | 4 |

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Blitzen
Brisk Beef
Brisk Angus Burger
Black Forest Cup
Black Pavo Risotto
Brotbe
California Salad
Caesar Salad
Caterers
Carroll
Chef Salad
Chicken Mhuggeta
Chicken Fajitas
Chicken Noodle Soup
Chicken Salad Sandwich
Chicken Shells with Brocolli in Garlic Wine Sauce
Chocolate Chunk Cookie
Chocolate Rugged
Chocolate Truffles
Clam Chowder
Classic Cornish Game Pie
Classic Sunday
Chowder
Cookie Cake
Coffee Cake
Colombian Decaf Coffee
Coffee Buns
Corned Beef Reuben
Corned Beef Hash
Cream Cheese Brownie
Creamsicle
Croissants
Danish
Dill and Onion Bread
Dolce Via Omelet
Donutini
Eclairs
Egg McMuffin
Eighth Grain Bread
English Toffee Cream Coffee
Espresso
Federall Hill Signature Sub
Filet-O-Fish
Foiegras
French Bread
French Fries
French Toast
French Frita Tart
Fresh Samantha
Frisch Squeezed Lemonade
Frosted Rice
Frosted Roll
Frozen Yogurt
Fruit Smoothie
Garden Salad
Green Mountain Fresh Roast
Grilled Chicken with Honey Mustard Sauce
Gyro
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Hamburger
Hash Brown Potatoes
Hershefly Dessert
Hobby Crisp Spitz
Ice & Snow Bog
Hot Veggie Pizzette
Hummus
Ice Cream Sundaes
Iced Cappuccino
Iced Coffee
Iced Mocha
Iced Tea
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Kuchen
Lattes
Lo Mein
Low Fat Chocolate Angel Food Cake
Macarrones Chocolate Chunk Cookie
Magic Bars
Macaroni
Manhattan Clam Chowder
Mangocake
Meatball Sandwich
Mediterranean Pita
Meze Sampler
Muffins
Mediterranea Soup
Miso
Mochi
Mochi Muffins
Muffins
New York Style Cheesecake
Old Fashioned Doughnut
Olives and Olive Bread
Omelet
Orange Juice
Pancakes
Pastaria Malt
Peach Muffin
Pepper Butter Cheeseburger
Pecan Pancakes
Peroni with Chicken Parmesan
Pepperoni Roll
Pitty Cheese Steak Sub
Pizza
Portobello Mushroom, Goat Cheese & Red Pepper on Plozzo
Portuguese Sweet Bread French Toast
Potato Rosinberry Bread
Potrei
Pumpernickel Bagel
Pumpkin Spice Coffee
Quiche
Raspberry Mousse
Red Raspberry Filled Donut
Reuben with Sauerkraut
Rigby Puff
Rice-Stuffed Grape Leaves
Rigatoni alla Legumina
Roasted Eggplant Sandwich
Santa Fe Turkey Sandwich
Sausage Roll
Shah Kebab
Sour Cream Apple Pie
Souvlaki
Spaghetti Cake
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Spring Roll
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