October Marks Breast Cancer Awareness

by Mike Post
Editor-in-Chief

There is no simply way to talk about cancer. It is a debilitating disease that effects not only the victim but those around them. It can leave a person with a diminished lack of dignity and sense of helplessness.

One of the fastest growing cancers today is breast cancer. To help educate women and people in general, the American Cancer Society has declared October National Breast Cancer Awareness Month.

This year alone the American Cancer Society (ACS) estimates that 175,000 women will be diagnosed with breast cancer this year and 43,300 women will die from the disease. These statistics make breast cancer the second leading cause of death for women. Through proper prevention, early diagnosis and treatment, the number of victims will slowly go down. One way to promote early diagnosis is through a yearly mammogram.

The American Cancer Society has set forth the following guidelines for the detection of breast cancer in asymptomatic (without symptoms) women:

- Women 20-49 should perform a breast self examination every month.
- Women 20-39 should have a physical examination of the breast every three years, performed by a healthcare professional, such as a physician, physician assistant, nurse or nurse practitioner.

Through these checks, and by eating the right diet and knowing your family history, women can put themselves at a lower risk of getting the disease.

Breast Cancer can have many impacts on a woman. One of the biggest is the emotional impact on a woman surviving from the disease, including insecurities about body image.

The American Cancer Society has declared Depending on the choice of treatment a woman may go through a body altering procedure. Some may have to undergo a lumpectomy. This removes the breast lump and the surrounding margin of normal tissue. Another option may be a mastectomy. In this procedure, the entire breast is removed. Both of these procedures may leave the patient with a diminished body image. These operations, combined with chemotherapy treatments and radiation, can leave a person with low self-esteem. The loss of hair and the alteration of skin tone raise genuine concerns on how a woman will handle the side effects of treatment.

By following the ACS guidelines and becoming educated about the disease the fight against Breast Cancer can be won. Many people are unaware of the adverse effects this disease can have on women. For more information regarding breast cancer, visit the American Cancer Society's web page at www.cancer.org.

Remembering Holly
A reflection of a friend who has been lost

by Brenna Phillips
Phi Sigma Sigma

As we all know the sisters of Phi Sigma Sigma, as well as the rest of the Johnson & Wales community lost a very special person on October 9 of last year. Her name was Holly Normoyre and she was killed by a drunk driver while she was driving home from work.

As the one-year anniversary of her death rolls by, we all remember the times we shared with her. I have always seen my life as a journey on a road to tomorrow. There have been turns here and there that have challenged me. But I made it through those times because there was always that special friend(s) that I met along the way.

When I came to Johnson & Wales as a freshman I was scared that I wasn't going to get a good roommate. I couldn't have been more blessed. Holly was my roommate. We lived in McHugh Hall and did just about everything together, including joining Phi Sigma Sigma Sorority.

To my sorority sisters, especially Holly, we arrived here alone and began our great adventure together. Not sure of what to expect or sure of what we all wanted, we made it through even the toughest of times. During the time we spent together, we have gained new friends, confidence and the special feeling we get when we are together. It is those feelings that can never be expressed in words. My sisters are now so much stronger for we have shared so much. I look at all of you, especially Holly and smile. You have made it all worthwhile. Love always, Brenna

175,000 women will be diagnosed with breast cancer this year and 43,300 women will die from the disease

J&W Offers Summer Term in Belgium

by Kara Kostanich
Staff Writer

Have you ever considered studying abroad? Does the thought of living and experiencing a new culture sound exciting to you? The Hospitality College at Johnson & Wales offers an incredible summer term abroad in Brugge, Belgium.

For many hospitality students, this is a wonderful way to gain international knowledge about the industry as well as experience it first hand. Nineteen Hospitality College students, including me, participated in the 13.5 credit program during the month of July. This was an educational experience that is truly unsurpassed. The curriculum focused on the culture, cuisine and the hospitality marketing techniques of Belgium.

As a leading contender for the title of Europe's most romantic town, Brugge is really one big attraction - a fairy tale mixture of gabled houses, meandering canals, narrow cobblestone streets, a busy market square and a populace that provides a warm welcome to any person, traveler or student. Brugge truly adds a new spirit to the heart.

Continued on page 4

ATTENTION

There will be no classes held on Monday, October 11 and there will be classes on Friday, October 15 due to the holiday.

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The Campus Herald
Volume 20 Issue 3
Johnson & Wales University - Providence, Rhode Island

Wednesday, October 6, 1999

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DID YOU KNOW THAT YOU ARE ATTENDING ONE OF THE LARGEST COLLEGE CAREER CONFERENCES IN THE NATION?

19th Annual Career Conference
Wednesday, October 13th
Rhode Island Convention Center

Featuring over 175 participating companies on October 13th from 8:30 a.m. to 10:30 a.m. for graduating students and from 10:30 a.m. to 2:00 p.m. for the University community.

Transportation will be provided for students to and from the Convention Center.

Sponsored by Career Development

Exciting News! Employers interviewing on-site at Career Conference!

Graduating Students don’t make any plans from 2p.m. to 6p.m. Get on a company’s schedule to interview!

8:30a.m.-10:30 a.m. All Fall and Winter graduating seniors and sophomores will be registering with the Career Development Office. One copy of an updated resume will be handed in and a registration form will be filled out. Students must sign up with employers for interviews. The employers will conduct interviews after the conference.

10:30a.m.-2p.m. Doors open for freshman sophomores and juniors.

2:30-4p.m Recruiters will be interviewing all freshmen, sophomores, juniors and seniors in the rear of the convention center.

Fashion for 2100 scheduled for November

Be part of the Diversity and the Future 2000 initiative on campus and support cultural diversity at Johnson & Wales University. Diversity and the Future 2000 is the umbrella for an ongoing campus wide initiative that coordinates, develops and implements strategies that promote educational programs, cultural events, and social activities designed to engage students, staff, and faculty in direct interaction around issues of diversity and the community. Please join us to attend a "fashion show of the future" where clothing styles, clothing styles, and food from the year 2100 will be featured. The fashion is being developed by several strategic marketing classes in the School of Creative Marketing.

Diversity and the Future 2000 Fashion Show

Tuesday, November 16
7-9pm doors open at 6:30pm

Pepsi Forum Plantations Hall

September 21, 1999
Providence Police responded to Renaissance Hall and confiscated marijuana, drug paraphernalia, and cash. They are continuing their investigation.

September 22, 1999
Providence Police are investigating and assault which occurred on Narragansett Blvd.

Crime Prevention Tip
When reporting a vehicle involved in a crime, get the following information: License plate number, color, make & model, type (4dr, 2dr, station wagon, convertible, etc.) last direction of travel.

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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 opinions in Letters to the Editor. All letters must be signed in ink or they may not be published.

You may contact us at our offices on the 3rd floor of the Citizens Bank Center for Student Involvement or call us at (401) 598-2867, or fax us at (401) 598-1171.
Personal Chefs Perfect Solution for People on the GO

by Linda Beaulieu

Imagine coming home from work and within 30 minutes eating linguine with red and yellow bell peppers, mushrooms and shalots in a savory white wine cream sauce, along with a mixed green salad and Parmesan bread. Sounds too good to be true, but thanks to personal chefs such as Erin Carrera and Beth Jackson, it can happen.

Carrera and Jackson are members of the United States Personal Chef Association, a growing organization that provides its members with thousands of recipes to satisfy any taste buds. It all starts with a visit to the home in need of a personal chef. Carrera and Jackson meet with their new client, assess the kitchen situation in the home, and have the client fill out a detailed questionnaire to determine likes and dislikes when it comes to food. A personalized menu is developed, and the two personal chefs go shopping. The next time they visit their client's home, they bring every ingredient needed, right down to the salt and pepper, as well as every kitchen gadget imaginable. Carrera and Jackson leave nothing to chance. They even bring their own paper towels, and when they are done, they take all their trash away with them.

"Some of our clients have tiny kitchens," Carrera said. "Others have typical kitchens. Once in a while, we get to work in a dream kitchen."

The first thing the chefs do when they arrive is spread throw rugs all over the kitchen floor. "It makes cleaning up that much easier," Jackson said. Typically, the two chefs are in the home for four or five hours. When they leave, the kitchen is probably cleaner than when they arrived, and the refrigerator is filled with two weeks worth of meals neatly packaged for their client. Half of the dishes are tucked into the freezer. Sometimes fresh bread or flowers are also left behind.

Personal chefs can customize their menus to suit any client. Some people have specific dietary restrictions that the chefs have to work around. Many request healthy gourmet meals. Others need meals that will appeal to small children as well as adults. A sample menu for the week might include the following:

In the refrigerator - Florentine Stuffed Chicken Breasts with rice pilaf on the side and a mixed green salad; and Ginger Pork-Sweet Potato St. Fry with jasmine rice.

In the freezer - Salmon Buried in Potatoes with broccoli florets; Classic Lasagna with stuffed zucchini and garlic bread; and Pasta with shalots, Mushrooms and Peppers with Parmesan bread.

Detailed instructions on how to serve the meals are provided. The meals are designed to reheat in minutes. Some say it's the next best thing to having your mom live next door. It sure beats pizza and Chinese takeouts.

Insured and bonded, personal chefs typically charge from $8 to $15 per individual meal. More than 1,500 personal chefs have been trained by the United States Association, compared with 15 in 1992. The number of clients using personal chefs has grown from 5,000 in 1994 to more than 30,000 today. It is no longer considered a personal service for the wealthy.

Carrera and Jackson are both "30-somethings" and new mothers. Friends from way back, they both consider the personal chef as the perfect job. They met while working long hours to open a gourmet restaurant. Juggling work and motherhood, they began to re-evaluate what was important in life. They decided to leave the restaurant world and start their own business. Together they formed the Chef Du Jour personal chef service, based in Providence, RI. This is their first business venture.

Carrera graduated from Boston University with a degree in English and worked in sales for a fresh dessert company. Jackson, who attended Johnson & Wales University's College of Culinary Arts, has been cooking since she was a child under the watchful eyes of her mother and grandmother. Being a personal chef offers both Carrera and Jackson the flexibility needed to spend time with their growing families. Their personal chef service allows their busy clients to do the same. Having a personal chef seems to encourage busy families to eat together again. For more information on the United States Personal Chef Association, call 401-275-7600.

"If you'd like a taste of a Chef du Jour dish, here is their recipe for linguine tossed with red and yellow bell peppers, mushrooms and shalots in a savory but light white wine cream sauce."

Continued on page 6

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4 - Garlic Breads
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Adventures in Newport
by Kara Kostanch

Fall in New England is one of the greatest natural spectacles in the United States, with rolling hills blanketed with brilliant reds and stunning oranges. As fall gently begins to settle in around the Northeast, so does the allure of a true fall adventure. Opening your eyes to the beautiful changes of autumn can lead you on a path you'll remember forever.

Last fall, Che' and I decided to turn Thursday afternoons into "Thursday Adventures." The concept of this idea was to visit a new destination in New England each week. We thought this would be a wonderful way to become familiar with our new home.

One of the greatest challenges was deciding which enticing destination was going to be our next adventure. This was solved by placing our top five choices in a hat and simply drawing out the winner. Two weeks ago our Fall 9th venture was Newport, Rhode Island. Newport occupies the southern tip of Aquidneck Island in Narragansett Bay, and is connected to the mainland by three bridges and a ferry.

Newport has held its reputation as a sailing center since the 19th century. In 1851, the sporting schooner America defeated a British ship in a race around the Isle of Wight. The prize trophy became known as the America's Cup, which remained in Newport until 1983.

Several wharves push into the bay, providing support and mooring for the flora of pleasure craft, from stately little inboard and character boats to graceful sloops and visiting tall ships. Much of the strolling, shopping, and eating is done along this waterfront and its parallel streets: America's Cup Avenue and Thames Street.

A "must do" is the Cliff Walk. This 3.5-mile path runs from Easton's Beach off Memorial Boulevard on the north to Bailey's Beach on Ocean Drive. You can enter at various points, but a good starting point is at the end of Narragansett Avenue, where you can scramble down the Forty Steps and look at the crashing surf. From there, the sometimes treacherous path twists, winds, and even tunnels, between the ocean many feet below and the backyards of the Bellevue Avenue mansions.

On Thursday afternoon grab your favorite pals and head to Newport! If transportation is a problem, keep in mind RIPTA serves Newport daily.

Hocus Pocus: The Magic of Lyn
Magic takes focus at opening reception
By Christopher S. Bice

Mystical! Intriguing! The Magic of Lyn kicked off Homecoming Weekend Friday night with company of wonderworkers. The magic show followed the family reception to keep the Johnston crowd interested. The show opened with John Stetson, who performed a few warm-up acts with the crowd. He started by borrowing a cigarette from a female in the audience and explained to him that he would be a way to stop people from smoking. He took the cigarette, put it through his nose, and pulled it out through his mouth. He then replaced the cigarette in her pack.

After Stetson performed an interesting card trick by selecting a chosen card out of a pack with his tongue, the curtain fell and a storm of confetti revealed the stage in which the evening's main magical performance would begin.

Through the foreboding music, colorful lights and theatrical smoke, Lyn appeared on stage as if out of nowhere. She performed numerous magic tricks and illusions, including one that my good friend Wes Prentice was involved in. He invited a boy on stage, was placed in head and arm restraints of a large guillotine, and locked into place. The whole time Prentice was on stage, numerous songs with a death theme played. When asked if Prentice had any last words, he proudly exclaimed that he loved Johnson & Wales. Lyn then took a large blade and placed it all the way through the device, leaving Prentice's head in tact.

The highlight of the evening was the finale, entitled "Metamorphosis." Marc LeBlanc, Lyn's assistant, was placed with handcuffs into a bag. The bag was tied shut and LeBlanc was placed into a wooden trunk that was promptly locked with four padlocks. Lyn then climbed on top of the trunk, took a large curtain that covered the box, pulled it up over her head, and LeBlanc appeared on top of the box in Lyn's place. Then upon further investigation, the audience was amazed to find Lyn in the box in place of LeBlanc.

Many remember Lyn's famous female illusionist in the country. She began magic at the age of 16 and put on magic shows in her hometown of Westport, Massachusetts. Her main influence was Doug Henning, as well as dancers, ice skaters and singers. She yearned for the ability to perform and dance in front of others. Her dream has definitely come true.

WHO IS YOUR SPIRIT WARRIOR?
The first article in a series dedicated to the Diversity and the Future 2000 Initiative

by Ricardo Pitta-Wiley

I first began working on "The Spirit Warrior's Dream" in 1987. In the beginning, I wanted to explore the relationship men and women had with music and what would happen if it were taken away from them. I believed that music was human being's link to their dreams, their will power and their spirit. I created a Spirit Warrior character who would battle with a dream killer for the music of their lives and to determine his own destiny. That first effort, although interesting and entertaining, ultimately was only a springboard for what would be a 12-year adventure for my music writing partner Roger Sheehe and myself.

All drama must have some conflict. It can take the form of good versus evil, love versus hate, person against person and so on. Over the past 12 years the conflicts and the character in "The Spirit Warrior's Dream" have changed and so have I. In those years I have watched my two sons grow up. Although their mother, Bernadel and I raised them with a knowledge and respect for their African American heritage, we also realized we had to teach them to project themselves into a future that was going to be very different than the world in which she and I had grown up. Although "Spirit Warrior" had always been set in the American future, the questions about what that future might be like became more important as Bernadel and I continued to work on the play.

Over the years the songs changed many times. New material was written, then discarded. The principal characters became younger. The problems of racism, sexism and economic disparity gave way to more pressing concerns of survival. The play began to ask questions such as in a world of chaos, violence and confusion what should have human beings from destroying themselves? It asked: How will the roles of men and women be different in the future? Will love survive in a world of hate? Will we still believe in the power of things not seen? Would we be willing to trade a life of memories, many of them painful, to move in to the future with a clean slate of mind?

In those years, I was also challenged to look again at the role the performing arts have played in changing America and the world. One of the reasons Johnson & Wales University is doing this play at this time is to find some non-traditional ways of addressing diversity issues. The play affords the students an opportunity to develop and sharpen skills but also to meet new people who are working to achieve a collective goal. It also provides a forum for the discussion for the problems we face today and the ones we may face tomorrow.

I invite the entire University to join us on the continuing journey toward the future.
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Faculty Demonstrates Culinary Techniques for Homecoming

by Ian Zubowicz
Staff Writer

Homecoming is the time for families to come and see their grown up children and to enjoy many activities. On October 2, there were several wonder-

ful things happening. One of the most enjoyable activities for the entire family was the Faculty Demonstration at the David Friedman Center on the Hortoberry Campus. This is the time for parents, brothers, sisters and the rest of the family to see what kind of gourmet dinners and delicious treats that are produced at the University. There were many culinary instructors volunteering their time to put this exciting tour on. There was everything from Garde Manger (Cold Foods) with Chef John Aukett to Oriental Cuisine with Chef Hector Lira and Sugar Artistry with Chef Jean-Luc. Derron and Breed Production with Chef Victor Callis.

I talked with a couple of the chefs during my tour of the Friedman Center. The first instructor I spoke to was Chef Gary Welling. Welling, an instructor of Hot and Cold Dessert Presentation, has been with the school for 11 years. When asked if the Faculty Demonstration was worth the effort he replied, "Definitely.

"Besides from the Admissions Tours given, this is the chance for parents to see what their child has done and what is going on in the International Baking and Pastry Institute," Welling said.

Another chef, Chef Kenneth Wallenburg, was also on hand to present his skills. Wallenburg stated "parents are blown away at the things done and there have been so many positive comments from everyone who took the tour." Everyone in the Friedman Center seemed to be enjoying his job and being themselves. From the parents, to younger and older brothers and sisters to Grandparents and Aunts and Uncles, everyone was amazed at the things done and how they were produced and tasted.

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LATIN CORNER

LATIN CORNER

LATIN CORNER

LATIN CORNER

LATIN CORNER

What role does diversity play in your life?

by Rosaura Suarez

As technology evolves, diversity is a very important part of our life in all is aspects, work and play. Today, you must be able to work cooperatively as a team player with people who may be culturally different than you are. Subsequently, it will be essential that you develop an appreciation for diversity.

Now, in your college experience, you should take advantage of opportunities to interact with people of different backgrounds. In developing a positive approach to diversity, you must first assess what makes you a unique individual? What are your values in relationship to your family, your education, and your career? This self-assessment is necessary in order for you to be able to identify cultural differences when you encounter them. If you can understand the basics for your own points of view, you will be better appreciate the context that other people have for their values, goals and behaviors. Diversity presents new options for you to consider in problem solving both at work and at play. In a diverse setting, you will uncover that there is more than one right solution to a problem, from which each will reflect the culture and values of a person with a different worldview. Appreciation of diversity will give you greater insight and innovative ways to approach various situations.

The issue of cultivating a positive attitude toward diversity is a matter of national survival. We are faced with the challenge of working together. This challenge encourages each of us to take the advantage of opportunities to promote and participate in a discovery process that will help define and preserve dignity. In order for us to perform competitively in a global community that is becoming increasingly technical and scientific, we must build a system that unites different people in a common pursuit of goals.

I really encourage you to take the most out of your college years. Visit the multicultural center, join the ethnic international and cultural clubs, take time to learn about others, it is a multicultural experience defining yourself and the role you will play in a diverse world.
Etruria International Cooking School Presents
“A Culinary Retreat”
in Gubbio, Italy

DON’T PASS UP THIS OPPORTUNITY!! You may spend your spring break in Cancun, perhaps to learn the process of brewing beer. Or for the serious aspiring Chef, join Emmy Award-winning culinary historian, Chef Walter Potenza, in Gubbio, Italy. Immerse yourself into the gastronomic philosophy of regional Italy for a week of seminars, gastronomic excursions, and exposure to the birthplace of gastronomy. Meet professional chefs, sommeliers, world renowned wine makers and hoteliers from Telais & chateaux establishments.

MARCH 2000

Monday, February 28, 2000
Arrival in Rome, Italy
Meet staff of Etruria at Leonardo Da Vinci Airport in Rome at noon. Departure for Gubbio at 1:30 p.m., arrival approx. 4:30 p.m. Check in, registration, and welcome buffet with cocktails and a presentation. Dinner at Award winning restaurant, “La Taverna del Lupo”.

Tuesday, February 29, 2000
Continental breakfast at Caffe Ducale at 8:30 am. Excursion for Torre Matigge, near Assisi. Visit Oileificio Trevi, one of the most sophisticated olive oil producers in central Italy. Demonstration and sampling of the fine extra virgin olive oils. Lunch at one of the areas finest restaurants. Return to Gubbio at 4 pm. Evening class on Risotti, its applications and varieties, as well as an historical seminar on the famous grain. Dinner at Etruria’s premises, based on Risotti.

Wednesday, March 1, 2000
Continental breakfast at Caffe Ducale at 8:30 am. Excursion to the Torgiano Wine Museum, home of the world famous Lungarotti wines. Tour of the facilities and a historical seminar on Umbrian wines. Lunch at area restauranteurs. Return to Gubbio at 4 p.m. Evening class on the regional “Cucian of Umbria” presented by local chefs and members of Italcucine (the largest Chefs Association in Italy). Learn the regional differences and the historical birthplace of TerraCotta cookery, invented by the Etruscans.

Thursday, March 2, 2000
Continental breakfast at Caffe Ducale at 8:30 am. Excursion to the “Spigadoro” pasta factory. Visit the facilities and seminar on the art of making dry pasta. Historical presentation on the birthplace of pasta. Lunch at area restaurant. Return to Gubbio at 4 pm. Evening class on fresh pasta and sauces, explore the differences between fresh and dry pasta, the varieties of flours and learn to make five of the most important sauces in the Italian repertoire. Dinner at Etruria’s premises based on pasta and sauces.

Friday, March 3, 2000
Continental breakfast at Caffe Ducale at 8:30 am. Excursion to “Casalecchio Maggiore” in nearby Scheggia. Learn the art of cheese-making with a presentation on the local treasure “Formaggio di Fossa,” literally cheese from the caves. Lunch at area Trattoria, with return to Gubbio at 4 pm. Evening class on truffles, with special intervention of Master Tanytufaro, Fausto Bartolini, Italy’s leading expert on Truffle farming and production. Also a special presentation on bread, pizza, focacce and sweet dough. Dinner based on truffles and different country breads from the area.

Saturday, March 4, 2000
Continental breakfast at Caffe Ducale at 8 am. Departure for the region of Marche in the Adriatic coast. The day is dedicated to the coastal cuisine of the sea. Lunch at Fattoio Napoleonico in Portonovo, for a demonstration on seafood by Master Gourmand/Sommelier, consultant for the Hospitality Industry in Italy. Lunch at the Fortress, with a free afternoon. Evening seminar on the culture, cuisine, and history of the Italian gastronomy with the participation of local chefs and celebrities. Presentation of “Certificate of Participation” from Etruria International. Return to Gubbio at 11 p.m.

Sunday, March 5, 2000
Continental breakfast at 5 a.m. Departure for Rome at 6 a.m.

Price
$1,650.00 per person
Class size limited to 20
call Jill Conkle—N4 Program (401) 2 73-2652

The price includes:
Accommodations at Villa Tognoloni, a lovely farm house outside the town of Gubbio, (4 guests per apartment). All transportation, meals, curriculum. Deposit of $500 required by December 15, 1999. Cancellation for full refund 60 days prior to departure.
Inside Providence!!!

A Career Cut Short

by Heather Goode
Staff Writer

When September thirteenth passed it was hard to believe that not just one but three years have gone by without the existence of Tupac Shakur on this earth. When Tupac died in 1996, he didn't need an obituary. He lived his life like his lyrics, one song that became popular upon his death was "If I Die Tonight". I'll live eternal/Who shall I fear? Don't shed a tear for me! Ain't happy here. It seemed that Tupac could also foreshadow his destiny with his tattoos which said "Only God can judge me" and "Laugh now, cry later". There isn't anything to laugh at being twenty-five years old and being killed in a senseless crime. Owner of Vibe Magazine Quincy Jones said "There is nothing more tragic than a life cut short - one that has not been allowed to bloom to its fullest potential." This statement completely reflects the life of Tupac Shakur.

Two weeks before his death in Las Vegas, in an in-depth interview with writer Kevin Powell, Tupac Shakur was asked was he where he wanted to be in his career. Tupac stated "I'm at a point where I'm in charge. I don't have to answer to anybody; I'm in total control." What Tupac Shakur didn't have control over was his length of years which was cut short. RIP Tupac.

OUTSIDE

Rhode Island's ballet theatre continues its tradition of family entertainment on October 10 at Rhode Island College. The performance includes a traditional ballet set to Irish melodies, Celtic reflections, as well as a contemporary dance called Ballerinas on Broadway. The exciting finish combines real magic, swordfighting and dance in the telling of the story of Merlin in "Merlin's Magic." "Merlin's Magic" also features several local magicians performing magic onstage. They include Joseph Botelho, Rony Raven (narrator and older Merlin) and Matt Roberts (younger Merlin). They were excited to work on a project about Merlin, and intrigued by the incorporation of magic into a ballet.

Another group supporting "Merlin's Magic" are swordfighters from the Society for Creative Anachronism (SCA). SCA is an international organization dedicated to the study and recreation of the European Middle Ages. SCA's "Known World" is divided into 14 kingdoms, which are further subdivided into smaller groups called baronies, shires and cantons. Rhode Island is known as the Barony of the Bridge. Members enjoy all facets of medieval recreation, including cooking, dancing, combat, costuming, needlework, and other skills known to people in the Middle Ages. Knights from the SCA actually compete in combat tournaments. The combatants used in "Merlin's Magic" are wearing equipment and using the weapons they normally use in competition.

Artistic Director, Nancy McAluffe, feels that they variety of dance in the show and the unusual incorporation of magic and swordfighting will appeal to a wider audience. Showtime is 7:30 at Roberts Hall Auditorium at Rhode Island College on October 10. Reserve seating tickets are $15 and are available at the box office. Information can be obtained by calling 401-847-5301. Additional information about the Ballet Company in general can be found on the web at www.riballet.org.

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CONCERT

THE JETS ARE TAKING OFF

by J. Chattez
Art & Entertainment Co-Editor

All right, I know the section is called Inside Providence, but sometimes there's things you just can't get here so I'm going to talk about an amazing experience that I had to venture to nearby Boston to have. On Wednesday, September 22 I was one of the 150 people privileged with the opportunity to see Jets to Brazil live in concert. This deeply underground indie-rock band caters mainly to college kids, music industry people and the proud few lucky enough to hear about them. On average they play about 25 shows a year in select parts of the country. Seeing as they have a large underground following, it is a rare treat to actually get a ticket to the show, but I got one and boy am I glad I did!

For a little background, JTB consists of rock veterans Jeremy Chattez, Chris Daly and the enormously accomplished lyricist Blake Schwartzbenbach. All of the members used to be in other well known cult bands including Texas is the Reason and Jawbreaker. Between 1995 and 1997 their old bands had broken up for the most part, they dropped out of sight. In 1998 they re-emerged with a new band and "Orange Rhyming Dictionary" (Jade Tree) which could easily be classified as one of the best albums of the 90's. Having previously listened to their old bands, I was well aware of their capabilities, but when I finally heard the album for the first time I was completely blown away. I have listened to it about three times in a row before I decided to give it a break. At first I thought maybe I was over rating it but now I can't find out that everybody else who bought the record reacted pretty much the same way. It climbed to the top of the CMJ (College Music Journal) charts within the first week of its release. Suddenly JTB was all of the rage. Disappointingly, they decided to be completely underground and restrain from going on a full-scale tour, opting to play special shows at select venues and dates. In the long run, it turned out to be kind of cool because going to a show at the usually tiny venues they chose to play at was like being part of a very special and unique event.

Anyway, this time they decided to play at a very small yet popular club in the back alleys of Boston called TT the Bears. They were scheduled to go on at 9:15p.m. and my friends and I arrived at about 9:20. It was perfect! I walked into a sea of people surrounded by a wall of noise. The club was of course, dirty lit and incredibly smoky; just what you'd expect of a rock and roll show. The weird part was that everybody there was different. I don't mean that they were freaks or anything. There was just such a wide array of people in there; myself and company included. There was no particular scene or defining style, age group or race. It was just a room full of people who were psyched because they were about to see a great rock & roll show. Instantly, I felt a strong vibe and it was good. Everybody in that room knew something amazing was about to happen. We arrived at just the right time. They took the stage about five minutes after we got there. Needless to say they received an extremely warm welcome from the crowd. I was fortunate enough to plant myself in a good spot all night to get a good view of the lanky front man Blake and the bassist Jeremy. Without more than two minutes delay they went right to work. They opened with track one on the CD, "Crown of the Valley", and the crowd was overjoyed.

They were everything everybody hoped they would be and even more. They played five previously unreleased songs which were completely up to par, considering the high standard they had set with their other songs. They maintained a catchy pop-rock sound while still tackling the most serious of issues with their lyrics. That was very cool considering that a room full of people could pogo to a song that chants about the ills of terrorism. Aside from the fact that there was no specific genre there, this was unlike any other show I had ever been to in that when they played, everyone shut up and listened. This became the most prevalent when what I feel was the peak of the show occurred. Towards the end of the set, they played their heart-lugging ballad called "Sweet Avenue". When they played this, the entire muggy, smokefilled dungeon of a venue was completely silent. Even the people way in the back at the bar who were pretty rowdy most of the night didn't murmur a word. Fans were so in awe, that no sound came off of anybody's lips as we all mouthed the soft yet powerful lyrics. There was this intense feeling of union throughout the room. As goosebumps began to overcome the audience, we just observed the pain and raw emotion in the captivating presence of the singer as he delivered his words.

After the end of the set, the crowd cheered them back out for the three-song encore which included another new song completing the five. In the end everybody was happy. The fans got the incredible show that they wanted and the band got the love and respect that they worked for. Before the night was out, we managed to get some info on upcoming releases. The band said that they are going to record the new record including the five new tracks, in the winter (due for release in the spring of 2000). Hopefully, they will tour heavily to support it. If they do, try to catch them.

If you haven't heard the record, do so. If you do, I recommend that you take the time to listen to it the whole way through. The message may be hard to grasp at certain points but if you are a true lover of genuinely good music and poetic lyrics, I guarantee you won't be disappointed.
Attention All Clubs & Organization Advisors

Your invited to attend a Chat & Chew social held on Wednesday, October 13, 1999, 5pm at the Junior Achievement Building 3rd floor. The focus of this social is to review the role of the advisor, meet other advisors and to assist with communication between the advisor and the Student Life staff.

For more information, please contact Barbara Tunstall at 598-1195.

The Sisters of Delta Tauhope everyone is adjusting well to the new school year. We first want to congratulate all the chairs that were voted into a position at our first formal meeting of the year. We also want to thank ATO for a fun social on Friday, Sept. 24. We all had a great time. Congratulations to Marie Selenski and Jenny Durning for being the Beta Champions at the Social. We also hope everyone’s informal rush went well and congratulations to all the new members - you’re going to have the time of your life.

- Happy Birthday to Lauren Myerson and Sofia Clay!

The Brothers of Tau Epsilon Phi would first like to congratulate Brother Lionheart on being elected to the position of Sargent of Arms for IFC. We wish you the best of luck in your new position. On a lighter note we send out another congratulations to Brother Janus and Brother Miles, on finally getting some new furniture. On yes, we also thank Brother Newborn for moving in with them and bringing that furniture. And now a message about Rush!

You have done well up to this point, but some of you are still unsure of yourselves. That will soon change. Your second mission is about to begin. You have hung out with us, you may even know who we are. Now it’s time to get serious. Your next mission is to come to the house on October 26th for a whole night of Rush activities. This is the big day. Transportation will be provided at Xavier Courtyard at 7pm. Call 351-5140 for more info. Remember you have done well so far, but now the time has come to take the next step. Be strong, be tough, Rush TEP.

Booming Latina Sororities Have a Rich History

by Danielle Johnson
Contributor

There is a rich history behind the origin of sororities. They have existed for more than 200 years. Since the time females have attended college in the 1800s, there have been sororities. The African Americans began their sororities in the 1900s. The first ever Latina sorority was established in 1979, Lambda Theta Alpha, at Kean University in Union, New Jersey. Since then they have grown across the nation.

Due to the tremendous increase in Latinas attending colleges and universities, more sororities have begun. It is estimated that Latina sororities have tripled in the last decade to thirty and fifty chapters nation wide. This increase has allowed the Latino community to come together on and off campus, giving them an opportunity to speak and be among their peers.

These sororities have primarily been founded to provide a sense of family and community for Latino students. They uphold the belief and importance of education and community service. The Latina sororities also help fellow Latinas deal with the everyday challenges of dealing with cultural problems and they help educate them through various activities or functions. These sororities exceed the expectations and go above and beyond the norm of traditional sororities. Johnson & Wales is home to three growing Latina sororities.
WHAT'S GOING ON ???

Thursday, October 7
National Depression Screening Day 10 a.m.-3 p.m. @ WCC
"Austin Powers" double feature 9 p.m. @ Rec. Center 2nd floor

Sunday, October 10
Catholic Mass noon @ Xavier Chapel
"Austin Powers" double feature 2 p.m. @ Rec. Center 2nd floor
uib Meeting 5 p.m. @ Rec. Center 2nd floor
Gospel Brunch (Groove Phi Groove) contact Darien Smith @272-8882

Monday, October 11
No School
Columbus Day Cookout w/Cost Guard Academy 11 a.m. Lincoln Woods
State Park (CSF)-2445 for a ride
Swing & Latin Dance Classes 7-9 p.m. @ Rec. Center
(cost: $1.99)

Tuesday, October 12
"J" WOO Commuter Connections 10:30 a.m.-12:30 p.m. @ Chestnuts & Cafe Commons
Groove Phi Groove Informational Meeting 5 p.m. @ CBCSI
L.A.C. Taste of Culture 6 p.m @ MCC
Tuesday Night Truth 8 p.m. @ Rec. Center 2nd floor (CSF)
Happy Founders Day to Groove Phi Groove S.F.I.T.

Wednesday, October 13
Career Day- RI Convention Center
"Note Taking" Workshop 1:50-3:55 p.m. @ WCC
L.A.C. Latino Discussion Panel 6 p.m. @ MCC
Bowling & Billiards 7-9 p.m. @ Rec. Center (cost: $1.99)
Advisor Chat & Chew 5-6 p.m. JA Building

Friday, October 15
CLASSES HELD TODAY
Hillel 5 p.m. @ CBCSI
Bowling Trip (Groove Phi Groove) 7-10 p.m. meet at Chestnuts (contact Darien Smith for more info. 272-8882)

Saturday, October 16
Sailing Club 9:30 a.m. @ Boston College
Black & White Invitational Basketball Tournament (Groove Phi Groove) @Rec. Center (contact Darien Smith for more info. @272-8882)

Sunday, October 17
Catholic Mass noon @ Xavier Chapel
uib Meeting 5 p.m. @ Rec. Center 2nd floor

Monday, October 18
Society of Hosteurs Meeting 5pm @ Xavier Room 126
FBLA-PBL Meeting 6 p.m. @ MCC
DECA Meeting 6:30 p.m. @ JA Building 3rd floor
Swing & Latin Dance Classes 7-9 p.m. @ Rec. Center
(cost $1.99)

Tuesday, October 19
"J" WOO Commuter Connections 10:30 a.m.-12:30 p.m. @ Chestnuts & Cafe Commons
Beach Volleyball 7-9 p.m. @ Rec. Center (cost: $1.99)
Tuesday Night Truth 8 p.m. @ Rec. Center 2nd floor (CSF)
Happy Founders Day to Tau Epsilon Phi!

Wednesday, October 20
"Test Taking Strategies Workshop" 1:50-3:55 p.m. @ WCC
L.A.C. Meeting 6 p.m. @ MCC
Bowling & Billiards 7-9 p.m. @ Rec. Center (cost: $1.99)
"Poetic Mist"/ Open MIC 6-9 p.m @ MCC (Harambee & NSMH)
Campus Herald Released

byEbba Kafleit
President JWU Sailing Club

At 6:46 a.m. Sunday the September 26. we left Providence and headed to Yale University's clubhouse in beautiful Branford, CT. The Yale clubhouse is located right by the water with a great view over the Long Island Sound.

The Long Island sound is well known for its irrational winds and fast changing conditions, therefore it was with respect we entered the clubhouse. We started checking out the boats. 24 brand new, white and shiny Vanguard 420's sat there waiting for us in the sun.

Our A division consisted of skipper Peter Jonson and crew Dalle Lanx, the B division of skipper Malin Lindgren and crew Ebba Kafleit. Signing up for our boats we turned out with what we hoped was going to be lucky numbers: 5 and 18.

There were eight schools on the roster, but with some dropouts and last minute signups we ended up including 10 schools and 20 teams heading out for the first start. The track was a triangle windward - leeward and all 20 of us started in the same time. The water was calm at the beginning and a light breeze of 10 mph made a few waves.

It took us all awhile to get out to the starting line in the light wind, but as soon as everybody was in the near proximity the coordina- tor blew the whistle for a three minute start, with the one-minute rule counting after the first general recall. The J&W lams started off softly but in the second race we couldn't hold back anymore and made sec- ond at the first round up, ending the race at fourth place. The morning continued in the same way for five races, and at the end of the fifth race the sea breeze started to kick in and created a slight chop.

After lunch there were three more races. Most teams were get- ting a bit fusty now and the crowding at the light roundups created some of the usual shouting. Punishments were noted frequently and mostly taken by the guilty party. As there was no waving the red flags, the guilty boats made their circles with in a leg's length.

We had a wonderful day: the sun was shining; it was 75 degrees, and there was a mild breeze all day. Some skippers even decided to take a swim, although our team members waited until the last race was finished, other teams (such as Boston College) decided to dump unwanted weight on the last wind leg of race five. The BC skipper quickly climbed back up in the boat amazingly enough still point- ing well.

If you are interested in the sailing team or have any questions, please contact us at jsusailingclub@hotmail.com or leave a message in our mailbox at student life.

SEND YOUR QUESTIONS, COMMENTS, CONCERNS TO:
campusherald@jwu.edu

Student Workshops Offered

Wednesday, Oct. 6
"Time Management"
7:45 p.m. HAC Library
Period 6 1:50 p.m.
Period 7 3 p.m.
Women's Concern Center

Wednesday, Oct. 13
"Note Taking Strategies"
7:45 p.m. HAC Library
Period 6 1:50 p.m.
Period 7 3 p.m.
Women's Concern Center

Wednesday, Oct. 20
"Test Taking Strategies"
7:45 pm HAC Library
Period 6 1:50pm
Period 7 3 p.m.
Women's Concern Center

Answers to Crossword

Citizens Bank Center for Student Enrichment
CSF Christian Student Fellowship
FB Fellowship
JA Junior Achievement
NPCS National Pan-Hellenic Council
MCC Multicultural Center
MS Men's Soccer
SL Student Life
U-Hall University Hall
WS Women's Soccer
WT Women's Tennis
WV Women's Volleyball
Let's Stop The Hate

By Matthew McIntyre
Staff Writer

As I have grown up, I've noticed that I have grown away from being the type of person who would like to be taken care of by my parents. During this process I learned to take care of myself with the help of my friends and family. The older I got the more I stayed with my friends. The people I grew up with were very much into fashion. We kow up with the trends, wore all of the brand name clothes like Lecca, Eddie Bauer, Gap Pepe, DKNY, Avirex, Timberland etc. We had most of the latest footwear. We bought these clothes because we liked the way we looked in them. We were having fun while at the same time looking good.

Now it seems that we can still look good, but not have fun. Many people seem to be jealous or envious of our styles. Some may call it being paranoid, but it is nothing like that. The fact of the matter is that some people can't stand to see other people moving up while they go nowhere. Why must it be like this? Why can't everyone just appreciate the fact that some people like to have fun, feel good and look good? I myself, feel that having competition is healthy and helps us to improve on what we THINK we do best.

In today's society we have people calling "haters." These "haters" do not hate racially, these "haters" just don't like people doing better than they themselves are doing. It's funny how "haters" even hate on each other. Ridiculous, I know. We each know a "haters." If we all came together and each of us told one "haters" to stop "hating," I believe it would make these "haters." I don't ask much but all I want is for everyone to stop hat- ing on one another.

We are Family!

Family weekend prompts refection.

by Ryan Ford
Adv/Bus. Manager

The dictionary definition of family is persons living in one house; a group of individuals comprising of immediate kin from parents to children. Does this definition sum up all the emotions, feelings and events we encounter with our families? All family structures are set up differently based on age, culture and area they reside. Think what family means directly to you. Would the definition suite your feelings on family?

Family can consist of friends, pets, peers or educators. Anyone who evokes love and compassion from you could be considered your extended family. They could understand you in the same manner as your parents. When you are home under the supervision of parents you want to break free and become independent. Now that we are free or independent we have the thought of going back and having the "comfort zone" again. That is in actuality what I was living under your parents roof. A lot of the teen worries were handled or addressed by parents or loved ones. Thinking of all the hassles, fights, arguments, and pain endured through the teen years, was it worth it? At the time, you feel you won't make it, but then you realize that you can prevail over all the nonsense and become someone. Family never allows you to take huge steps backward; they educate you when you are young giving you morals to live by, strike when you have been taught to install the beliefs of the family, and then open their hands and let you fly high. To use a warm-blooded animal to identify the love and caring a family has would be birds. Birds never leave a baby unnoticed. They keep their babies covered until it is time for them to become a full fledged bird. They train the babies through a series of demonstrations and aerial drops. Finally, the young bird learns to fly and takes a trip south (or in this case to Providence, RI).

After this family and homecoming weekend, we all have the thought of family in our minds and hearts. Think of particular events, trips, and gatherings that stand out from your family. Do they make you smile, cry or laugh? Take time out to call, write, e-mail parents and other family members to tell them thank you for sending me to become a full fledged bird, being there or plainly tell them you love them! This may bring you slightly closer to them than you already are. Family will always back you up on the decision you make or made, maybe not right away but family love prevails in the end.

Get Up and Do Something!

by Mike Post
Editor-in-Chief

What is participation? As defined in Webster's dictionary it is "the act or an instance of taking part in some action or attempt, as sharing in benefits or profits." Webster's describes it very accurately, but at J&W the definition of participation is different.

Our definition of participation is one who thinks that Dawson is more important than say, diversity,2 one who would rather go and get drunk than attend a meeting, 3 someone who sits around and complains about everything, but is not willing to par- ticipate. We are all victims of doing this, each to our own varying degree.

One recent example of this was the kickoff reception held for the Diversity and The Future 2000 initiative. About 60 people only attended the celebration of diversity and humankind. Three quarters of that were professional staff members. So where were the remaining 6,980 students that reside on the Johnson & Wales campus? That's a good question.

Where were you? Out of these 20 students that attended most of them were student leaders and the same students who always attend every event and join every committee. Speaking as one of those stu- dents we are getting tired.

For some reason people have falsly acquired the attitude that everything is handed to them on a plate. What they don't realize is how the plate got there and how the stuff on the plate got there. And when they don't like the plate they began to complain and moan. Well, stop complaining and get involved. If you don't like the plate get out there and change it. Be the one to do something ground- breaking of your own. Make a name for yourself and gain knowledge about something you wouldn't have thought twice about.

College is not only about partying. It is about higher education and expanding you intellectual thought process. Become well a well-rounded individual.

I encourage you to break the stereotype that Johnson & Wales students are lazy. College is an investment and by not attending the programs or giving the organizations on campus you are wasting your money.

Career Conference 1999

To be admitted YOU MUST be wearing proper attire.

What constitutes proper attire?

**Male**

- Minimum: A dress shirt and pants with a tie, neatly pressed and worn with dress shoes.
- Preferred: Business Suit or Sport Coat
- Pant must be worn at the waist
- No jeans or stretch pants
- No oversized sweaters or tank tops
- No micro-mini skirts or shorts
- Must wear dress shoes
- No canteen wear or coveralls
- Must be neat and clean
- No earrings or noticeable body piercings

- Female

- Minimum: A dress suit or appropriate attire, neatly pressed and worn with hose
- Preferred: Business Suit or Sport Coat
- Pants must be worn at the waist
- No jeans
- No oversized sweaters or tank tops
- No micro-mini skirts or shorts
- Must wear dress shoes
- No canteen wear or coveralls
- Must be neat and clean
- No earrings or noticeable body piercings
VOLLEYBALL  CATS GET MIXED BAG OF RESULTS

by John Parente
Sports Editor

There was some success, there was some difficulty, there was some heartbreak, some frustration, but there were plenty of positives, too. All of this in a week, mind you.

The J&W women’s volleyball team first lost a downing to St. Joseph College, then bounced back to beat two Great Northeast Athletic Conference foes. Then, after beating Framingham State, the Wildcats dropped a 3-0 decision to regionally-ranked Eastern Connecticut.

The roller-coaster ride that was last week’s action began when J&W took a 2-0 lead against two-time defending conference champ St. Joseph. The Blue Jays, who were protecting a 41-match home winning streak at the O’Connell Center in West Hartford, were in grave danger of having that amazing sake end.

Johnson & Wales won the first two matches, and took a 13-8 lead in game three. But the resilient Jays fought back, stole game three, beat the Cats soundly in the fourth, and sent the match to a rubber game.

Still, J&W had its chances, leading 13-11. Again, St.Joseph dug in, made some key plays, and scored the last four points of the match.

Noneetheless, the Wildcats, who had to be disappointed, left Connecticut knowing that they can certainly play with the team that has beaten them in the last two GNAC finals. That’s pretty good.

Once a couple of days helped heal the disappointment, the Wildcats bounced back and won their next three matches. There was no problem in a pair of 3-0 GNAC wins against Daniel Webster and Emmanuel College. Those victories improved J&W’s conference mark to 4-1. Two days later, Framingham State came to the Harborside RAC, and, after stealing the first game from the Wildcats, fell to the good guys, 3-1.

Sarah Craig had 26 kills to lead J&W. 22 of those kills came in the second, third and fourth games of the match, when the Wildcats awakened and handled the Rams readily. Shana Eigen and Stevi Ebert, a pair of freshmen, made major contributions in the latter games as well, as the Wildcats upped their regular-season record to 9-4 by dumping Framingham State.

But Eastern Connecticut was another matter. The tall and talented Warriors swept past J&W on the strength of their sequel-like frontcourt. With three six-footers who were all solid hitters, Eastern was able to attack continually, and beat the ’Cats, 15-3, 15-7, 15-11.

As the score indicates, though, the Wildcats put up a better challenge as the night went on. Craig, Eigen, Ebert, and Danielle Scialpi came up with a cluster of kills in the second and third games to help the ’Cat cause. Scialpi may have, in fact, played the best she’s played all year; and, if that’s the case, another valuable weapon is available as J&W begins its drive for a third straight berth to the GNAC championship final.

The Wildcats will be on the road until the 12th of October.

There’s a Wednesday night matchup at Mass. Maritime, followed by another GNAC Saturday battle with Simmons at Emerson. A Wildcat sweep of the tri-match would set up an October 12th showdown with Suffolk in Providence for the number-two seed in the October 23rd GNAC tournament.

Simmons Spoils Cats Party
Womens soccer puts up a great fight

by John Parente
Sports Editor

It’s certainly not because they didn’t know any better.

When the red-hot J&W women’s soccer team took to the field for their Homecoming game against Simmons, the Wildcats knew who and what they were up against.

Simmons, a two-time conference finalist, is the reigning Great Northeast Athletic Conference champion, and came into Pierce Stadium with a 4-1 league record. Though the Wildcats were 8-1-1 and 4-0-1 in league play, everyone knew it would be tough.

But, when Lady Luck frowned upon the Wildcats, it got even tougher. Though Johnson & Wales outplayed their mighty opponents in the first half, Simmons nonetheless had the lead. Then, as time waned, one costly mistake by the Wildcats resulted in a clinching goal, and the Sharks left town with the Conference lead and a 2-0 victory.

Still, the way the two teams battled, it sure looked like it could be a prelude of the ‘99 GNAC final.

The Wildcats peppered Simmons’ keeper Erin McEhinney with shot after shot in the first half—13 in all. Some hit the crossbar, some went just wide, some were stopped by the Sharks’ standout. None went in, and that’s what counts.

The one shot that did go in was one by Katie Dulac, the Sharks’ leading scorer, who took a chip and sped in to beat J&W’s Holly Bodwell in the 37th minute. For all of the play down the J&W offensive end, the Wildcats were down 1-0 at halftime.

To amplify the problem, Simmons played an even better second half—the two teams played to a virtual standoff, in fact. Because of that, the Sharks gave up fewer scoring chances. And while the Wildcats continued to play solidly, Simmons didn’t get many shots, either. But again, the one they got counted. Dulac did it again, taking a cross and firing a perfect shot that Bodwell had no chance on in the upper left hand corner of the net with eight minutes to play. It was a dagger.

Still, the Wildcats certainly know that they can play with the likes of Simmons and Norwich as they head down the stretch of the regular season. That’s a far cry from the 1997 team that won four games in total. There’s an awful lot of season left, and with playoff possibilities looming, to be even-up with the likes of the champs is fairly rared air.

The Cats play Framingham State Thursday at 4:00 at Pierce, then travel to Emmanuel for another big GNAC match on Saturday.

GOT GAME?
Show support for J&W teams and attend a game!!!
Dial INFO for more information
UNBEATEN TENNIS CATS DROP BOMB ON GNAC CHAMP SUFFOLK

by John Parente
Sports Editor

After what's happened in the last week, you've got to forgive Dr. Allan Freedman if visions of his own version of the tennis Grand Slam aren't dancing in his head.

After all, Freedman coached the J&W men's tennis team to an unbeaten season and the Great Northeast Athletic Conference title last year.

Now, he has an opportunity to do the same with the Johnson & Wales women's team. And so far, the team hasn't let him down.

In fact, J&W pulled off the biggest upset in their brief women's tennis history when they decisively defeated defending GNAC champion Suffolk, 7-2 last weekend.

Couple that with one-point wins over powerful UMass-Dartmouth and Roger Williams, and, suddenly, the Wildcat tennis team is 4-0.

Sebba Eyuboglu, the five-foot-tall dynamo from Istanbul, Turkey, knocked off Suffolk's Yelena Chepiga in straight sets at first singles to help propel the Wildcats to their win over Suffolk. Chepiga, who went undefeated throughout the entire GNAC regular-season last year, was 2-0 this year before Eyuboglu displayed her best tennis in downsizing her opponent.

The two put on a quality match before a small but appreciative group of onlookers. Chepiga's a polished and powerful righty, while Eyuboglu came up with shot after shot after shot, combining her blistering forehand from the left with backhand placements that continually turned games her way in a 7-5, 6-3 victory.

White Eyuboglu ignited the Wildcats, the team's depth at the last four singles spots came up with the points needed to clinch the match in singles play. Veterans Nicole Manginelli and Lucia Castillo and newcomers Erito Papafilipakas and Emily Herr were all winners, to give the Cats five singles points. Two doubles wins made it a very good afternoon for J&W.

A 4-3 win over UMass-Darmouth put the win skein at three. Though Eyuboglu lost her match at number-one, Kristina Tuck took care of her second-singles opponent. Herr, Castillo, and Manginelli all won in straight-sets, and the Cats took the win. Had darkness not pressed upon the match, the Cats were in position to pick up two more points.

Eyuboglu and Papafilipakas were up 4-1 in their doubles match, while Herr and Castillo were up 9-0 in theirs.

Roger Williams picked up two points by default, but couldn't overcome another Wildcat advantage in singles play. Dunn, playing at number-one, scored a 6-1, 6-1 victory in her best outing of the early season, when the Wildcats needed it most. Papafilipakas and Herr won in straight sets, and Castillo blasted her opponent without giving up a point.

Herr teamed with Castillo to help the Wildcats earn a split of the two doubles matches that were played, and the streak made its way to four.

STUDENT EMPLOYMENT PROGRAM

RETAIL MANAGEMENT PROGRAMS AVAILABLE

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Anyone interested should pick up an application at Gladdings at the Arcade or call Ms. Marion or Mrs. McGovern at 598-1080

INTRAMURAL FLAG FOOTBALL SCHEDULE 10/8-10/16

10/8 IA. M. BIG DOGS VS. CARDER

10/9 IA. M. AEI HAMMERHEADS VS. BIB

10/15 IA. M. AEI HAMMERHEADS VS. CARDER

10/16 IA. M. BIG DOGS VS. BIB

SELF-DEFENSE COURSES BEING OFFERED AT RAC

by John Parente
Sports Editor

Aided by one of its own, Johnson & Wales is now offering self-defense and martial arts classes at the Harborside Recreation and Athletic Complex.

Sensed Steve O'Brien, a member of the J&W Safety and Security Department, is teaching Introductory Martial Arts and Basic Self-Defense classes on Sunday and Tuesday nights beginning at 6:30 at the RAC's Multi-Purpose Rooms on the first floor.

O'Brien is a first-degree black belt in Judo and Taekwondo, and a second-degree black belt in Ju-Jutsu and Ken Tou. He has been an instructor at a local martial arts academy for the past six years, and its director for the past two.

The classes at the RAC are open to students and staff alike, and are only fifteen dollars per trimester. Guest instructors will join O'Brien throughout the course as well.

NEW AND returning

CLERKS & ASSISTANT MANAGERS

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or call 1-888-923-2767 to schedule an interview or a phone interview

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Biscotti
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Black Angus Burger
Black Forest Cuits
Black Pumpernickel Reuben
Brie
Cesar Salad
Coleslaw
Cannoli
Chef Salad
Chicken Nuggets
Chicken Fajta
Chicken Noodle Soup
Chicken Salad Sandwich
Chicken Sheets with Biscuits in Garlic Wine Sauce
Chocolate Chunk Cookie
Chocolate Rugalach
Chocolate Truffle
Clam Chowder
Classic Carrot Cake
Classic Sundae
Cloud Cookie
Coffee Cake
Custard Delicacy Coffee
Congo Bars
Correct Beef Reuben
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Cream Cheese Brownie
Creamsicle
Crossants
Dorothy
Dill and Onion Bread
Dodie Vila Omelet
Dumpling
Espresso
Egg McMuffin
Eight Grain Bread
English Toffee Cream Coffee
Espresso
Federal Hill Signature Sub
Filet-O-Fish
Focaccia
French Bread
French Fries
French Toast
Fresh Fruit Tart
Fresh Samantha
Freely Squeezed Lemonade
Fried Rice
Fruit Freeze
Frosted Roll
Frosted Yogurt
Fruit Smoothie
Garden Salad
Green Mountain French Roast
Grilled Chicken with Honey Mustard
Gyres
Ham & Cheese Calzone
Hamburgers
Hash Brown Potatoes
Heavenly Deal
Honey Dipped Stick
Hot & Sour Soup
Hot Vegetable Pocket
Hummus
Ice Cream Soda
Iced Cappuccino
Iced Coffee
Iced Mocha
Iced Tea
Italian Bread
Kuchen
Laundry
Latte
Lo Mein
Low Fat Chocolate Angel Food Cake
Macadamia Chocolate Chunk Cookie
Magic Bars
Manhattan Clam Chowder
Marinoni
Meatball Sandwich
Mediterranean Pita
Melt Sampler
Milkshake
Mintesone Soup
Miso
Mocha
Mocha Muffins
Mudslide
New York Style Cheesecake
Old Fashioned Doughnut
Olive and Dill Bread
Onolet
Orange Juice
Pancakes
Pantrami Meat
Peach Muffin
Peared Butter Cheescake
Pecan Pancakes
Penne with Chicken Parmesan
Pistachio Muffin
Philly Cheese Steak Sub
Pizza
Portobello Mushroom, Goat Cheese & Red Pepper on Foccacia
Portuguese Sweet Bread French Toast
Potato Rosemary Bread
Pretzel
Pumpkin Pies Bagel
Pumpkin Spice Coffee
Ganche
Raspberry Mousse
Red Raspberry Filled Doughnut
Reuben with Sauerkraut
Rice Pilaf
Rice Stuffed Green Leaves
Rigatoni ala Linguerna
Rozalted Eggplant Sandwich
Santa Fe Turkey Sandwich
Sausage Roll
Shaw Kabab
Sour Cream Apple Pie
Squash
Sparenkopita
Split Pea Soup
Spring Roll
Shrimp
Stuffed Peppers
Sun Dried Tomato Rosemary Bread
Sushi
Terraza Special
Texas Smokeyhouse Signature Sub
Tiramisu
Tuna Salad Sandwich
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Unagi
Ushio
Ume-bu
Unagi
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Wildberry Cream Cheese
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Yorket
Ziti

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