Salem Proves to be a Haunting Experience
UIB Trip to famous Halloween Haunt

by Mike Post
Editor-in-Chief

As the leaves slowly change hues and the nights and days get colder, we head to the season of holidays. The first, and maybe the favorite of New Englanders, is Halloween. The New England area holds many places for fright seekers but the most popular to visit for those who thirst for the dark side is Salem, Mass. A day’s visit transports you back to the colonial era and leaves you with a modern taste of the supernatural. Salem, once famous for its trading is now known as a mecca for witches, warlocks, and eccentrics alike.

Salem was founded in 1629 as a world-renowned trading port, known for its China Trade. The town was made famous by the 1692 Witch Trials, in which 24 people died as a result of two girls’ strange derangement. The tale begins in 1692 when two girls, the daughter Betty, and the niece Abigail Williams of the Salem Village minister, the Reverend Samuel Parris, began to accuse people of being witches. Their accusations, fueled by human interest and hysteria, resulted in 19 people being hung on Gallows Hill in Salem Village and the remaining dying in prison. Thanks to preservation efforts, the original 952 documents pertaining to the trials are all stored at the Peabody Essex Museum in Salem. The Peabody museum also has a detailed town history an Asian art collection and artifacts of Salem’s maritime legacy.

Another favorite ‘haunt’ in Salem is the House of the Seven Gables, which stands on the corner of North and Essex Streets. It is the home of Jonathan Conion, a magistrate in the witch trials. Another place to visit the past and present practices of witchcraft is at the Salem Witch Village. The village’s goal is to promote religious tolerance and participation in a positive society that encourages growth and acceptance of all its people.

Salem also offers lodging and restaurants for the ‘dead’ tired traveler. Such places as the Salem Inn (priced) and the Hawthorne Hotel (reasonable) offer unique lodging around Halloween. Some restaurants will open their doors for a limited time, like the Grapevine Restaurant, Red Raven’s Trade Winds and the Lyceum Bar & Grille. If you’re looking for some local cuisine, then you need to check out Salem Mass. on All Hallow’s Eve. With its charm of days gone by and its love of the occult, Salem proves to be a must-see.

The University of Massachusetts Board (UIB) will be sponsoring a trip to Salem on Halloween for the price of $10 per person. The trip includes The Salem Wax Museum and other favorite haunts.

For more information on restaurants, and events for Halloween turn to Inside Providence page nine.

J&W NSMH Announces Trip to International Hotel Motel and Restaurant Show

by Elson Hendricks
NSMH Chapter President

Greetings and salutations on behalf of the National Society of Minority Women in Hospitality and the Residential Life staff of McNulty Hall. As you may already know, on November 6, 1999, the Jacob Jarvis Center will host the annual International Hotel Motel and Restaurant Show in New York City. The show will prove to be a colossal hospitality learning opportunity. Our students will be exposed to many employers, suppliers and culinary specialists.

The staff of McNulty Hall is facilitating a trip to the International Hotel Motel and Restaurant Show. Admission and round trip transportation to the hotel show are being provided by McNulty Hall. The cost of the trip is $36 per person. This price includes transportation and entrance into the show. The bus will depart from McNulty Hall at 7 AM. Additional stops and pickups will be established based upon the location of the students on campus. Each student that attends the show will receive official documentation of participation for their Career Passports.

Thank you for your continued support of your students and their development within the hospitality field. Should you have any questions please direct them to Elson Hendricks at 401-598-4325.
October Volunteer Opportunities

Chad Brown Health Center
The Health Center is looking for 3-4 volunteers to help revise their medical records. This will involve making new charts as well as, collating, labeling and organizing them.

PAL - Quality of Life Initiative
Volunteers are needed to interview people with disabilities to determine the quality of their supportive services.

City Year
City Year Americorps is looking for hardworking and dedicated young people to make a difference in the community. As a City Year Corps Member, you will serve as:
* Tutor and mentor for elementary school children
* Transform vacant lots into playground and community gardens
* Teach a non-violence curriculum to middle school students
* Work with a diverse team of corps members
* Lead children in community service.

Boy Scout Troop - Seekonk, Mass.
A troop of 15 Boy Scouts is looking for a volunteer for a position of a Scout Leader or Assistant Scout Leader. This troop meets once a week for two hours. The responsibilities will be:
* To coordinate activities of the troop
* Spend a week with the troop at Camp Yawgoog next summer
* Go for at least two camp-outs per year

If you have any questions, please contact Nancy Northrop at 598-2089.
IFC Sets Greek Record Straight

by Interfraternity Council

It is common knowledge that on our campus there are several fraternal organizations operating "underground." This means that these fraternities and sororities are neither recognized by the school nor their international headquarters.

There are several organizations that are fully operational in the eyes of the University. These organizations include the following: Sororities: ΑΣΠ, ΑΦΕ, ΚΨ, ΣΑΛ, ΣΨΓ, ΣΩΨ, ΦΛΑ, ΖΒΤ Fraternities: ΔΦΑ, ΔΨΦ, ΚΨΨ, ΦΘΣ, ΦΚΣ, ΖΨΦ, ΕΠΣ, ΤΔΘ, ΤΚΕ, ZBT Social Fellowships: GYG

All of these organizations are fully functional according to the University and their inter/national headquarters. With this status, these organizations may enjoy the following benefits:

* To receive funds through the SGA Appropriations process
* To reserve University space for meetings free of charge
* To have promotional material approved for meetings/events
* To have access to bulletin boards, photocopying, and other supplies
* To attend and be eligible for awards at the Student Life and Greek Life banquets
* To be featured in Greek Life publications
* To be featured/advertise in The Campus Herald and Johnsonian Yearbook
* To have a rock in Xavier Courtyard and Culinary Commons
* To attend and participate in Greek retreats, student activities night, and homecoming
* To attend and participate in regional and national leadership schools and conventions

* To be eligible for financial, scholastic, and other services offered by international fraternal organizations and social fellowships
* To be networked to thousands of other brothers and sisters around the world

By joining an underground organization you not only exclude yourself from these benefits, you also:

* Are not covered by an insurance policy of an inter/national organization
* Cannot legally wear the letters or insignia of the organization

Before you make the decision to join a fraternity or sorority on campus, be sure to find out some crucial information. Be sure to ask the members if the organization is recognized by the University and an inter/national headquarters. If you have additional questions please contact the Office of Student Life at greeklife@jwu.edu or 598-2943. Choose carefully and wisely.

A Message from Rabbi Ben Lefkowitz, Jewish Chaplain

The Jerusalem Fellowships provide intensive summer and winter experience in Israel for Jewish college students, graduates and young professionals between the ages 19-29. This winter they are offering two programs:

THE JERUSALEM FELLOWSHIPS INTERNSHIP FOR LEADERS (JFIL)
Geared for a select group of student leaders, who are motivated to ignite Jewish pride and unity on college campuses throughout North America, JFIL is open to returning undergraduates in their freshman to junior years.


THE JERUSALEM FELLOWSHIPS WINTER BREAK PROGRAM
The Fellowships give students the opportunity to deepen their understanding of Judaism, enhance their understanding of the Israeli political situation and the Arab-Israeli conflict, tour the country, and build lasting friendships with their peers from all over the United States and Canada.


Senators Daniel Patrick Moynihan and Arlen Specter serve as Honorary Chairmen of these prestigious educational programs. Recently some of the outstanding speakers have included:

Former Prime Ministers Benjamin Netanyahu, Yitzhak Shamir and Shimon Pees,
Israel President Ezer Weizman, Mayor of Jerusalem Ehud Olmert and MK, Benny Begin.

The full cost of a three-week program is $4,000. Scholarships of up to $3,050 are available, which can make the cost for eligible students just $950 including airfare (round trip from New York), food, accommodations, overnight and day tours, seminars and classes. For the JFIL program, additional scholarships may be available that can bring the cost down to $499.

For more details please call Rabbi Chaim Dubin at 1-800-FELLOWS, or check the website at www.golisa.org. or be in touch with Rabbi Ben, x1499.
**Equine Center Post's Riding Results**

By Crystal Hansen

On October 2, the Johnson & Wales Equine Center in Retsof, Mass., hosted a student horse show for Family Weekend. The show was well-attended by students and families, and the horses performed beautifully.

**Advanced A:**
1. Stefani Watson
2. Ryan Petronelli
3. Staci Luti
4. Seacole Unger

**Advanced B:**
1. Lindsay Francis
2. Alena Orszak
3. Amy Scoitino
4. Aine Bishop
5. Lella Rooney

**Balanced Seat Equitation**

**Green Riders:**
1. Amy Rota
2. Emmy Weldon
3. Sarah Weldon

**Fences:**
1. Holly Casey
2. Emily Jablonski
3. Shawn Maguire
4. Amanda Fournier
5. Liz Carlin
6. Leigh Heyward

**Introductory Level I:**
2:
1. Staci Luti
2. Erica Lemioux
3. Kathleen Traveo
4. Stefani Watson
5. Carolyn Ferry

**Introductory Level II:**
2'6" - 2'9":
1. Holly Casey
2. Erica Lemioux
3. Liz Carlin
4. Carolyn Ferry
5. Emily Jablonski
6. Kathleen Traveo and Kim

**Althiouse**

**Vegan Options: Colleges React to Growing Trend**

By Berns Fischlowitz-Roberts

On my first day of college orientation, I entered Haverford College's Dining Center for lunch. The foods were unbelievable, so I decided to serve with, "Hi, I'm a vegan. Which dishes can I eat?" This well-meaning employee responded, "Hi, Vegan. Nice to meet you." Then and there, I knew an interesting four years lay ahead.

Entering college in fall 1996, I was among the thousands of vegan students nationwide facing a major challenge: how to eat a balanced, healthy vegan diet in a not-too-heathy-friendly cafeteria.

College students are among those at the forefront of the trend of people choosing vegan diets, which more and more physicians recognize as the best choice. Faced with the increasing number of constraints and able to experiment with new foods in dining halls, the number of vegan students has increased dramatically in recent years, which has led to an increase in the number of veggie bodies who are more and more are coming to terms with an all-time healthy lifestyle.

Should Vegetarians, Vegan diets be offered in college dining halls?

As students try to counterculture that state of affairs, dining services have an obligation to help.

Typically, professors get evaluated by how well they teach and the quality of their research. Few college administrators would be satisfied with mediocre professors. So why do schools tolerate institutional food being not merely mediocre in taste, but also unhealthy and polluting? Why do students make healthy, compassionate, ecological decision to stop eating animals products encounter needless difficulty eating in so many meal plans?

Luckily, in some places the situation has begun improving. Schools on the cutting edge of offering more plant-based food options have made a concerted effort to work with students and get more vegan foods into campus dining halls. Such schools should serve as models to other institutions striving to make cafeterias more veggie-friendly. For example:

* The University of Maryland at College Park recently created a "Vegetarian/Vegan Advisory Board," composed of students, the school dietitian, a nutrition student employee, and dining hall managers. They meet monthly to test recipes, with the goal of improving the vegetarian menu and adding more vegan choices.

* At Indiana University - Bloomington, requests for vegan items and their availability have both increased lately, according to Jim Beeson, Food Service Director of Dining Rooms. For breakfast, diners can enjoy bagels, homemade bread, make your own waffles, tofu French toast, and a variety of cereals, all free of animal products. Lunch offerings include savory pastas, soups, a salad bar, baked potatoes and veggie burgers. Dinner selections include gain and pasta casseroles, rice and beans, as well as other standard plant-based dishes. These vegan items are reportedly well-liked by even non-vegan students.

* Maine's Bowdoin College, in Brunswick, is a wonderful example of a small, liberal arts college, with a fine dining program. Bowdoin offers vegetarian and vegan options at every meal, and students are delighted with the food quality.

*Conn College in New London has a special vegetarian-dining hall with an array of vegan options at every meal. They even have a tofu and rice dinner bars, which are frozen, non-dairy ice cream alternatives. Every Thursday night, the vegetarian-dining hall offers fruit and vegetables for juicing.

Despite such wonderful efforts at these and others schools, far too many colleges and universities lag well behind. For vegan students, getting meals that do not damage their health and the planet remains an uphill battle.

Yes, changing menus requires money, time and quality recipes, though even small inter-steps represent progress. But plenty of tips for making changes, including quantity recipes, are available from the USA's Vegetarian Resource Group (www.vrg.org) and the Physicians Committee for Responsible Medicine (www.pcrm.org).

Student perseverance is key to changing dining hall food. Many food service personnel will meet with concerned students about new menus. But rhetoric and promises at meetings do not always translate into changed menus. Regular meetings are essential, as is staff education (cooks know, for example, not to use chicken stock in a vegetable rice pilaf). Institutional recipes also help, so dining services know which foods can be made into sufficient quantities for large kitchens.

Vegan choices are based on principals that show up in a cleaner environment and better health, while carnivorous preferences show up on your thighs, as well as in digger arteries and environmental destruction. More vegan options in cafeterias mean more food for everyone. After all, meat-eaters, vegetarians and vegans can all enjoy vegan food without compromising principals.

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Breast Cancer:
Detecting Realities, Not Myths
courtesy of the American Cancer Society

Breast cancer is the most common cancer among women and a major priority for the American Cancer Society. During October, National Breast Cancer Awareness Month, the American Cancer Society has issued the following information which debunks common myths in order to help women make informed decisions about their health.

Myth - Breast cancer kills more women than any other disease.

Reality - Among women whose cancer has not spread beyond the breast at the time of diagnosis, their five-year survival rate is 97 percent. Early diagnosis is the key to survival.

Myth - Breast cancer is not a threat to women under 40.

Reality - All women are at risk, even though 56 percent of breast cancer cases occur in women ages 40 and over.

Myth - Mammograms are unsafe and painful.

Reality - With today’s modern technology, radiation levels are low and not harmful. Modern mammography equipment is designed to minimize the degree of discomfort, but compression of the breast is essential for high quality mammograms. Since breasts can be tender just before or after menstruation, women may prefer to schedule a mammogram at a different time.

Myth - Mammograms are expensive and not covered by insurance.

Reality - Mammography coverage by private health plans is mandated in most states. Medicaid programs in a majority of states and Washington D.C., cover screenings. Coverage is also provided by Medicare, public employee health plans, and many ERISA (or self-insured) plans. Each plan is different, so check coverage details before being tested. If uninsured, research low-cost certified mammography programs in your community.

Myth - If a mammogram result comes back normal, there’s nothing to worry about until the next scheduled test.

Reality - Although mammography is the best technology to detect cancer early, the American Cancer Society recommends women also receive breast examination by a health professional and perform breast self-examinations monthly. The combination of procedures will give them the best chance to find cancer early.

Myth - If a lump is cancerous, mastectomy is the only option.

Reality - At one time, mastectomy was standard therapy, but now only a minority of women choose this treatment. The combination of radiation and lumpectomy is performed much more commonly. In many cases, chemotherapy and/or hormonal therapy are used effectively.

DO YOU REMEMBER YOUR FIRST ONE?
Part 1 of 2: An in-depth look into credit cards.

by Christopher S. Bice
Staff Writer

We have seen them everywhere we turn. They are in our bookstores, our residence halls and our academic buildings. Women at our bus stops give them out with free t-shirts or calling cards. What would seem like millions of them bombard our mailboxes on and off campus. If that is not enough, there are still plenty of them in our favorite retail stores. They plague millions of college students a year - credit card applications.

The all too eager college student, away from mom and dad for the first time, is anxious to apply for a credit card. He or she thinks nothing of it, just fills it out the application and mails it off. Within two to three weeks, he has the little piece of plastic in his hands with a $500 limit. He feels the power that the credit card radiates, and he believes that he will be responsible, not fall into debt, and will only use it in an extreme emergency.

That next Saturday night he is hanging out in the mail with his friends. They go in and out of the stores, looking at clothes, shoes and video games. Our cautious student tells himself that he does not have any cash with him, in his bank account, or back in his residence hall. Then he hears it. The credit card is calling his name, begging the student to use it to buy the shoes he so desperately did not need, the video game that was the worst he ever bought, and the clothes that were already out of style.

Then, within 30 days, our young friend is excited to see that he has received mail. He rips it open, only to see that at the top it says billing statement. He then notices that he has charged past the $500 limit, he now has to pay an over limit fee of $29 plus the over limit amount, and the regular payment on his credit card. To make matters worse, he has no job or other source of money. Money lenders are quick to give credit, but they are also quick to report late payments on your credit. Next time we will look at the importance of paying your credit cards on time and what exactly a credit report contains.

WANTED:
The Campus Herald wants you!!!

We need writers, editors, and contributors. The Herald meets every Monday at 5pm in the Citizens bank Center for Student Involvement.

For questions or for more info. please call x 2867.

ATTENTION ALUMNI OF
The National Young Leaders Conference, Washington, DC
-or-
The National Youth Leadership Forums on Law, Medicine or Defense

If you are a first or second year student, there is a prestigious on-campus leadership opportunity we have been asked to discuss with you.

Please call Toll Free at 1-877-282-4952 no later than October 27, 1999 and ask to speak with one of the program co-founders: Barbara or Richard
by Mike Post
Editor-in-Chief

When I was asked the question “Who is your Spirit Warrior?” many questions ran through my head. “Who am I going to choose?” I said to myself. I began the task of sorting out who and what has helped me the most, and what has guided me the most. This was one of the worst things I have ever had to do. With so many different choices on hand it was virtually impossible for me to make one definitive choice. So, I have narrowed down my list of choices and have put together the three things that have meant the most to me at some point in my life.

The first of the three, are my parents. Everyone says that your parents shape you in one way or another, but mine have gone far beyond that. They are my “spiritual advisors”. I talk with them everyday, asking advice or an opinion or even just to talk about nothing. I can always count on them being there. They have been the most integral part of my life.

The next is were I grew up. I grew up in the Hudson Valley region of New York State. My town is situated on the banks of the Hudson River and ends at the base of a Mountain. The way of life is very relaxed and the landscape is beautiful. It is here, were my connection to nature was born. Nature has always been a big part of my life. To relax, or to think I would go hiking and just marvel at the images around me. You gain a new perspective on life when you are hiking by yourself outside in nature.

The third part of my Spirit Warrior has to be friends. They are my life. I love them all dearly and they return the same for me. The relationships that I have built with them span age, gender, culture and race gaps.

We are a microcosm of the world. We each have our own independent style, but we also have the characteristics that make us a group. It is from these relationships that I have with my friends that gets me through the dry. We all have a Spirit Warrior in one way or another. I am fortunate to have so many positive things in my life that I can have a hard time deciding which one is the best. We all strive to figure out who or what has meant the most to us, this can be challenging. Can you handle the challenge?

The “Who is your Spirit Warrior” is brought to you by the Office of Campus Diversity and the Diversity and the Future 2000 initiative. The DAF2000 will present educational programs, cultural events and social activities designed to promote understanding and appreciation among the students, faculty, staff of all races and cultures that make up the University community.

Latinos Estamos Presente! Are We?

By: Eva Pena
Sigma Lambda Upsilon

Let me ask you this: how many times have you heard at Johnson & Wales have you found yourself asking someone “excuse me, are you Spanish?” or saying “Oh, I didn’t know you spoke Spanish.” Mayhap when you try to address someone in Spanish, they respond in English. I have been here for three years and this happens to me quite often. Unfortunately no matter how much I have tried, I still can’t come up with a conclusion as to why this occurs. Some of my speculations have been: “maybe they didn’t speak Spanish as a child so over the years, like a facuet that never gets turn on, their first language has been rusted shut.” They may be afraid that if they tried to join in a conversation, they might sound like an “idiot.” I know that with me, at times I feel that if I can’t remember how to say a word in Spanish, I alternate to the English word and start to speak “spanglish”.

Arroz con Pollo

By: Rosaura Suarez
Sigma Lambda Upsilon

Did you know that our Latino customs give us more than warm memories - they keep us healthy? It is a fact that the traditional Latin American diet is filled with foods that are not only rich in flavor and loved by many, but that they prevent cancer, diabetes, and heart disease.

Maintaining our culture and heritage is not an easy task but it is proven that Latino immigrants who maintain their customs do better physically and emotionally than those who become Americanized. However, the healthy habits we bring from our home lands to this country begins to fade as we try to fit in.

Our succulent and so demanded - even by Americans - "Arroz con habichuelas" or even "plantanos con queso" are only part of the many whole grains, beans and root vegetables that are high in vitamins, folic acid, and calcium. They are also high in fiber and low in fat. However second-generation Latinos are eating an Americanized diet, lacking in fresh fruits and vegetables.

But think about it, Latinos have shown low rates of eating disorders, including anorexia, bulimia and excessive dieting, health problems that strike millions of Anglo girls and women every year.

I ban bet that many of us never thought that the food we eat, just because that is part of us; (as hamburgers are part of Americans) is seen as healthy habit by others. This fact leads me to prove one more reason why we should be proud of our descent.

The Office of Student Life would like to send a special thanks to the following for making Homecoming & Family Weekend a success.

Dave Roser
Student Life Student Assistants
Student Life Workstudy
Patty Cross
Culinary Storeroom
Business & Hospitality College Faculty
College of Culinary Arts Faculty
Alumni Association
Center for Investment in Excellence
Reginal Dow
Dennis Sterlacci
Delta Phi Epsilon
Phi Beta Sigma
Dining Services Staff
Radisson Airport Hotel Staff
Johnson & Wales Inn Staff
Campus Herald Staff
J&W Culinary Archives & Museum
Johnsonian Staff
Davor Photography
Parade Judges
Maintenance Dept.
UIB Members
J&W Transportation Dept.
J&W Grounds Dept.
J&W Safety & Security
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Tourism Major Students
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"The Katies"

by Kelly Jones
Arts & Entertainment Co-Editor

Rock and roll, that's what this trio from Murfreesboro, Tenn., plays. Described by a music critic from The Tennessean as "what would happen if Nirvana, The Beatles and Led Zeppelin had ever jammed together," the Katies is an enjoyable mix of guitars that crunch your mind into a trance. Their melodies and harmonies have you singing along before you even know the words. Their opening track "Noggin Poundin" comes out and grabs you, tosses you around, then pulls you back for some southern comfort. Their raw appearance is reminiscent of Lynyrd Skynyrd, but the album doesn't fit the popular notion of the "southern rock" sound.

The Katies are a fresh band, and with this self-titled debut album they are not far from stardom, it's just a matter of time. I give this album an "A," and can honestly say it's some satisfying pop rock that will have you playing it over and over. For samples of "Noggin Poundin" and other tracks check out www.elektro.com.

311 Sound System

by Kelly Jones
Arts & Entertainment Co-Editor

The five freaks from Omaha (via California) have released another album, "Sound System." They keep their sound true and original, as well as very energetic. The songs seem to have a little more diversity in style compared to the last album, Transistor. Transistor not only had too many tracks, but too many songs that were similar to each other. The new single "Come Original" has that 311 reggae feel, with lyrics supporting their true original style. They also deliver respect to bands like NOFX, Black Eyed Peas, and Roni Size.

On the track "Life's Not A Race," guitarist T. Mahoney sounds like Carlos Santana, and on "Sever," lyricist N. Hexum and D. Martinez sing about getting over a past relationship and moving on to find the next. 311 doesn't end the album until they throw you another reggae tune, "Leaving Babylon" is a Bad Brains cover done well.

They conclude the album with a thirteenth track called "Livin' & Rockin'," with the exception of the drum machine at the beginning on the song it sounds like a lost track off of their debut album Music.

Overall I give Sound System a solid B. If you have been a 311 fan, you are definitely going to want to analyze this album with the rest of their albums for yourself, and I don't think you will be disappointed. 311 is making an appearance at Lupo's on November 12 and, if you're fortunate enough to find a ticket to the sold out show, I'll see you there.

Ellen Goldin
The View from Here Paintings
October 20-November 16
Opening Reception: October 21 5-8pm
Gallery 401

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Inside Salem

Salem's Restaurants

Caffe Graziani 133 Washington Street  
(978) 741-4282  
Enjoy breakfast, lunch and dinner, or just a cappuccino or espresso and a delicious dessert.

Claudia's Cafe 179 Derby Street (978) 740-3200  
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Dodge Street Bar & Grille 7 Dodge Street  
(978) 745-0139  
Best Baby Back Ribs in the region. Nightly dinner specials feature fresh seafood, fish, pasta, and vegetarian dishes.

The Grape Vine Restaurant 26 Congress Street (978) 745-9335  
Voted one of the best 40 best restaurants in the Boston area.

Lyceum Bar and Grill 43 Church Street (978) 745-7665  
Alexander Graham Bell made the first long-distance telephone call from here.

Peabody Essex Museum Cafe  
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On Friday evenings, enjoy an elegant six-course dinner with live Jazz entertainment.

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FOR MORE INFO. ON HALLOWEEN HAPPENINGS CHECK OUT  
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The Department of Student Life and the University Involvement Board present  
Fare Week '99

Monday, October 25  
Pumpkin Carving Contest  
Harborside Pumpkin Patch  
10-amp-3pm  
Judging from 3:30pm-4pm FREE

Tuesday, October 26  
Psychic Fair  
Tarot Cards, Numerology, and Palmistry  
4-6pm, CBC  
FREE

Wednesday, October 27  
Psychic Fair  
Tarot Cards, Numerology, and Palmistry  
4-6pm Harborside Rec. Center FREE

Promises to be a ghostly experience!

Thursday, October 28  
Movie Night  
"The Haunting"  
9pm Harborside Rec. Center  
FREE

Friday, October 29  
Vampire Legends  
Meet New England's Real Vampires  
Featuring Christopher Rondina  
7pm, Xavier Courtyard (rain: Xavier Auditorium)

Saturday, October 30  
Halloween Masquerade JAW Style  
Music, Food, Costume Contest, and Cash Prizes  
9pm-12am Harborside Rec. Center

Sunday, October 31  
Movie Matinee  
"The Haunting"  
2pm Harborside Rec. Center

Salem Witch Village  
$10 includes passes & bus transportation  
Bus leaves Harborside at 4pm and Chestnuts @ 4:15pm  
tickets are limited  
Box office sales at Culinary & Downtow Student Life Box Offices

1999 Salem Haunted Happenings Events  
Sunday, October 31

* Halloween Day, early afternoon until 10 PM  
Enjoy live music, food & vendors and have fun people watching and seeing all the great costumes. 978-744-0013

* Salem's Haunted Dinner Theater, 1:00, 5:30, 9:00 pm  
Now in our 5th year at the Chase House in Salem. Presenting "BeWitched" Dinner & show, special effects, music, magic and fun for the whole family. 800-697-2563

* American Movie Classics Hot Air Balloon, 2-4 pm  
AMC will end its countrywide tour of their newest hot air balloon from 2-4 PM on Salem Common. Free.

* The Witch Trial Trail, 7 pm  
Walk the witch trial trail of 1692 by candlelight. Visit the sites and experience the horror of Salem's darkest hour with Salem historian, teacher, author, and tour guide Jim McAllister. Adults $7, ages 6-17, $2. Candles provided. Reservations necessary or accepted - we take everyone. Tours depart 7 PM from Old Town Hall in Derby Square. For more information call 978-745-6314

* Spirits of The Gables, 7pm-midnight.  
This interactive experience brings Nathaniel Hawthorne's famous novel to life in The House of Seven Gables. Meet characters from the novel including the ghost of Matthew Maule, a persecuted victim of the witch trials. Hear of the circumstances that drove the Pynchon family to lunacy, the secrets that surrounded them, and the curse that led to impending death. Admission is $6 for adults, $3.50, children under 6 are FREE. 978-744-0991

* Hawthorne Hotel's Monster Mash, 8 pm-midnight.  
The night is sure to be a haunted, hallowed eve with the haunting sounds of the great band, Hush! Light snacks, Haunting Potions at the cash bar. $10 per person, must be 21; ID required! We recommend advance ticket purchase! Costumes welcome! For reservations, call 978-825-4334.

* Sister's Fang, 8 pm  
Wharf Rat's annual October Macabre series... Take a walk on the darkside with very different ladies of the night. Dramatic readings of contemporary vampire fiction at The Alternative Stage at In a Pig's Eye. Admission is $7 at the door.
To all Panhellenic Sororities:

Congrats to everyone's new member!

Also congrats to Julie Bonaro of Alpha Sigma Tau - our new homecoming queen! Also, thanks to Theta Phi Alpha for the great idea!

Happy Halloween!

The sisters of Alpha Sigma Tau would like to congratulate our beautiful sister and Homecoming Queen, Julie Bonaro. Also, congratulations to our brother fraternity Sigma Pi on taking 3rd place for their Homecoming Float! We would like to introduce all our new members of Alpha Sigma Tau....

Jessica Reed
Moriah Nartone
Kristie McCoy
Meghan Mills
Jefflyn Campos

Good luck to all Greek organizations' new members! We would also like to thank everyone that attended the Greek Retreat; we had such an awesome time getting to know everyone. We would like to extend our thoughts and prayers to the sisters of Phi Sigma Sigma for their loss of their sister Holly a year ago this month.

First of all, congratulations to all fellow Tau Epsilon Phi Fraternity brothers who celebrated our 80th Founders Day on Tuesday October 19. We only hope that the next 89 years will be as exciting as the first. We hope that everybody's midterms went well, for those who had them, and that the rest of the tri goes well.

And now a reminder about Rush: Tuesday, October 26 is the night to meet the brothers and have some fun! It all starts at 7pm. To find out more info about that night call 951-5140 or keep an eye out for signs. It is time for your final mission. Time to make a choice, so choose wisely. Choose TEP.

If you are interested in setting up an interview please call the number above to find out what times are available.

RUSH TEP
"WOULD YOU LIKE TO KNOW MORE?"

We the sisters of Sigma Lambda Gamma would like to congratulate all of the winners of the Homecoming Parade '99. It was a fun event. A big Gamma shout out to the brothers Sigma Lambda Beta thanks for the support.

Happy Birthday to Sister Santa Melaia and a belated birthday to sister April Jones: Look out for Pink and Purple upcoming events. "Culture is Pride, Pride is Success".

A Community of Leaders continually challenging each other to a greater good:

Congratulations to Mike and Deb Pasquarella on the birth of their new baby girl.

Good luck to our brother Mark Burke as he continues to prepare the Denver Campus for the grand opening in the fall of 2000.

Happy Birthday to Brothers J.D. Cummings, Steve Brady, and Tony Pasquale.

Welcome to the newly initiated national brothers:

Carl Talmage
J.D. Cummings
J.T. Tombari
Jose Gonzalez
Tim Keating
Tony Pasquale

If you or your organization are looking for help with a community service project, fundraiser, special event, or even just want to have a social, please contact J.D. Cummings at 598-1025 or 598-3366, please leave a message and contact number.

Sisters

You've been there, told me not to give up. We kept secrets and talked about everything.
The times we shared
You are my friend
You are my sister
You are my family
We've cried together
We've sighed together

Shared heartaches and pain
You told me the hot give up and never say, "I can't"
The times we had we'll never forget
Told me that "nothing" but good will come out of bad
Things happen for a reason to keep your head up
Even from afar we still talk
We share things as if we are still but yet a close walk
We cry tears about our lives and pray that those things will come out fine
We have a common bond that people search to find
You are my friends
You are my sisters
We are a family

- Sante

The sisters of Delta Phi Epsilon would like to thank Greek Life for making this years retreat so inspiring. Our sisters had a great time. Thanks to sisters Lisa Morehead, Mahira Guresh and Jennifer Martyn for taking the time and dedication to attend the retreat.

To all those "Pizza Makin' Deiphrers" who sold all those pizzas last week at Pape Gino's!! We had a lot of fun and we made money! Thanks for all the support.

Thanks to all the sisters who made time in their busy schedules, in order to spend time with our consultant. Dinner was great, let's do it again soon!

To the brothers of Tau Epsilon Phi--Happy Founder's Day--
We hope everyone has a safe and Happy Halloween.

Congratulations to all sororities on Fall Rush 1999. It was very successful.

Congratulations to our new members: Pauline Bidgood, Jen Kolb, Nicole Romanowski, Courtney Kenworthy, Stacy Maizza, Danielle Claro, Motty Bladwe, Alyssa Zonghelli, Stephanie Marcatto, Nicole Candela & Holly Moore. You girls are great. Good Luck!

To Holly Nocchio: We cannot believe that it has been a year. We miss you and love you more everyday. For everyone: Be careful and think of the risk every time you take it.

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Wednesday, October 20
Test Taking Strategies’ Workshop 1:50-3:55pm @ WCC
L.A.C. Meeting 6 pm @ MCC
Bowling & Billiards 7-9 pm @ Recreation Center (cost $1.99)
“Poetic Mist”/Open Mic 6-9 pm @ MCC
(Harambee & NSMH)
CH Released

Thursday, October 21
“American Pie” 9 pm @ Recreation Center 2nd Floor

Friday, October 22
Hillel Meeting 5 pm @ CBCSI
CFS Fall Conference “Faith In Action” Boston MA

Saturday, October 23
Sailing Club 9:30 am @ University of RI (boat: F.J)
CFS Conference “Faith In Action” Boston MA

Sunday, October 24
Catholic Mass Noon @ Xavier Chapel
“American Pie” 2 pm @ Recreation 2nd Floor
UBJ Meeting 5 pm @ Recreation Center 2nd Floor

Monday, October 25
* Freak Week Starts
Swing & Latin Dance Classes 7-9 pm @ Rec. Center
(cost: $1.99)

Tuesday, October 26
Freak Week
“J” WOO Commuter Connections 10:30 am-12:30 pm @
Chestnuts and Cafe Commons
A New Matrix: Changing Roles of Men and Women 3 PM @
MCC (DATE: 2000)
Beach Volleyball 7-9 pm @ Rec. Center (cost: $1.99)
Tuesday Night Truth 8 pm @ Rec. Center 2nd Floor (CFS)

Wednesday, October 27
Freak Week
“Stress Management” Workshop 1:50-3:55 pm @ WCC
L.A.C. Meeting 6 pm @ MCC
Bowling & Billiards 7-9 pm @ Rec. Center (cost: $1.99)
Wednesday Night Live featuring Paul Narduzzi 9 PM @ Rec.
Center 2nd Floor

Thursday, October 28
Freak Week
“The Haunting” 9 pm @ Rec. Center 2nd Floor

Friday, October 29
Freak Week
Diversity Training 9am noon @ MCC
Hillel Meeting 5 PM @ CBCSI

Sunday, October 31
Catholic Mass Noon @ Xavier Chapel
UBJ Meeting 5 pm @ Rec. Center 2nd Floor

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WHAT YOU ARE
WE ONCE WERE...

WHAT WE ARE
YOU MAY BECOME

RUSH
ΦΚΣ

OCTOBER, 25 1999
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SGA Listens to Student Concerns, Complaints

On September 26 the first Town Hall meeting of the year took place on the 1st floor of the CBCSI Building. The Town Hall Meeting was sponsored by the Student Government Association with the purpose of giving students an avenue to voice their opinions and concerns. Many concerned students came out to voice their opinion of issues happening on campus. The issues discussed include:

* ACE Hall having a lack of computers, refrigerators and busses.
* The lack of space to post any announcements on campus.
* The school busses running in an untimely manner.
* Building/construction problems in Snowden Hall.
* Question and Answer from SGA candidates.

The meeting was very productive. The next Town Hall Meeting will be held on October 20, 1999 on the 1st floor of the CBCSI (Friendship) Building at 7 PM. There will be delegates from Student Life, and Residential Life to answer questions or take any comments or concerns for students. Student Government encourages you all to make an appearance and make your voice be known.

SGA would like to congratulate all the newly elected positions:

Lauren McGrath
Financial Secretary
Lyndelle Median
Junior Class Senator
John Saver
Freshman Class President
Heather Goode
Freshman Class Senator
Erin Whitney
Freshman Class Senator
David Sobor
Student Body Senator
Angelique Angel
Student Body Senator
Sameerah Brown
McNulty Hall Senator
Jerrilyn Campos
Renaissance Hall Senator
Natasha Toint
Snowden Hall Senator
Marc Leid
South Hall Senator
Christopher Rice
ACE Hall Senator
Kendra Joachim
UBJ Senator

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THE KEY

CBCSI Citizens Bank
CSF Center for Student Involvement
Christian Student Fellowship
Fall Baseball
NPHC National Pan-Hellenic Council
Multicultural Center
MS Men’s Soccer
SL Student Life
UL-Hall University Hall
WS Women’s Soccer
WT Women’s Tennis
WV Women’s Volleyball
Editorial & Opinions

STUDENTS SPEAK

Why do we love?

by Matthew McIntyre
Staff Writer

Why do we love others? Is it of the same or opposite sex? It gives us a sense of belonging and satisfaction. How do we decide whom we love? What is the definition of love? The decision of who we choose to love is a difficult one and is often incorrect. We sometimes tend to rush decisions in hope of a solution to our problems and call that solution love.

People say "I love you" with no real thought to that phrase and then it becomes misunderstood and taken out of context. I personally love a lot of people that I love them, meaning that I care about them deeply in my heart. I can tell family members and close personal friends that they mean a lot to me by saying, "I love you." I personally believe that loving someone and being in love with someone are two different things. I can love old friends who are close to me but being in love with someone means that I want a long-term relationship like marriage and am willing to accept the responsibility of being a father and a husband. When the time comes that I say "I am in love with someone," I pray she will be the right one. These may sound like strong words and that is because they are. For all those who are considering falling in love are already here, think about life-long commitments.

Little Things

Too often we don't realize, What we have until it's gone, Too often we wait, When it's too late to say, "I am sorry, I was wrong!"

Sometime it seems, We hurt the ones we hold dearest to our hearts, And we allow the little foolish things to tear our lives apart.

There are too many times, We let unimportant things into our minds, And then it's usually too late, To see what made us blind.

So please be sure, That you let people know how much they mean to you, And take the time to say the words, Before the time is through.

Be sure, That you appreciate everything you get, Be thankful, For the Little Things in life, That mean to you a lot.

by Irina Sigalovich

Secret Lives of Squirrel s

by Erica Borey

While I was driving the other day, I noticed that there were a lot of deceased squirrels in the road. After pondering about this phenomenon for awhile, I came to a few conclusions about squirrels.

I don't know what it is but squirrel's love testing their skill of out-running a car and the skill of the driver. A squirrel will wait until the very last moment to run out into the middle of the street. Many times, they scurry halfway across the road only to realize they won't make it and turn around and go back the way they came. Even the squirrel's that get a head start seem to practice this technique of crossing the street. And, in the end, they get squashed anyway. Sometimes they even wait until the car has come down upon them and try to run between the front and back tires. It is almost as if they think they will make it the other side in one piece. There are even the few squirrel's that try to be brave and bring dinner home. They only end up becoming squirrel with acorn butter. Maybe the squirrel's think they are indestructible.

You can classify squirrel's in several categories. First there is the homicidal squirrel. This type of squirrel is very cunning. It chases another squirrel from one tree to another and down, finally pushing the other squirrel out into the road. Only the homicidal squirrel makes it because he carefully timed the attack with the oncoming traffic. It stops as the other squirrel thinks it's slick for outrunning its attacker.

Next is the conspiracy theory that brake manufacturing companies hired all the squirrels and bribed them with nuts to run out in front of cars, forcing the hapless driver to slam on their brakes. By doing this unexpected brake test the driver must fix their brakes more often and spend more money. Too bad for the squirrel that picks the driver that looks for these "out for hire squirrel's." Because these drivers think squirrel's are just a waste of fur.

Then there is the thought that squirrel's are just naturally sullen creatures. Maybe they are daredevils that are tempting fate for the thrill. If they don't make it then they don't make it. They like to see how long it takes the owner of a car to floor it by dropping acorns from the tops of trees. It's a squirrel game to see who can make the biggest dent.

Sure, there is some use for the bushy-tailed rodents. For instance, imagine if no one ever picked up the acorns in the fall. It would be impossible to walk around barefoot without hurting your feet. In the old days, I'm sure a squirrel pellet made good slippers or stew. But today we buy man-made fabrics and it was found that squirrel's were not good for people who had high blood pressure. So, in the end, squirrel's are just wasted fur.
WOMEN’S SOCCER TEAM SETS MARK, GIRDS FOR GNAC PLAYOFFS

by John Parente
Sports Editor

Now that they have set the single season record for wins in a women’s soccer season, coach Chris Guay’s Wildcats have other things to think about now.

Having already clinched a berth in the Great Northeast Athletic Conference playoffs next week, the Wildcats hope they can put a couple of wins together in the league playoffs. They’re surely playing well enough to make some noise in what will be their first-ever playoff games as an NCAA team.

The Wildcats advanced their record to 10-4-2 with wins over Eastern Nazarene and St. Joseph College at Pierce Stadium last week. While the 5-2 victory over Eastern Nazarene came a bit easier than the 3-0 conquest of St. Joe’s, a GNAC foe, the Cats are getting better as the games become more important.

The Wildcats and Blue Jays played 43 minutes of scoreless soccer on a perfect Saturday at Pierce Stadium. But suddenly, as only one minute remained in the half, Natalie Nowak converted Patrice Menardino’s right wing rush into a 1-0 Johnson & Wales lead. As well as St. Joe’s played, the J-Dub goal was big-time deflating.

The Blue Jays had made the best attempt to break the scoreless tie midway through the half, but J&W’s Holly Bodwell made the first of two marvelous saves during the game. Coming out to stop a break by SJC’s Val Gasparino, Bodwell got her fingertips on a shot to her right. Sprawling to flick the ball away, Bodwell stored Gasparino just wide of the goal from about six yards.

The second of Bodwell’s monster stops again came at Gasparino’s expense. The Blue Jays’ leading scorer again broke in on the senior keeper. As Bodwell advanced toward her, Gasparino let a shot go into the keeper’s chest. Then, as the rebound came out a matter of feet away, Bodwell swept a second attempt away from the goal.

From that point, it was all J&W. Merendina finished a three-assist afternoon when she fed Mashari Perry perfectly at the goal mouth in the 69th minute, then got credit for the help that led to Liz McCarthy’s goal, which came on a rebound in front of the Blue Jay goal.

Merendina, a freshman, started the day as the fifth-leading scorer in the GNAC, but now, with 12 goals and nine assists, she’ll be on her way up the leader board when the latest league stats are revealed later this week.

Perry, with 11 goals and seven assists, isn’t far behind. Bodwell, meanwhile, registered her fourth shutout of the year, and her 1.69 goals-against average is sure to once again be among the top four in the league—which it’s been all season long.

The Wildcats win over St. Joseph’s was a tad better than their conquest of the Crusaders from Eastern Nazarene. That one was more weird than artistic. The Cats and Crusaders scored a combined seven goals in the first half, then played a scoreless second. J&W sped off to a 2-1 lead on goals by Alaina Schmidt and Perry, but ENC got one right back.

Lauren Benecke scored the first of her two goals of the day in the 21st minute, but, again, the Crusaders got it back. It wasn’t until Beneck scored off a Perry pass in the 29th minute that J&W began to assume territorial control. And when Nowak scored, ironically, with less than a minute to go (she did it twice last week), J&W had a bit of room.

There was to be no further scoring, though. J&W ended up outshooting their opponents, 30-5, but didn’t solve ENC keeper Jodi Gardner. Bodwell faced only five shots all day, and finished with three saves.

VOLLEYBALL CATS POSITIONING FOR TITLE OPPORTUNITY

by John Parente
Sports Editor

Maybe the third time will indeed be the charm.

For the past two years, the Johnson & Wales women’s volleyball team has gone to the championship round of the Great Northeast Athletic Conference tournament, and lost to St. Joseph College.

Now, as they prepare for a similar possibility, the Wildcats just might be a little close to taking the title.

With a record of 16-5 going into the past weekend’s tournament at Springfield College, the Wildcats are on their way to another great season. They completed their GNAC regular season at 9-1, after humbling third-place Suffolk, 3-0, last week at the HarborSide RAC. Just one match separated second-place Johnson & Wales and first-place St. Joseph, and that was the 3-2 come-from-behind victory that the Blue Jays snapped on J-Dub in Hartford last month.

Since then, though, the Wildcats have certainly improved.

Take the Suffolk match, for instance. While Sarah Craig played her usual solid game (28 kills, four blocks, and four aces), there were more and more outstanding supporting performances.

Danielle Scalpi, Danielle Riesz, St vie Ebert, and Meredith Merrill combined for another 30 kills in the three-game sweep. And in the final, Ebert ripped off nine consecutive points in a 15-1 burial that put the exclamation point on the win. Scalpi, and her twin sister Desiree, continue to come up big on the outside, while Riesz simply doesn’t make many mistakes. It is the help being provided by those three that is a major contributing cause of the optimism that is abounding as the Cats get ready for the GNAC.

J&W opened their match with the Rams with mixed success. Jannel Ospina, Reisz, and Craig all had aces along the way, but Suffolk’s Melanie Brouillette was also on her serving game, with four aces in the first game.

It wasn’t until Craig’s ace, and attacks by Reisz and Scalpi that the Cats were able to wrest a 15-10 win.

Things did come easier to the Wildcats in game two. A pair of aces by Ospina made it 6-4, Craig had an ace at 10-5, and Reisz had her third ace of the night to make it 12-5. From there, Scalpi had a kill, Ebert a dig, and Jen Linnen a key dig on the final point as J&W went on to a 15-7 win.

Ebert’s string of points in game three consisted of four aces, a block by Shana Eigen, a perfect dig by Desiree Scalpi, and a superlative kill by Craig, who laid the big bomb on the Rams to make it 10-0. Merrill had a kill and a block down the stretch as J&W ended the match minutes later with a 15-1 win.

Oh, by the way, there are two other rather large reasons to get geared up for the title round. The Blue Jays will take to their home court protecting a forty-some-odd home winning streak. And the winner of the GNAC gets an automatic bid to the NCAA Division III tournament. That’s bad.

The quarterfinal round will take place on Thursday night at the RAC. A win by the Wildcats will send them to St. Joe’s in West Hartford on Saturday, the 23rd, with three other quarterfinal survivors.

You may want to make some plans to catch a little bit of history.

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INTRAMURAL FLAG FOOTBALL SCHEDULE

FRIDAY, OCTOBER 12
9 AM BIS DOGS VS. AFI HAMMERHEADS
10 AM AAI VS. CARDERA

SATURDAY, OCTOBER 13
10 AM RENAISSANCE WOLF PACK VS. X-MEN
11 AM WARRIOR MONKS VS. ACE OUTKAST

FRIDAY, OCTOBER 19
10 AM AAI HAMMERHEADS VS. XITE
11 AM BIS DOGS VS. CARDERA

SATURDAY, OCTOBER 30
10 AM RENAISSANCE WOLF PACK VS. ACE OUTKAST
11 AM X-MEN VS. WARRIOR MONKS
The early word on the J&W women’s tennis team when the season began was that they were deeper than they’ve been in their NCAA history. The last three weeks have really proven that to be true. The Wildcats lost their early-season number-one singles player, but the rest of the team has surely picked up the slack.

While veterans Kristina Dunn and Nicole Manginelli have again enjoyed success in the top slots, it has been the jaw-dropping play of Emily Harr, Lucie Castillo, and Erin Papafilipakos that has propelled J&W to a 10-1 start, and a host of one-point victories.

J&W upset previously-ubrate Simmons, 6-3, last Saturday, when Dunn and Manginelli teamed for the deciding point at first-singles. But Harr and Castillo ran their combined unbeaten streak to an incredible 40-0—that’s right, 40-0, on their way to beating a GNAC foe that was 7-0 going into the match.

Herr, who played at sixth and fifth singles earlier in the year, has been playing at number-four for the past three weeks. It doesn’t matter. She just continues to win. Eleven wins in singles play and ten doubles wins makes her one of three unbeaten players in the GNAC, and the only one with over 20 wins. Herr’s two points against Simmons put her at 21-0.

Castillo, a sophomore from Guatemala, is another of the GNAC unbeatiubs. Harr and Castillo put her at 19-0 on the year. Papafilipakos, meanwhile, won her ninth match in 11 singles actions, playing for the first time at number-two.

Dunn and Manginelli ended all doubt when they came up with an electrifying 8-7 win in their doubles match. “Nicole came up big for us when it really mattered,” said J&W veteran coach Dr. Allan Freedman. “This team has really come up with some big wins against some really good teams.”

The Wildcats, in fact, have won four 5-4 matches and a 4-3 decision among their ten wins. A couple of major hurdles are approaching, though. Rhode Island College, which began the weekend at 10-2 and was battling UMass-Dartmouth for the Little East title, entains the Wildcats on Thursday at 3:30. Then, at the end of the month, Simmons, Emmanuel, St. Joseph College, and the rest of the GNAC’s elite will meet again at the conference’s annual tournament.

GOT GAME? Show support for J&W teams and attend a game!!! Dial INFO for more information

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<td>Colombian Decaf Coffee</td>
<td>Magic Bars</td>
</tr>
<tr>
<td>Congo Bars</td>
<td>Manhattan Clam Chowder</td>
</tr>
<tr>
<td>Corner Beef Reuben</td>
<td>Minuccico</td>
</tr>
<tr>
<td>Corned Beef Hash</td>
<td>Mussel dinner SandwIch</td>
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<tr>
<td>Cream Cheese Brimaine</td>
<td>Mediterranean Plat</td>
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<tr>
<td>Creamside</td>
<td>Meat Sampaier</td>
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<tr>
<td>Cristiantos</td>
<td>Milliatale</td>
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<tr>
<td>Danish</td>
<td>Minestrone Soup</td>
</tr>
<tr>
<td>Dill and Onion Bread</td>
<td>Miso</td>
</tr>
<tr>
<td>Dulce Vila Omlet</td>
<td>Mochal</td>
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<tr>
<td>Dumpling</td>
<td>Moha</td>
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<td>Edom</td>
<td>Moho Madness</td>
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<tr>
<td>Egg McMuffin</td>
<td>Multifields</td>
</tr>
<tr>
<td>Eight Crust Bread</td>
<td>New York Style Cheesecake</td>
</tr>
<tr>
<td>English Toffee Cream Coffee</td>
<td>Old Fashioned Doughnut</td>
</tr>
<tr>
<td>Espresso</td>
<td>Olive and Dill Bread</td>
</tr>
</tbody>
</table>

| Onoset | Orange Juice |
| Pancakes | Pantrams Melt |
| Peach Muffin | Peanut Butter Cheesecake |
| Pecan Pancakes | Penne & Chicken Penton |
| Pecorino Muffin | Phyll & Cheese Steak Sub |
| Pizza | Portobello Mushroom, Goat Cheese & Red Pepper on Focaccia |
| Portuguese Sweet Bread French Toast | Portobello Rosemary Bread |
| Pretzel | Pumpernickel Bagel |
| Pumpkin Spice Coffee | Quiche |
| Raspberry Mouse | Red Raspberry Filled Doughnut |
| Reuben with Sauerkraut | Rice Pilaf |
| Rice-Stuffed Grape Leaves | Rigatoni alla Lugana |
| Roasted Eggplant Sandwich | Santa Fe Turkey Sandwich |
| Sausage Roll | Sheep Kabob |
| Sour Cream Apple Pie | Snowball |
| Sponkacopta | Split Pea Soup |
| Sprout Roll | Stromboli |
| Stuffed Peppers | Sun Dried Tomato Rosemary Bread |
| Sun-Dried Tomato Rosemary Bread | Tematzi Special |
| Summer Special | Texas Smokeyhouse Signature Sub |
| Tiramisu | Tuna Salad Sandwich |
| Turkey & Rice Soup | Una-sau |
| Unagi | Vegetable Chili |
| Unagi Kugana | Vegetable Soup |
| Waffles | White Chocolate Apricot Tart |
| White Chocolate Apricot Tart | Wildberry Cream Cheese |
| Wildberry Cream Cheese | Winter Soup |
| Winter Soup | Yogurt |
| Yogurt | Ziti |

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Saturday, June – August: 10 a.m. – 4 p.m.
Saturday, September – May: 10 a.m. – 5 p.m.
Hours are extended during the holidays to include Sundays.