American Cancer Society to Present...
The Seventh Annual Great American Smokeout

Cigarette smokers are across the globe. Cigarettes are smoked at all times of the day and night, making smoking a normal activity in many peoples lives. The individuals are harming themselves as well as others when they receive the nicotine into their bodies, in order to calm nerves or making them feel good. Over the years, having this addiction has proven to be deadly and people need to be educated about the outcome of smoking cigarettes.

The Great American Smokeout is Thursday, November 18. On this day, many Americans will attempt to kick the habit or butt. Over the past 23 years this day has become a year-round advocacy where people chosen to stop smoking for various reasons. This day was created by the American Cancer Society in 1977 to reveal the negative effects smoking has on the human body and the effects of second-hand smoke. Smoking has declined from the start of this annual day; the numbers went from 34 percent to 35 percent. Now more children are picking up a pack of cigarettes and starting to form the habit. Youth access to tobacco, the lack of smoke-free environments and many other issues also formed the basis for starting this one-day-of-the-year awareness. Now this one day has turned into year-round event for helping people quit and educating kids on why it is important to stay smoke-free.

Many cities and towns have programs set up to help people get awareness about cigarette smoking. Local activities in this area include the "Commit to Quit Clinic" at the Warwick Mall, educational and motivational programs in schools and a public smoke-free community chairperson by Patricia Nolan, M.D., MPH, Director of the Rhode Island Dept. of Health. Also, awards will be given out for smoke-free Restaurants in Rhode Island.

Health problems are the major reason to quit smoking. Many cancers can be caused by cigarette smoke. Non-smokers can get these cancers by inhaling secondhand smoke from a burning cigarette. Other health problems include lung disease, chronic bronchitis and emphysema, heart disease, and the reduction of one's life expectancy can decrease by 10-12 years. Not only is there a health issue with smoking, due to the price increasing every year, many people are spending more of their money on cigarettes. More than $20,000 is spent a year on cigarettes.

There are different ways to quit, from cold turkey to patches and gum.

Some simple tips are... If you feel the need to light up think of the reasons why you quit: children, family, yourself. Be a role model to your children or any other children who see you smoking. Enroll in counseling support programs or get over-the-counter nicotine replacement therapy. To cope with cravings, practice the four D's: Deep breaths, Drink lots of water. Do something else to get your mind off of the cravings. Delay reaching for a cigarette. Take time to look at your future as a smoker and realize what can happen over the years.

Top Chefs Gather for Pastry Competition

Kristen S. Ratcliffe
Staff Writer

Coupe du Monde was an exciting event for both future pastry arts students, as well as culinary arts students. The Coupe du Monde, or the pastry world cup, is a world class event. The six finalists who were competing on October 23, were there to receive one of the top three spots for a position on the US team. The people selected will have until 2001 to practice as a team to prepare some of the most exquisite and delectable desserts and show pieces. On Saturday the contestants had to prepare a chocolate mousse cake, a plated dessert, and an ice cream dessert. They also had to create showpieces. The pieces were made of pastillage, chocolate, blown sugar and other decorations. The contestants were from different backgrounds and from all over the country, such as Chicago, New Jersey, Maryland, New York, and San Francisco. Since the contest was sponsored by Valrhona Chocolat the contestants were instructed to prepare 3 of the 4 deserts with the chocolate.

Many of the showpieces had themes of the millennium, such as clocks, champagne bottles, and other objects. For the students that helped the chefs it was an unforgettable experience. First place went to Ewell Noller of Galesburg, MI. Second place went to En-Ming Hsu of Chicago. Third place was presented to Brian Schoenbeck, of Chicago.

The best of the best went neck and neck for the honor of representing the United States in 2001 in Leon, France, to bring home the Gold.

As a follow up to the competition Gabriel Paillassor, founder and president of the Coupe du Monde de la Patisserie, presented a four-piece dessert masterpiece as the 121st Distinguished Visiting Chef. His menu consisted of Biscuit Alhambra, Biscuit au Pain d'Epice, Ganache Alhambra Orangeat and Glacage a l'entremets.

The Mission of The Campus Herald is to serve as the vital source of information for Johnson & Wales University, its students, faculty, administration, and immediate community. To this end, this publication, produced by the students of this university shall provide the integrity and professionalism necessary for providing accurate and essential information to transcend the geography between the university family.

- Don L. Wilson (1998)
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WANT TO KNOW MORE?
Business/Hospitality
December 6th 9:00 a.m.-11:00 a.m.
Board Room, 3rd floor of University Hall
Application Deadline: Dec. 3rd 1999

College of Culinary/Pastry Arts
December 1st 9:30 a.m.-11:00 a.m.
Call 598-6511 for session location.
Application Deadline Jan. 15th, 2000

The Alan Shaw Pastry Program Graduate School
December 3rd 11:00 a.m.-12:00 p.m.
Board Room, 3rd floor of University Hall
Application Deadline: Dec. 23rd, 1999

RESUME WORKSHOP
Held December 13th in McNulty Hall, beginning at 7:00 p.m.

HIRELINE JOB POSTING SYSTEM
The Hireline is an automated job posting system that can be accessed via the telephone, 24 hours a day, 7 days a week. Temporary, part-time and full-time job opportunities both locally and regionally, as well as nationwide are advertised on the Hireline.

To reach the Hireline, dial JWI-JOBS (598-5627)
Your Johnson & Wales student password is 5627

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ATTENTION INTERNATIONAL STUDENTS
PAN ASIAN JOB FAIR
Open to all international students from Asia. Students enrolled in business and technology courses are encouraged to apply.
Date: December
Location: Boston and New York
Transportation to Boston will be provided by the Career Development Office
Any questions? Call Anusha Karan at 598-2465
website: www.intercareer.com

ATTENTION GRADUATE STUDENTS (M.B.A. Domestic)
Meet with Employment Coordinator, Edie Chorney, for individual career counseling at the Harborside Academic Center from 4:45 p.m.-5:30 p.m. on Dec. 14th & Dec. 15th. Please check in at Graduate School Office.

PLAN NOW!!
SUMMER WORK EXPERIENCE PROGRAM (SWEP)
The Summer Work Experience Program is a work/scholarship program designed to give students the experience they need to succeed in their chosen fields. Once the student has completed the program, they receive up to a $1,000 scholarship co-sponsored by their employer and Johnson & Wales University.
Students are placed in the workforce from Memorial Day Weekend through Labor Day Weekend and work at positions within the hospitality and culinary/pastry arts areas. Stips are located across the country and range from hotels and restaurants to conference centers and casinos.

Info sessions (please contact CDO for session locations):
Harborside Academic Center
December 14th 7:30 p.m.-8:30 p.m.
December 18th 6:30 p.m.-7:30 p.m.
Application Available: December 1st
Application Deadline: February 23rd

October 15, 1999
A female resident of ACE Hall, and a female commuter were arrested by Providence Police and charged with shoplifting at the Providence Place Mall.

October 22, 1999
Three male residents of Renaissance Hall reported to police that they were assaulted and robbed by six white males while walking to their residence hall at 1:30am. The suspects were driving a black Dodge truck with the right headlight not working.

October 22, 1999
A female resident of Renaissance Hall reported she and her male friend encountered a black male in her room when they returned from a night out. The friend was assaulted by the intruder as he tried to grab the intruder. Several items were reported stolen.

October 27, 1999
A male resident of East Hall reported his vehicle stolen from the North Lot.

October 28, 1999
A female student reported that she was jumped by a man and pushed to the ground as she was attempting to enter her vehicle in the North Lot. The student was not injured and described the attacker as a dark skinned male wearing black sweatpants and a gray sweatshirt.

October 30, 1999
Providence Police arrested a non student in the West Lot for possession of marijuana.

November 1, 1999
A male resident of South Hall was arrested by Providence Police and charged with simple assault and malicious mischief.

November 5, 1999
A male resident of West Hall reported to Security and Providence Police that he was assaulted and robbed by three males while he was walking on Pine St. heading to McNulty Hall. J&W Security apprehended one suspect running from the scene. The other two suspects were apprehended by Pawtucket Police.

Crime Prevention Tip:
When parking your car, lock your valuables in the trunk or take them with you.

Compiled by Thomas G. Cornicelli
Asst. Director of Safety & Security
The Campus Herald/News & Features

Page 3

The Freshman First Tri - Tales of the Unknown...

Kristen S. Ratcliffe
Staff Writer

College is supposed to be the time of your life, or so they say. Homeliness, unreliable food, nasty bathrooms, doing our own laundry... this was certainly a rude awakening to most freshman attending school away from home. But with the downs there are also the ups, like having fun classes, good teachers, meeting new people, and going out whenever you want. I decided to go around and ask both business and culinary students what they think about their first trimester of their freshman year. When I asked several students if Johnson & Wales has lived up to their reputation, some said yes, but on the other hand some say no "I don't feel that I am learning what I paid for." That statement comes up often with the food issue. Nicole Brisset commented that the food is "fair, not very constant, in fact, some times not very edible." It seems that the hottest topic among the students living in the dorm would have to be the bathrooms. "The toilets are always broken and plugged up and the ceilings leak," says Matt Lewis, a Culinary Arts student. On the other hand students living in MoNutty and Hospitality don't have to worry about the bathrooms, they have their own. Some students are glad that live in the dorm because it is closer to class, they meet a variety of people, and you get a "microfridge." Dan Reisz comments that it is very hard to balance sports and school at the same time. "It is called time management and there are still not enough hours in the day." The uniforms are another hot issue between the students. Some people enjoy wearing them, and some just hate them simply because it is more money to spend on laundry. "I don't mind wearing the uniforms," says Michelle Meissel, "it brings out the professionalism, in the industry and I don't have to worry about what to wear in the morning." I asked a bunch of people if they missed home; and the most common answer was "I just miss my friends." Being away from their parents is also a time to be free; go out to clubs and bars, and get tattoos. Sorry Mom and Dad, that's all where my money has gone. For the culinary students, having academics seems like a drag. Some people like having them first, "that way we can get them out of the way and concentrate on labs for the rest of the year," says Deirdre Gomm. Some students are enjoying their classes and some are not, but that is too be expected in any school. Culinary students say that meat cutting is the hardest class yet, and the Chef Instructors are pretty tough too.

Some students decide to spend their free time in clubs and other activities. On the culinary campus, the Special Functions Club seems to be the hot one. In this club you get to help out with lots of interesting events, such as the New York Food Show. Some people on the business campus are more into the fraternity and sorority scene. I asked James Harris why he went out to pledge for a fraternity. "I like the way that they run things and I like the people in it, also it gives me a chance to do something with my spare time." The most part the college life is treating everybody fairly, except for maybe the disgusting bathrooms. So if you haven't had the best time here so far, give it another chance, who knows it could change the next day.

Travel Tips for the Holidays

Kristen Muias
Staff Writer

Traveling by plane during the holidays?
If you are looking into purchasing an airline ticket for the holiday season, websites might be the way to go. Priceline.com is popular, and so is travelocity.com, although travelocity.com requires that you register as a member from charge before using the website. Another alternative is to go to the individual airlines' websites. Ultimately, reserving a plane ticket through the computer may be cheaper than calling a travel agent, or the airline itself.

Book your ticket early!
Certain travel restrictions require you to purchase your ticket at least two weeks in advance in order to get the seat you want on the flight you want. Also, airline carriers know supply and demand. Prices on tickets will be more expensive during the holidays because the airlines know the market will support them. Typically, buying a ticket for a flight in the middle of the week, or for a Saturday night will be less expensive because of the decrease in business and corporate travel. Arrive in the airport at least an hour early. You may want to consider two hours early for international flights. This will allow you to make sure your flight is on time, and whether or not your place is still reserved. If you arrive at the airport late, you may be bumped from the flight.

Carry-on luggage is recommended instead of letting the airline check your bags in and store them with the other cargo. You will have complete control over what happens to your bags and will avoid the risk of losing or damaging them. Pack snacks that are "flight friendly".

Avoid pretzels, peanuts, or anything with high sodium content. Airlines are cutting back on their food service, but they want you to eat the pretzels and peanuts so that you utilize their beverage option. Salty foods cause your body to retain water and to swell. Stay away from alcohol and carbonated fluids while flying as well.

Be safe when traveling this season, and good judgement in public areas. Happy Holidays!

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Hanukkah: Its History & Background

Rabbi Ben Lefkovitz
Jewish Chaplain

This year, Hanukkah begins on Friday evening, December 3, at sundown.

Hanukkah is the Feast of Lights, but it is also the Feast of Religious Liberty. It celebrates the victory of the Maccabees, who in the years 167-164 B.C.E. fought history’s first war against religious coercion. The Hellenistic Syrian empire of Antiochus IV was defeated by the out-numbered Maccabees under their leader Judah. The victorious Jews then re-entered Jerusalem, purified the Temple of the pagan worship that had been forcibly installed, and held an eight-day ceremony of rededication (hence the name Hanukkah, which means “dedication”). Today, candles are lit in memory of that ceremony. They also are said to be a reminder of a miracle that took place: when the Jews entered the Temple, they could find only enough pure olive oil, unsullied by pagan worship, to rekindle the candelabrum (Menorah) for one day. But miraculously the light burned for eight days, until new oil could be prepared.

The actual name for the type of menorah (candelabrum) used today is a hanukkiah. One candle is lit each of the eight nights, along with an additional candle called the shamash (servant). Other parts of the Hanukkah observance include playing with the dreidel, a four-sided top containing the first Hebrew letters of the words “A great miracle happened there,” referring to the miracle of the oil that lasted eight days; and the miracle of the Maccabees being able to overcome an enemy.

The practice of gift-giving at Hanukkah actually originated in the custom of giving children Hanukkah gelt: a few coins to reward them for their studies, and which could be used for playing dreidel.

Like most Jewish holy days, Hanukkah also has special symbolic foods. Best known are the latkes (or, latias) — potato pancakes, although any kind of pancake is actually acceptable. The reason for them is that they are cooked in oil, and thus become a symbol of the oil that lasted for eight days. However, other foods although fit the general description. Among them are blintzes (a kind of Jewish crepe suzette) and sufganiyot (jelly doughnuts). Dairy foods are also used in honor of the heroine Judith, who used dairy foods to beguile an enemy general and save her city from capture and massacre.

In the long run, underlying the joy of the festival, there remains a serious message. The lights symbolize both God’s role in history and the truth that freedom, including freedom of worship and conscience, can never be taken for granted.

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Alexander Edstrom
Contributing Writer

As the summer of 1999 fades, and the autumn seeps into our houses, the sailing season takes its last breath for this trimester and year. One might think that this also would mean the last breath for the Johnson & Wales University’s Sailing Team, but that is not the case. Even if we are now putting our lifejackets on the shelves, and dragging up the boats from the sea (if we had boats), we are now starting to prepare the club and ourselves for the next season.

As Johnson & Wales Sailing Team records as first season, Professor Brian Terry, who has great experience with boats, hopefully joins the crew as team coordinator to help the club enhance its structure in every way. We have during the first season had extensive growth. The number of team members has increased by approximately 150 percent (from 6 to 16). Not only does the number of team members continually increase, actually, so does also the interest for becoming a supporting member.

The Johnson & Wales Sailing Team has this season competed against many other Universities in the New England area. Even if we didn’t finish the season with a gold medal in our hand, we still had great fun, and the exclusive honor to represent Johnson & Wales University at sea.

Everyone is invited to an informational meeting for the J&W Sailing Club on December 7 in Xavier 103 at 7pm.

To Study or Not Study, That is NOT the Question

Megan Bross
Contributing Writer

“The astronomer may give you his understanding of space, but he cannot give you his understanding (Gibran). Let’s face it, in order to achieve things in this world, we need to devote time and understanding to our efforts. Shall we begin with the act of studying? I have yet to come across an incredibly dedicated individual who absolutely loves to study. Granted, there are those of us who feel the need to dedicate a sufficient amount of time to “making the grade”, but I sincerely double that one might choose to study, say statistics in their spare time. However, I never cease to be amazed! To the question still stands... what should we do when finals come knocking on our door? I have compiled a list of study habits that have proven to be quite successful. While all of these hints may not be useful for every “classroom connoisseur”, I am sure that they will put you on the right track, and possibly help you to develop your own successful study habits. After all, studying, as to many things in this world, should be a personalized process (’to each his own’).

- Put first things first! Be sure to prioritize your ‘to do’ list.
- Do not let things distract you from your goals: manage your time!
- Challenge yourself: know your capacity to learn and process information.
- Take a creative approach, and do your best to make it ‘fun’.
- Study in a quiet place: recall is better when study context is similar to test context (i.e.: NOT YOUR BED).
- AVOID CRAMMING: Our short-term memories do not provide enough space for all we need to know! However, sometimes cramming is an unavoidable study practice. If you do have to cram, be sure to look over key components and unfamiliar knowledge and terminology.
- Study in five-minute blocks: take a break in between sessions (grab a cup of coffee).
- Study in groups... two heads are better than one.
- Use acronyms: HIRDBIT (heart, arteries, brain, intestines, and tendons).
- Get at least six hours of sleep the night before a test! Everybody needs to get his or her ZZ22Z!

For additional Study tips, jump on-line and search under “study tips”.

Check out your local bookstore for test-taking preparation books!


For the convenience of the J&W Catholic Community Catholic Mass will be offered on Dec. 8 at 8pm

Xavier Chapel for the Immaculate Conception a holiday of obligation

Please use Foster St. Entrance

For more information please call x1830
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Meet Providence's Neighbor, Boston

Kara Kostantini, Staff Writer

We decided to start at Boston's best known park, the spectacular Public Garden, bordered by Arlington, Boylston, Charles, and Beacon streets. We extended a quick salutation to author Robert McClosky's, *Make Way for Ducklings*. These are beautiful bronze, life size ducks who find their home on the northwest side of the park. This was a favorite childhood book of mine and felt I couldn't pass through the garden without paying my respects. We soon ventured into Frog Pond and found ourselves standing in the country's first public garden, Boston Common. Home of the famous Frog Pond which is a pleasant spot to splash around in the summer and ice skate in the winter.

Our adventure continued in the heart of Boston's Back Bay, which overflows with gorgeous architecture and chic shops. Commonwealth Avenue is largely residential, Newberry Street largely commercial; both are excellent places to walk around. In the Back Bay you'll find Trinity Church, the Boston Public Library, the John Hancock Tower, Copley Place, the Prudential Tower, and the Hynes Convention Center.

Che! and I both decided it was worth the $4 to view the city from the Prudential Center Skywalk, on the 50th floor of the Prudential Tower.

This offers the only 360 degree view of Boston and beyond. From the enclosed observation deck you can see for miles, even as far as the mountaintops of southern New Hampshire in the north or the beaches of Cape Cod to the south. The view was truly amazing.

As we walked out of the Prudential Tower, the Boston Duck Tours desk caught our eye and struck our fancy! This is truly the best way to see Boston. I had the opportunity in September to tour Boston on the Duck Boats, but Che' had not. Within minutes we purchased our tickets and were off to board our "duck," which is a reconditioned Second World War amphibious landing craft. The 80-minute tour hits the high points of Boston including Trinity Church, the Boston Public Library, the North End, Fanueil Hall, and the Old State House. The real high point comes when the duck lumbered down a river and spanned the Charles River for a spin around the basin. The tour is a bit pricey ($18) but great fun. For information about Boston Duck Tours call (617)-723-700X. For maps, schedules, and other information on using the commuter rail from Providence to Boston, the "T" has a website (http://www.mbta.com).

What is Your Most Embarrassing Moment?

In 100 words or less, describe an event in your life that has humiliated you to the extreme.

Submit your stories to the Campus Herald at the CBCSI building third floor.

The top three winners will be chosen, and their embarrassing moments will be published in the *Campus Herald*.

**The first place winner will also receive two free movie passes to Showcase Cinemas.**

For more info, call the Campus Herald at ext. 2867.

Owen Lamson
National President of
Delta Epsilon Chi

6:30 pm December 6th
at the Pepsi Forum
Open to the public

Latin Corner

Students Teach Lessons to Providence's Bravest

Rosauro Suarez
Sigma Lambda Upsilon

Did you know that Providence firefighters are learning Spanish from students at the Feinstein High School of Public Service? Well, Providence firefighters are on a mission. A mission to learn Spanish.

Thomas Gentile, a Spanish teacher at Feinstein High School, has created a program that has the students in his Spanish class serving as teachers. They teach to the members of the Providence Police and Fire Departments. "We decided to do this because these officers have expressed and interest in wanting to learn Spanish," said Gentile.

The classes are scheduled to meet Tuesdays and Fridays from 9 a.m. to 10 a.m. and 1:15 to 2:15 p.m. This program will help these officers understand the growing Hispanic community in Providence.

Do You Have the Pulled Out Hair Look?

Heather Y. Goode
Staff Writer

With the finals approaching there is a lot of pressure and stress that is being built up. This stress can range anywhere from whether you are going to pass or fail the finals or whether you'll have to go to summer school for a course.

The best way to prepare for a final is to pay attention in class every day; cram a day before a final will only bring you unneeded stress. Don't fall behind in a class.

Review, review, review. After class, review all your notes and your completed homework assignments. It is recommended that you re-read notes that you took in class that day. If you follow these steps you should have less stress during finals week. But, for those who decide to procrastinate until the last minute and have to pull an all-nighter there are a few helpful hints that might work for you.

The first thing you should not do is take a nap, when you nap you decrease your ability to work. Some students feel that a coffee rush will help them and yes, caffeine can improve your energy level up to 12 hours, but use coffee in moderation, because 3-4 cups makes you tired and that will result in getting a worn down feeling. The best thing to get stimulated, stay busy walking, or even pacing for four to six minutes. This will increase your heart rate and your ability to be alert.

So there is a way to pull an all-nighter to pass. Why put more stress on yourself than is needed? The best thing to do for finals is relax be prepared and get plenty of sleep.

Good Luck!

Latin Corner

La Asociacion de Estudiantes Dominicanos te desea buena suerte en tus exámenes y un Feliz Dia Accion de Gracia.

The Dominican Student Association wishes you good luck on finals and a Happy Thanksgiving Day!

Do you have Latin Issues that you think should appear on this page. If so, please submit them to the Campus Herald.
Listen, Learn, Live!
Acquired Immune Deficiency Syndrome

WORLD AIDS DAY DECEMBER 1

HIV/AIDS SERVICES AVAILABLE IN RHODE ISLAND

Christopher S. Bice, Staff Writer

From the classroom to the workplace, HIV is taking a prevalent place in our everyday lives. It is beneficial to be aware of how to protect oneself from HIV and to know where to go if you need assistance. At Johnson & Wales and in the state of Rhode Island, there are many valuable resources available to students.

Through Student Health Services on campus, an abundance of resources are available to students free of charge. Most professionals will tell you preventative measures are the most important caution one can take against HIV infection. Health Services provides condoms, as well as literature on how to use condoms.

Literature on other steps one should take to protect from HIV/STD infection are also available. If a person feels that he/she may have come into direct contact with the HIV, Health Services would be a beneficial place to start. They are strictly confidential and will refer people for testing at St. Joseph’s Hospital. These services are provided free to students at Johnson & Wales. If a person is found to be HIV positive, Health Services will work with this person to make sure counseling is received through Student Services on campus.

There are many other resources in the area that can be utilized. Located conveniently between the Business and Culinary campuses, Planned Parenthood of Rhode Island will provide many of the same services as our Health Services. They offer HIV-test related and safer sex counseling, as well as free condoms and confidential HIV-antibody testing.

There are numerous other sources available in the state of Rhode Island. Many of these places offer trained professionals that speak other languages to assist in testing and services. One may also find numerous places listed in the local yellow pages.

Planned Parenthood of RI
111 Point Street
Providence, RI 02903
(401) 421-9200

RI Project AIDS
232 W. Exchange St.
Providence, RI
(401) 831-5522

Progresso Latino
626 Broad Street
Centennial Falls, RI 02863

Medical personnel and, in some states the health department will have access to your results.

What if I test positive for HIV?

See a doctor, even if you do not feel sick. It is preferable to see one specializing in HIV.

Get tested for tuberculosis. Undetected TB can cause serious illness, but it can be successfully treated if caught early.

Do not smoke cigarettes, consume alcohol or use-

AIDS is the leading cause of death among adults ages 25-44.

The total number of HIV-infected persons in the U.S. is estimated between 650,000-900,000, and approximately 40,000 are infected each year.

Approximately 1 in 300 Americans is HIV positive - 1 in 160 males and 1 in 1,600 females.

Although racial and ethnic minorities account for only 25 percent of the U.S. population, they account for over 50 percent of all AIDS cases.

More than 410,000 Americans have died from AIDS.

-200,000 people in the United States are HIV positive and don't know it according to estimates.
Promise Rings Loud with “Very Emergency”

Kelly Jones
Arts & Entertainment Co-Editor

Call nine eleven because there’s an emergency! It is “Very Emergency” the new release from The Promise Ring and it needs to be doused in some water. Happiness Is All The Rage lifts up the album as the first track and it does not stop there. This album plays like a Weezer record: nonstop rocking out all the way through. The Promise Ring harmonizes wonderfully in this pop punk rock album. Their lyrics are catchy and at first almost simplistic, but their repetition, pronunciation and rhythm song after song is what makes this album noteworthy. “Hours after hours, our afternoon hours are after us now” is one example of their writing ability displayed on the track “Arms & Danger.” They write a song all for Jersey and the boardwalk on “Jersey Shore” and on “The Deep South” there is a notion detected of a love and the craziness of waiting for it in the Deep South of heavens.

The Promise Ring definitely provides and delivers tasteful pop music on this release. It seems that changing there sound from previous albums can only make them sound better. The Promise Ring will appear at the Middle East in Boston on November 20 and I suggest you try to catch them before break.

FAulkner’s “Fury” Plays Perishable

Kelly Jones
Arts & Entertainment Co-Editor

It was a brisk Monday night, the 25th of October to be exact. There was not a cloud in the sky to hide the appearance of the moon, a full circular distraction from imperfection. I felt out of place, almost like in a new surrounding or a scene from a forgotten film. This typical fall evening in New England suited the night well, for I was attending an East Coast premier.

Accompanied by a friend, we meandered the streets of Providence until we could be seated. Upon my entering I was taken by the relative quaintness of the fifty-seat Perishable Theatre. After all, I am a novice to the Providence theatre arts scene. It was nice, for a moment it felt like I was in Greenwich Village. Before I knew it we were amongst the “Sound, and the Fury.”

This classic William Faulkner novel has been adapted to the stage, by playwright Erik Ehn. Ehn adores Faulkner’s sound of words and dialect usage. He says, “Faulkner was into mesmerizing readers, there was a magnetic compulsion there. His language hypnotized me, with its rhythm and whist of his syntax.” “The Sound and the Fury,” pub-

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"Being John Malkovich"

Owen Gleiberman

Being John Malkovich is the most exciting original movie of the year. It's set in a casually surreal, topsy-turvy alternative version of the everyday world, where Craig Schwartz (John Cusack), a scrappy hippie puppeteer, lands a job as a file clerk, on floor 712 of a Manhattan building, a cartoon-Kafka office space where he has to stoop to walk through the hallways. Once there, he discovers a portal that literally sucks him into the mind of John Malkovich. For brief, virtual celebrity bursts, he takes the universe though the actor's eyes and then for some reason he gets spit out onto the Jersey Turnpike.

Why Malkovich? Perhaps because, in his brainy-balding, downtown-anonymous way, he himself possesses a kind of virtual mystery, he's like an ordinary guy who has taken on the existence of a star. Spike Jonze, the director of Being John Malkovich, is a celebrated creator of music video's who has often toyed with point-of-view imagery, and here he uses it to stretch and contour your perceptions in funny, exhilarating Silly Putty ways. Craig, who's married to the sweet, rumpled Lottie (Cameron Diaz), meets a diamond hard office vivan, Maxine (Catherine Keener), and falls in love with her. Before long, the characters are using Malkovich as a host body. The actors are so far against type that when the images are turned inside out?

Being John Malkovich has a astonishingly evocative style, so that you never question the reality of what you're seeing. Jonze, working from Charlie Kaufman's intricate script, is like a dash prankster playing metaphysical magic.

I don't want to give away the film's wilder twists, but I'll just say that it makes identity surfing seem as conventional as breathing, and that it has room for everything from a hilariously self-mocking Charlie Sheen to the spooky beauty of Craig's puppet show--another form of "being" someone else. The movie, a bravura act of dreamside showmanship, takes off from a world in which personality has become fluid, ironic, and multistranded, and in which all of us are built out of images floating inside us.

Welcome Jonze seems to say, to your own scrambled head: the 21st century Wonderland.

WBRU Downright Siege presented by Coors Light Tuesday November 30

Veterans Memorial Auditorium and 92.5 WBRU present Tori Amos, with Vertical Horizon, Cluster and more TBA (Tickets $20.00)

Lupo's Heartbreak Hotel hosts Our Lady Peace, Staar, Mandy Playground and Jimmie's Chicken Shack (Tickets $5)

At Big Daddy's, WBRU presents Run DMC with Rustic Overtones and more. (Tickets $5)

Tickets are on sale now and can be purchased through Ticketmaster at (401)231-2211.

The next issue of the Campus Herald will be on December 8, 1999

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Door Prizes and Free Raffle!
The sisters of Phi Sigma Sigma would like to thank Johnson & Wales University’s soccer team for a fun and exciting social. We had a really good time, and we must do it again. A special HAPPY BIRTHDAY to Sara Kirkpatrick and Melissa Sherman.

Happy Founder’s Day on November 7, 1999. Later in the month look for the sisters of Phi Sigma Sigma selling raffle tickets for “The Holy Fund.” The winner of the drawing will win two Tickets to a Providence Performing Arts Center Broadway Show. We hope everyone had a fun-filled Halloween. Thanks to all the sisters that participated in fundraisers for the past couple of months. Good job girls, keep it up!

The Sisters of Sigma Delta Tau would like to send out a few messages to everyone. First, we would like to thank Zeta Beta Tau for a heart-warming and festive Thanksgiving Dinner. We also want to say Congratulations to a few of our outstanding sisters; congrats to Karen Sachs and Lauren Puglise for being hired by Rutter Investment. Congratulations to our new sisters Camilla and Lisa—the next few years will be the time of your life. We’ll see you next November. Next, we want to recognize all of our sisters who have November birthdays. Happy 21st birthdays to Wendy Cohen and Jessica Rosa. Happy Birthday to Kristy Yankelevitz, Stacey Bullock, Ellyn Taxin, and Madeline Doz. Lastly, but most importantly, we wish everyone the best of luck on finals and hope everyone has a fun and safe Thanksgiving holiday—see you in the winter!

The sisters of Theta Phi Alpha would like to give a big congratulations to all the fraternities on their new members. We would like to thank ZBT for a great Halloween social. We look forward to the next. We would also like to thank Sigma Pi for supporting us at our last two events. We really appreciate it. We wish everyone good luck on their finals and a happy and safe Thanksgiving break.

Finally, a Happy Birthday goes out to our November babies: Melanie, Lori, Samantha, Kate and Jesse.

From the Sisters of Theta Phi Alpha

People who either don’t know any better or were not in a Fraternity or Sorority, always seem to have something negative to say about Greek life. It is our opinion that fraternities and sororities provide a fun environment, where leadership and social skills are fostered and developed. These organizations produce graduates who are assets to the society in which we all live and belong. With that in mind, the following is some information to put things into perspective.

FRATERNITY AND SORORITY FUN FACTS:

- The first general fraternity (Kappa Alpha Order) was organized in 1750.
- Of North America’s 50 largest corporations, 43 are founded by fraternity men and sorority women.
- 7 out of 10 people listed in Who’s Who are Greek.
- 85 percent of Fortune 500 executives belong to a fraternity or sorority.
- 40 of 154 Supreme Courts Justices since 1910 were Fraternity men.
- 76 percent of all Congressmen and Senators belong to a fraternity or sorority.
- Every US President and Vice-President, except two in each office, born since the first social fraternity was founded in 1825, and three Canadian Prime Ministers have been members of a fraternity.
- Statistics show that fraternity and sorority members have a higher rate of graduation from college than do their non-member counterparts.

(Article printed from “Greek 101”)

This information is courtesy on Theta Phi Alpha Sorority.

The sisters of Delta Phi Epsilon would like to welcome back sister Laura Bullock, who has moved back to Providence and back into our lives. Good luck with your new job!

We would like to thank Starbucks for donating the coffee and hot chocolate for our bake sale during Halloween week. Thanks again!

To Mrs. Hague: We would like to take the time to let you know how much we appreciate all of your support and time that you give to us. You are the one who is there when we need you, the one who always stands behind us. We could not have made it without you! Thanks for all you do and all you love you!

To the Brothers of Phi Kappa Sigma: We would like to thank you for all the patience you have had with us. We finally made it through, and wasn’t it worth the wait. Thanks for a great social.

To sister Michelle Kilen: You had a great year playing soccer. You did great! Keep up the awesome spirit! We are all so proud of you!

Happy Birthday to sister Summer Amorosi:

We would also like to wish the sisters of Phi Sigma Sigma a Happy Founder’s Day!

Good luck to all students on finals! Happy Thanksgiving!

Study Tips for Finals

1. Use relaxation techniques and exercise to put yourself in a positive mood for study.
2. Set aside time each day for planning your studies.
3. Break a big task into small, manageable tasks.
4. Do something pleasurable after a study session, not before.
5. Keep your study materials accessible and organized.
6. Always get a good night’s sleep the day before a test.
7. Don’t wait until the last minute to study; prepare ahead of time.
8. Read test directions carefully.
9. Double-check that you have answered all test items.
10. Control your anxiety by exercise, controlled breathing, deep muscle relaxation, positive thinking, meditation and over preparation.

Study Tips Sponsored by Sigma Delta Tau Sorority

Good Luck

The Brothers of Tau Epsilon Phi would like to say thank-you to the sisters of Sigma Delta Tau and Sigma Sigma Sigma for the outstanding socials that we had with them. We are all looking forward to a future get-together.

We would also like to wish everyone a Happy Thanksgiving and good luck on their finals. It has been a long trip and we can all use the break. Have a fun and safe break and we will see all of you next term.

Congratulations to all that received bids on Nov. 7.

The sisters of Alpha Sigma Tau would like to wish everyone lots of luck on their finals. We hope everyone has a wonderful Thanksgiving break and enjoys their time off. We would like to welcome all the sophomore and junior girls to our winter RUSH on December 2nd. We hope to see you there! Please give us a call if you have any questions, 831-9711. To all the fraternities: great job on your RUSH and welcome to all your new members!

The Seniors of Sigma Lambda Upsilon would like to wish the best of luck during finals and a Happy Thanksgiving.

We will see you all next trimester!

Ladies Walk to Benefit Shelter

The ladies of Sigma Gamma Rho Sorority, Inc. joined numbers of others in the Fifth Annual Family Walk-a-Thon. The event was held on October 16 at Roger Williams Park. The event was held to benefit the Amos House. The Amos House provides emergency shelter to hundreds on homeless men and women every year. Its goal is to provide safe, affordable and permanent housing for women with chronic mental problems as well as transitional housing to families bouncing back from homelessness to self-sufficiency. Amos House also runs medical and eye clinics for homeless individuals and provides substance abuse counseling and referrals to more than 500 people each year. If you are interested in making a donation to the Amos House please call (401) 831-0660.

*compiled by Tareen Taylor*
Student Government Association
Urges Student Involvement

Michael L. Miller
Student Concerns
Committee Chairman

The students of Johnson & Wales University established the Student Government Association so that the students would deal with school wide issues. One of the major goals for Student Government Association (SGA) this year is to bring more people to the table. It is vital for everyone to have a stake in the way things are going or they will lose their sense of ownership and become alienated and disengaged. As a result, one of the most significant things that SGA is doing to do is, to continue to get students involved in the governance of the University.

One of the first steps that we have taken is to send out surveys to residents halls. Troy Heinnessy, chairman of the Downtown Campus Concerns Committee, with the help of the committee, have developed a survey which will, gauge the climate of student satisfaction. The survey will also allow students to make suggestions to SGA.

Alfred Punter, Senior Class Senator, has been holding Town Hall meetings once a month where students can voice their opinions. Nick Evans, Sophomore Class President, has started a council known as the Sophomore Class Leadership Council (SCLC). Juan Soto, Chairman of the Website Committee, with the help of his committee, is in the middle of putting a website together. SGA is ultimately a vehicle for student empowerment. However, without the support and interest of the students; this vehicle will not be able to start.

Through our repeated efforts to engage our student body, we show that we realize that we cannot make changes alone. SGA does not have all of the ideas or all of the answers.

As students, one thing we must not do is become complacent. Too many students believe that their ideas and suggestions are not going to be involved in the administration.

In the SGA, dealings with the administration during this year or in years before, instead, we have had many meaningful discussions and have made some changes as a result.

As students, we have every right to question our administration. Will students and the administration disagree? We certainly will, and often. But, out of disagreement, there is the potential for compromise. It is a hope, that as a student body we have not grown so cynical that the "there is nothing we can do" stance against the administration.

Instead, any student who feels as though the administration needs to make a change in the way that this university operates will take some form of action.

It is our role of the SGA, as student representatives, to help you, the student body. We encourage you to help us make change happen.

Michelle Delaney
President

What do you see as the role of an advisor for SGA? Well, I feel that the executive committee should be able to do what they want to do. However, I am here to assist SGA when it is needed to attend all meetings and events.

What kinds of activities or events would you like to see SGA undertake? I see SGA should not be just seniors acting out their own personal agendas, but actually being the "voice of the students." SGA is also not a programming board.

To review a copy of the SGA Minutes from the 10/31 meeting please stop by the SGA office in the CBCSI.

Student Government Bulletins
- Thank you to those who made our retreat successful.
- SGA will be co-sponsoring an event run by the brothers of Tau Kappa Epsilon. The event is a 24-hour sleep out to raise money for the homeless. The event will start on Dec. 9 at 4 p.m and end on Dec. 10 at 5 p.m. Stop by and show your support.
- Good Luck on Finals and have a great break!
Don’t Become a Statistic

Christopher S. Bice
Staff Writer

Smoking is definitely a controversial issue among most people. You either smoke, tolerate, or hate. I have a tendency to tolerate, but, like everyone else, I have my limits, and sometimes end up at the point of hate.

The first thing the reader should understand is that as a young child, my parents taught me never to put anything down until I tried it. Thus, please understand that I would not be up here on the soapbox now unless I have tried smoking.

When I was a child, a family member used to smoke cigarettes. Every time I turned around, she was smoking. So naturally, when you see a parent doing something, one automatically feels that it must be right to do it well. I just had to wait for the opportunity to present itself. One day, my parents said that they had to run to the store and that they would be back shortly. I was to stay put and not do anything stupid.

So, upon the invitation to not do anything stupid, I decided to take my parents up on their offer. I ran to the ashtray. There was no box of cigaretttes, but there was an array of cigarette butts in the ashtray. Then they sat, in a graveyard of ashes, sticking up like large towers. So naturally, I found the longest one, un-bent it, and picked-up a spare lighter out of the drawer. I put it in my mouth and went to light the cigarette. If it were not for the blasted childhood lighter, I would have been right on my way. I threw the lighter down on the table and went in search for a box of matches. Finding a match, I put the butt in my mouth again, lit the match, and lit the end of the cigarette. One puff and I went to put the cigarette out and back just the way I found it. A few minutes later my parents walked in. My mother walked right up to me and said, “So, how did you like smoking?”

How did I like smoking?
The first thing I thought was that it was not that exciting. I was missing what all the hype was about, and for some reason, I definitely was not having as much fun as the people in the cigarette ads I saw in magazines.

Second, I had the worst breath I think I ever had. I had to brush my teeth twice to get rid of the taste in my mouth. Finally, all my clothes smelled of cigarette smoke and I was too young to know how to wash clothes.

Today, however, though the same above things still hold true in my mind, I just do not understand why so many people continue to smoke. Contrasting sharply from the 80’s, prices of cigarettes have risen to an all time high. A box of cigarettes has risen to more than $3 — a price used to deter most people from buying them. In my opinion, people are still buying in numbers larger than before. How can a price of an item deter one from buying a product that you are addicted to? I frankly admit that I am addicted to a drug — caffeine. I love every caffeine-containing product on the market from soda to chocolate. I know I need a caffeine fix. I assume that in cigarettes, the habit forming drug nicotine is similar. I am pretty sure no one has ever died from an excessive amount of caffeine, but people can die from an excessive amount of nicotine.

Gro Harlem Brundtland, the World Health Organization surgeon general, says, “A cigarette is a druginism for a cleverly crafted product that delivers just the right amount of nicotine to keep its user addicted for life before killing the person.”

Now, I can sit here all day and say that cigarettes contain 43 distinct cancer-causing chemicals and that smoking-related diseases cause nearly 430,700 American deaths a year, but I do not think it will matter. Warnings are plastered on cartons and boxes, but smokers CHOOSE to ignore them. Smokers act as if they are not even there.

I just love getting out of class everyday and to emerge outside into a cloud of smoke. Sometimes, it does not even take that long. I watched a fellow student light up before he even got out of the building completely. Then, walking to my next class, I noticed a guy with a lit cigarette in his mouth and an additional lit cigarette in his hand. Guess he needed two. He lit one before class and he was running a little behind. Plus, nothing is more irritating than being a person with "smoker’s cough". On behalf of the non-smokers out there, I just want to thank the smokers for causing 3,000 secondhand smoking deaths a year. We truly appreciate that as well.

One of my first personal thoughts, just like Jerry Springer. When I was in elementary school, the American Lung Association sent this lady to our school to speak about the dangers of smoking. She was in her mid-fifties. She had been diagnosed with lung cancer a few years before and had to have her larynx removed. She now had to place a device up to her throat that acted as her larynx because she was able to talk to us. She had been an avid smoker and alcohol drinker for years, and the price she paid was having to use a device to talk, and it was not her own voice. She did one of the scariest things I ever saw and heard — she used the device and sang "Popeye, the Sailor Man," and she said we would end up just like her if we smoked too much.

Don’t Believe the Hype!

Matthew McIntyre
Staff Writer

When is the right time to lose your virginity? Many people may think that it is time when you find the one you love, those with religious beliefs may believe that it is after you get married. Every one may have different reasons for losing their virginity; some may have been voluntarily lost and some may have had it wrongfully taken from them.

What is it about sex that makes everybody want it so bad? Hollywood's glamorous portrayal of sex makes it seem fun, passionate and romantic. When normal people have sex, it is usually nothing to brag about, unless they are performing things thereby else would dare do or are truly in love. Peer pressure is another bad influence. At times you may seem as though you are the only one not having sex, when in truth all of your friends are just lying to you and everybody else, just to look cool and not be known as another virgin. Everything you hear is definitely not the truth, some people just need to boost their ego's to make them feel like somebody.

If there is no real love behind the sex, it may at times seem meaningless and you may feel full of regret. One thing about sex is that the majority of people who have lost their virginity wish that they had not lost it at all and some wish that they had not lied to the person that they lost it to. Most people regret ever losing their virginity (I know I do), but what's done is done. So before you vir- gins go and give your morals away, think about how you will feel after, believe me it's not all that it's cracked up to be. Don’t believe the hype!

EMAIL YOUR COMMENTS TO: CAMPUSHERALD@JWU.EDU

Q:
What are your favorite ways to deal with stress?

STUDENT SPEAK

A:

“Smoke cigarettes...”
Mike Downy
Freshman

“Running & playing soccer, music, yelling at people”
Katie Copson
Freshman

“Dance, sing, yelling, shop and...?”
Dan Hanks
Sophomore

“All photos are taken by Matthew McIntyre Staff Writer”
J&W’s History Season Ends as Colby-Sawyer Takes NCAA First-Round Win

John Parente  
Sports Editor

Their season had just ended as Colby-Sawyer celebrated its first-round victory around the other end of the floor at Wesley College. But, as the members of the Johnson & Wales women’s volleyball team walked off the floor as the first representatives of their institution in an NCAA playoff, they were greeted by nothing but cheers.

No need for consolation, because, even in defeat, there was certainly plenty to celebrate about the Wildcats and their 1999 campaign.

The ‘Cats closed the most historic volleyball season in their short but successful history when 30-5 Colby-Sawyer scored a 15-13, 15-3, 15-3 win in the first round of the NCAA New England Regionals. The story, however, goes much beyond those cold, cold scores.

J&W began the week knowing that they’d be in the NCAA’s, having been crowned the Great Northeast Athletic Conference champion and earning the conference’s automatic bid. Still, there was work to be done, because MASCAC champion Bridgewater State was coming to Providence, and the Wildcats were hoping to grab a better seed.

That’s exactly what happened. Not that they needed to validate their position at the NCAA’s, but J&W beat Bridgewater State so soundly (15-2, 15-1, 15-6) that they grabbed the number-five seed over Bridgewater because of their head-to-head success.

In fact, if J&W had been peaking to the playoffs, their effort against Bridgewater was perfect. J&W opened their match with the first nine points on continual kills by front-liner Stevi Ebert, Shana Elgen, and Meredith Merrill. Blocks by Ebert and GNAC Player of the Year Sarah Craig ignited a three-point run on Merrill’s serve to win game one.

The ‘Cats went out to an 11-0 lead in game two, as Craig spanked five of her 13 kills. After taking game two, 15-1, the Janeth Osipina show began. Playing in her last home match, the senior from Newport Beach, CA, took her teammates out to a 7-0 lead with a school-record six consecutive aces. By the time Craig had slapped a couple of kills down and Danielle Scalzi killed three more, the Bears were doomed to the sixth seed.

At Wesley, the Wildcats started where they left off. They shocked Colby-Sawyer by scoring the first six points of the match. J&W enjoyed leads of 8-3 and 13-8, but the Chargers, aptly named, came storming back. Junior Sara Hammond and senior Kristi Anderson led a Colby-Sawyer comeback that led to a 15-13 come-from-behind win, and the Wildcats’ eventual dissection.

From that point on, the Chargers got to every ball, made every play, and fiercely put the cap on their first NCAA win, with four different front-court players registering over five kills.

Colby-Sawyer showed everyone why they had won 30 of their 35 matches, as the Chargers handed everything the Wildcats gave them. Back row specialists Jillian Gragnano and Heather McMahon had eight digs for CSC.

Craig finished with seven kills, while Ebert had five. Merrill finished with four kills and nine digs.

The Wildcats finished their season at 22-11, setting new records for wins in a season, matches in a season, and, of course, won their first GNAC title.

Osipina, meanwhile, finished her career ranked sixth in the nation in services aces per game. She had 100 aces in 112 games, for a per-game mark of 0.9.

Maggie Roeder also finished her outstanding career. A senior from Oak Park, Ill, Roeder’s work along the back-line was one of the major reasons for the Wildcats’ success and a team single-season record for digs. Roeder, Carrie Wendt, junior Jen Liher, Desiree Scalps, Danielle Resch, Nicole Leonard, and Tremaine Byre all came up with plays throughout the year that contributed to the team’s unqualified success. They were all part of that memorable season that followed the season-ending match at Wesley.

The Giving Tree

Help someone less fortunate than yourself this holiday season. A giving tree will be set up in the lobby of the CBCSI Bldg. and at the 2nd floor of the Rec. Center to receive items during Campus Ministry Week, Dec. 5-12. More details to follow.

Some items needed:

- Pajama Project: New Pajamas (Toddlers to Teens)
- Operation Bundle Up: Hats, Gloves, Scarves, Socks, Mittens, Underwear—all sizes boys & girls
- Homeless Kits: Stop by the CBCSI to get info sheet.

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GO Wildcats!
HOCKEY TEAM OFF TO 2-1 START

John Parente
Sports Editor

The J&W hockey team may just be starting their 1999-2000 season, but several things are already quite apparent.

First, the Wildcats are much, much deeper than they've ever been before. Even without NCAA scoring champion and J&W all-time scoring leader Mark Devaux graduated, the new Wildcats are far from starving from offense. In fact, after their first two games, seven players had already scored at least one goal and 11 had either a goal or an assist. Coach Lou Izzo's fourth line had three of the goals in his team's 7-2 win over Nichols.

The 'Cats are also better in goal. That's because Scott Jacobs' better. The junior from Milford, CT, racked up 45 saves and didn't allow a goal in his first 107 minutes of action, which resulted in a pair of victories against Stonehill and Nichols which opened J&W's season. Even in the Wildcats' loss to Fitchburg State last Saturday, Jacob stopped 37 more shots while under FSC's continual and relentless power-play assault.

So, once again, you can expect the Wildcats to be among the best in the ultra-competitive ECAC Northeast. And they showed it not only by beating Stonehill, 3-0, to open the year, but in their loss to Fitchburg State, one of the league's pre-season favorites.

The Falcons scored the first four goals of the game against J-Dub, and were on the verge of giving the 'Cats a shelling at the West Warwick Civic Center last Saturday. But the Wildcats rose their level of play a notch, and, behind two Bill Saltzman goals, made it 4-2.

Saltzman leads the Wildcats with four goals in three games so far this year.

The Wildcats then closed to within a Tony Jacob's magnificent shorthanded goal, a break in from the left wing, and with the score 4-3, it was Fitchburg that looked like the team that was about to come unglued.

But the Wildcats were bitten by the penalty bug. Eight two-minute penalties were called against Johnson & Wales in the final twenty minutes. The result? The Fitchburg power-play scored twice, the Wildcats were a man down for over 14 minutes in the 20-minute period, and the Falcons outshot J-Dub, 26-5.

Still, the Wildcats showed they can indeed play with the conference's "big dogs". Fitchburg, for instance, still has Jeff DuRoss, who chased Devaux all last year for the ECAC scoring title. DuRoss had a goal and three assists back on Saturday.

J&W, meanwhile, doesn't stop facing the top teams in New England. After a league encounter mid-week with Framingham State, the Wildcats take on Southern Maine on Friday and UMass Dartmouth on Saturday in the Southern Maine Tournament.

The Wildcats' next home game is set for November 27th, when they'll entertain Bethel College of Bethel, Minnesota, at Meehan Auditorium, on the campus of Brown University.

INTRAMURAL FOOTBALL
LAST WEEK'S RESULTS:

John Parente
Sports Editor

LeFave wins GNAC Player of the Year Award
Johnson & Wales senior Chris LeFave has been named the Great Northeast Athletic Conference men's soccer Player of the Year.

The native of Tewksbury, MA, is one of three Wildcats who were named to the All-GNAC first-team. He's joined by fellow senior co-captain Joe Espinosa, and freshman defender Steve McKinney.

LeFave finished the year with 22 goals and 54 points both conference highs. He led Milton Johnson's all-time J&W record for goals in a season as well. He is currently third nationally among Division III scorers in points per game.

LeFave joins Johnson as the only two J&W players to ever win the GNAC Player of the Year award. Johnson was a two-time recipient, capturing the award in 1996 and 1997.

Espinosa ranks third nationally in assists per game. His 16 assists topped the GNAC and contributed to his all-conference award. The senior from Thousand Oaks, California, has been among the GNAC leaders in assists for the past two seasons.

McKinney is one of the few freshmen honored by the GNAC on either first or second team. The Carol Stream, Illinois, native was one of three defenders chosen by the conference's coaches.

THE Campus Herald is looking for Photographers interested in taking Sports Photos. Please give us a call if your interested at ext. 2867

Campus Ministry Week December 12

Schedule of Events

Sunday, December 5
Catholic Mass
Noon - St. Xavier Chapel
Protestant Service
Call for rides x 2445
COFFEE HOUSE
With Todd MacDonald
8:00 Harborside Rec Center

Monday, December 6
Festival of Lights
8:00 pm Harborside Rec Center

Tuesday, December 7
Tuesday Night Truth - C.I.F.
8:00 pm Harborside Rec Center
TAZI - Ecumenical Christian Worship Service
St. Xavier Chapel - 9:00 pm

Wednesday, December 8
Wreath Contest - CBCSI
Judging: 12:00 pm 1:00 pm
CATHOLIC HOLIDAY MASS
St. Xavier Chapel

Thursday, December 9
Jewish Movie Night
Movie TBA - 8:00 pm - CBCSI

Friday, December 10
Trip to LaSalette Shrine: View Christmas Lights
Get together at CBCSI to follow
JEWISH SHABBAT SERVICE - 5:00 pm - CBCSI

Saturday, December 11
Shopping Trip to Westfield Outlets
Sign-up x 2445
By Dec. 7
HANUKKAH PARTY - 7 pm
Recreation Complex
CATHOLIC ADVENT/CHRISTMAS MASS
10:00 pm St. Xavier Chapel
Followed by a Christmas Party
CHRISTIAN STUDENT FELLOWSHIP CHRISTMAS PARTY
7:00 pm x 2445

ALL WEEK 12/5-12/10
GIVING TREE DROP-OFF CBCSI LOBBY
Good & Fast

Food

Need a quick snack? A lite lunch? A hearty meal? A sweet treat?
From Abu Turkey to Ziti, The Arcade has it all

Abu Turkey Specialty
Agnolotti with Beef Peppers
Apple Sour Cream Buttermilk Pie
Apples
Artichoke
Butter Lettuce
Bacon & Eggs
Baked Virginia Ham Sandwich
Bagels
Baguettes
Belgian Waffle
Banana Boat
Beef Stew
Big Mac
Blitz
Bistro Beef
Black Angus Burger
Black Forest Cakes
Black Pashammi Reuben
Brioche
Caesar Salad
Calzone
Carrots
Chef Salad
Chicken McNuggets
Chicken Fajita
Chicken Noodle Soup
Chicken Salad Sandwich
Chopped Salad with Broccoli in Garlic
White Sauce
Chocolate Chunk Cookie
Chocolate Almond Joy
Chocolate Truffle
Clam Chowder
Classic Blt.
Classic Bruschetta
Cloud Cookie
Coffee Cake
Colombian Decaf Coffee
Gorgo Bar
Comet Beef Reuben
Comet Beef Hash
Cream Cheese Brownie
Creamsicle
Croissants
Danish
Dill and Onion Bread
Date Scone from Omlet
Dumpling
Eclair
Egg McMuffin
Eight Gram Bread
English Toffee Cream Coffee
Espresso

Fred's Hill Signature Sub
Filet-O-Fish
Focaccia
French Bread
French Fries
French Toast
Fresh Fruit Tart
Fresh Bruschetta
Freshly Squeezed Lemonade
Fried Rice
Frosted Roll
Frosted Yogurt
Fruit Smoothie
Garden Salad
Green Mountain French Roast
Grilled Chicken with Honey Mustard
Greens
Ham & Cheese Calzone
Hamburgers
Hash Brown Potatoes
Hawaiian Delight
Honey Dipped Stick
Hot & Sour Soup
Iced Veggie Pocket
Hummus
Iced Milk..
Iced Capucino
Iced Coffee
Iced Mochi
Ice Tea
Italian Bread
Kuchen
Lasagna
Lettuce
Lo Mein
Low Fat Chocolate Angel Food Cake
Macadamia Chocolate Chunk Cookie
Mango Bar
Maki
Marshmallow Clim Cheese
Mincielie
Meatball Sandwich
Mediterranean Pita
Mele Sapper
Milkshake
Mimosa Soupe
Miso
Mochi
Mocha Mochaccino
Molasses
New York Style Cheesecake
Old Fashioned Doughnut
Olive and Dill Bread

Omelet
Orange Juice
Pancakes
Pastel Melt
Peach Muffin
Peameal Butter Pancake
Peanut Pancakes
Pizza with Chicken Parmesan
Pistachio Muffin
Pie Filled Cheese Steak
Pizza
Portobello Mushroom & Goat Cheese &
Red Pepper on Fontina
Portuguese Sweet Bread French Toast
Potato Rosemary Bread
Pretzel
Pumpkin Spice Latte
Quiche
Raspberry Mousse
Red Raspberry Filled Doughnut
Red Velvet with Sourcream
Rice Pilaf
Rice Stuffed Grape Leaves
Rigatoni alla Luciana
Roasted Eggplant Sandwich
Santa Fe Turkey Sausage
Sausage Roll
Shish Kabob
Soul Cream Apple Pie
Sovieti
Spaghetti
Spiced Pecan
Sprint Root
Stuffed Peppers
Sun Dried Tomato Rosemary Bread
Sushi
Tiramisu Special
Texas Smokehouse Signature Sub
Trinity
Turkey Salad Sandwich
Turkey & Rice Soup
Unico a la
Unagi
Uranus
Ibroky
Vegetable Stew
Vegetable Soup
Waffles
White Chocolate Apricot Tart
Wildberry Cream Cheese
Wonton Soup
Yogurt
Ziti

The Arcade: America's first indoor marketplace
A Johnson & Wales University Facility

65 Weybosset Street • Providence, R.I. • 598-1199
Monday – Friday: 10 a.m. – 6 p.m.
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.