Students Attribute Club Drug Usage to Curiosity

Survey of Harborside and Downtown students

Downtown Students

Harborside Students

Recent survey of 50 Downtown students and 50 Harborside students display the seriousness of club drug usage amongst college students. By Esther Lee

This October, a random drug survey was conducted at Johnson & Wales University in an attempt to gauge the seriousness of club drug usage. Based on this survey of 100 students from both the Downtown and Harborside campuses, results proved that club drug usage remains a serious matter amongst college students. Students were asked if they had ever tried the following club drugs: ecstasy (Adam, XTC, E, MDMA), Ketamine (Special K), Acid (LSD), Crystal Meth (Speed), Gamma Hydroxybutyrate (GHB), 4- Bromonitropropane, 2C-B, Dimethoxyphenethylamine (2C-B), Mushrooms (Shrooms), Cocaine (Coke), Nitrous Oxide (NOS, Whipp-It), Poppers and Heroin.

The results in the graphs show that the Harborside students have used club drugs more frequently than the Downtown students. Students had hopes of understanding what diversity is, what it means to others and how students can become more educated upon diversity on campus.

The "Diversity Retreat" was coordinated and organized by Student Activities and the Office of Campus Diversity. Pat Trosclair, Multicultural Center Coordinator explains, "Our main focus was for people to build relationships with those who they would normally not interact with, so they could learn more about each other and their cultures. We had a wonderful turnout and everyone was absolutely great. I'd like to thank everyone who came out, taking that time. Making the commitment to learn and grow was very important."

The retreat was kicked off by a welcome breakfast with Dean of Students Terry Addison, who touched upon what diversity means to us, and to the world. Dean Addison claims that this is only the beginning of the initiative. "This is about understanding as well as appreciating culture. We must develop strategies to make sure students can be as successful as they can be, in this ever increasing diversity that we have in the world, not just in the U.S."

Students engaged in a number of workshops, including a motivational seminar conducted by Linda Robinson, an Academic Support Counselor for the Office of Campus Diversity. Robinson asked each individual what their expectations were coming into the trip. Students agreed that they wanted to apply their experiences gained from the weekend and utilize a new network to make an impact in their everyday activities.

"It always seems to be the same organizations," exclaims Robinson. "We need to get together as a group or whole and hold a rally of some sort. I attended Student Activities Night, and I did not know there were that many Clubs and Organizations on Campus, it would have been touching to see that sort of turn out here."

Students learned how to work in teams on numerous occasions. On one instance, the students were divided into teams of four and were given the basic essentials to prepare a meal, 45 minutes, and a kitchen.

The Emerald Lappas came out in every student during the cook-off. Group leaders emerged in an attempt to bring their team to victory. Though there were few culinary students attending the trip, the meals turned out to be extravagant, and very presentable. The first class dinner was organized by James Clements, Multicultural Center Assistant Coordinator.

Students closed the first night with a social gathering where students surrounded a campfire and participated in several activities like volleyball, dancing, and they even had the opportunity to sit down with each other, in a one on one format to learn more about each other's culture, background or race. "I was happy with the turnout, having an opportunity to socialize, and listen to diverse types of music," exclaimed Pierre Bethea-Emmanuel. Emmanuel continues, "I also valued the different opinions everyone had in the open forums when discussing issues of diversity, and I feel that all of this will help make a difference on campus."

Students Attack Diversity

By John Cantrell

We all smile in the same language

Thirty Johnson & Wales students representing an array of cultures departed from campus en route to Camp Aldersgate in North Scituate for two days. Participants had hopes of understanding what diversity is, what it means to others and how students can become more educated upon diversity on campus.

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Career Development

Working to Remedy Inequities at Career Conference

By Mary Morgan

The Harborside Recreation Center was packed with more than 6,000 students and at least 100 employers attending this year's Career Conference held recently. With temperatures around 80 degrees and a persistent rain, the recreation center was described by one student as, "too cluttered, hot, too many people in one spot...like a big cluster."

However, meeting in cramped quarters was not the main issue on the minds of many business students. Numerous students noted, even complained, that the number of hospitality and culinary companies far outweighed the business and technology recruiters at the conference.

Rosand Reid, a graduating student of the International Business program said that, the business industry sector was "very low." There were not many companies there looking for business students, she said. Other business students interviewed strongly agreed.

See Career Page 16
October 23, 2002
A male resident student reported being approached by three subjects as he was walking on Chestnut Street at 2am. The subjects asked the student for his money. The student took out his wallet to show that he did not have any money in it and one of the subjects grabbed his wallet. Then, all of the subjects ran down Chestnut Street and took a left on Clifford Street. The student declined to file with Providence Police.

Suspect #1: Black male, wearing a puffy coat.
Suspect #2: Black male.
Suspect #3: Black male.

October 25, 2002
Two male resident students were arrested by Warwick Police and charged with larceny from a local gas station.

October 25, 2002
A male resident student was arrested by Providence Police and charged with simple assault and malicious damage for an incident at Imperial Hall.

October 26, 2002
A male resident student was arrested by Providence Police and charged with trespassing at McNulty Hall.

October 29, 2002
A male student reported his vehicle stolen from the Annex Lot at the Harborside Campus while he was attending classes between the hours of 3:45pm and 9pm. Providence Police were notified.

October 31, 2002
A male resident student was arrested by Providence Police at Renaissance Hall and charged with possession of marijuana.

November 4, 2002
At approximately 1:30am, three students reported that while they were outside University Hall at the bus stop, a white male pulled up in a gray sports car. The white male then approached the three students, showed them a hammer, and told the three students to hand over their money. The suspect took some money from each student.

The suspect got into the vehicle and drove towards the city of Providence. Providence Police were notified.

Suspect described as a white male, 6’1”, proportionate weight, wearing black pants.

Letters to the Editor, materials for the editorial section, and any other works can be emailed to campusherald@wusu.edu. All works must be submitted to The Herald no later than 4:00pm of the Deadline Date displayed.

The Campus Herald
Deadline Date Release Date
December 3, 2002 December 11, 2002
February 4, 2003 February 12, 2003
March 11, 2003 March 19, 2003
March 25, 2003 April 2, 2003
April 8, 2003 April 20, 2003
April 22, 2003 April 30, 2003
May 6, 2003 May 14, 2003
May 13, 2003 May 24, 2003

Do You Speak Thai? Businessman seeking a tutor who speaks Thai!!

Contact Paul @ 231-3120

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Safety Tip of the Week

Going away for the Holidays? If you plan to go home for the holidays, it is important to ask a neighbor to keep an eye on your house, and have a friend go by and check on it every couple of days. If necessary, you may want to put some of your belongings in a storage for the time being.

The Campus Herald does not knowingly accept advertisements and/or articles that promote discriminatory acts on the basis of sex, race, creed, gender, religion, color, handicapped status, veteran, or sexual orientation, nor does it publish material that violates university, local, state or federal laws.

The Campus Herald encourages all students, faculty, administrators, and community members to voice their opinions on topics concerning them in and outside of Johnson & Wales University. The Editor can express her his or her opinions in Letters to the Editor. All letters must be signed in ink or they may not be published.

You may contact us at our booth on the 3rd floor of the CRCB1 building, call us at (401) 598-2867, or e-mail us at campusherald@wusu.edu.
Alcohol Task Force
Nov. 15 1 pm
University Hall 3rd floor Board Room
For more info contact, Sheila at x2244

Athletics
Cheer on the wildcats!
Women's volleyball meets sophomore men's men's cross country women's cross country women's tennis

Career Development
COOP for
COOPERATIVE EDUCATION PROGRAMS
(Culinary/Nutrition/Baking & Pastry Arts)
Winter Orientation Sessions
ATTENTION: Change of room location - all winter orientation sessions will be held in the Co-op viewing room, Paramount Building, 1st Floor NOT in the Admissions Presentation Room in the HAC building as was originally advertised. Please report to the CDO Office (Paramount Building) for directions.
C2/B2 Nov. 13 10:30-12:30 pm
C2/B2 1:30-3:30 pm
C2/B4 Nov. 14 1:15-5:15 pm
C2/B4 SPRING COOP
(Culinary/Nutrition) INFORMATIONS/INTERVIEW SESSION
** Dec. 3rd Intern Co-op Information session 7:30-8:30 pm
** All students and program must attend. You must then attend another session listed below to fulfill your capstone requirement.
All other students must go to one of these sessions listed below pertaining to their degree program:
C2/P4 Dec. 4 10:30 am - 12:30 pm & 1:30 - 3:30 pm
C2/P4 Dec. 5 1:15 - 3:15 pm
C2/P4 Dec. 6 11:00 am - 1:00 pm (subject to change)
C2/P4 Dec. 9 11:00 am - 1:00 pm (subject to change)
C2/P4 Dec. 12 10:30 am - 12:30 pm or 1:30 - 3:30 pm
C2/P4 Dec. 13 1:15 pm
Contact the CDO/Pardee building at 598-4611 for room locations for the above listed sessions.
CE students interested in pursuing a co-op should contact Sue Gallagher at 598-2582 regarding the Spring co-op program.
INTERNATIONAL COOPERATIVE EDUCATION PROGRAM
(Culinary/Nutrition/Baking & Pastry Arts)

Any student interested in pursuing the International Co-op Program should see John Engelsma, CDO Office, Paramount Building. The interest form for application for the Spring term is Dec. 20.
ON CAMPUS RECRUITING INTERVIEWS - Oct 4 to Dec 6, 2002
Refer to the Public Folders for more information on signing up for interviews, Contacts: Career Development Office at 598-1070 (Downsity Campus) or 598-4611 for more information.
COMPANY INTERVIEWS OPEN HOUSE CATES/LOCATIONS -
Interjay Wed Nov. 1 Tue. Nov. 12 4:30 - 6:30 pm
Tudors Hall, 1st Floor, APC Room
Bridgeston/Firestone Fri. Dec. 6

College Ambassadors Team
(CAT)ATTENTION ALL students! If you would like to work with Open Houses, and would like to give tours of the campus come out and join the Collegiate Ambassadors Team (CAT). BH/T students contact Seth at x3235 or Culinary students contact Mike at x3370 for further details! Hope to see you soon!

Feinstein Community Center
Annual Fall Nothing Day Coat Exchange on Nov 29 from 11 am - 3 pm on the State House Lawn. Looking for something to do with those extra winter coasts that are taking up space in your closet? Bring them to the State House on the 29th. To help out or for more information, call Greg Gerritt at 331-0259, Phil Edmonds at 273-4650 or Dick Fontaine at 861-9733.

Interested in volunteering projects? To join the Volunteers Opportunities E-List please, send an email to Ann Kark at the Feinstein Center. You will then receive monthly email updates with volunteer opportunities throughout Providence. These are voluntary, typically one-time only events and are not for service learning credit; however there are ongoing projects such as mentoring, visiting with seniors, and other long-term volunteer positions available.

Harborside Services
The following offices have relocated to the newly renovated Paramount Building: Library, Learning Center, Residential Life, Career Development, Student Financial Services, Student Academic Services, ID's and NameTags.
International Advising, and the Culinary Archives and Museum. Visit us at our new location.
Helpdesk Get connected to JW email or get help for your online problems

International Center
All undergraduate international students registering for classes, must bring their passport, visa, all I-20 and I-94 card to the International Center, 3rd floor (Kimball Building) prior to registration

Library
Visits to the Library for a variety of research resources.
Library Extended Hours/Final Term Finals Exam
Nov. 19 - 21 8 am - 2 am
Nov. 22 - 24 8 am - 5 pm
Thanksgiving Break Nov. 25 - 26 closed
Nov. 28 - 29 closed
Regular library hours resume Dec 2

Office of Campus Diversity
Parental, Families & Friends of Lesbian and Gay was started in 1973 by one couple who could no longer bear the bigotry and hatred suffered by their child and millions of others. PLAG is a volunteer organization.
Nancy 14 Nov.
Students interested in living on campus, who do not plan to return to JWU for the second term, MUST notify the front desk of their residence hall. This includes students who are co-op, internships, a term abroad, medical leave, etc. Signs-up sheets are available at the front desk of all residence halls.

Student Academic Services
All divisions
Winter course cancellations were announced. For the weekly payroll on Nov 22 instead of Nov 25 for all students that have completed their scheduled hours. If students complete their hours prior to Nov 22, time records for those students can be submitted upon finishing scheduled hours for pay period ending 11/23/02. The Student Employment office will be open on Nov 24 from 8:30 am - 4:30 pm for acceptance of payroll and timesheet information.

Student Financial Services
In order to register for the winter term, students must be in good financial standing with the University. If you have not met your obligations with Student Financial Services, you must do so immediately.
All payments and necessary financial aid documents are due by:
Nov. 15 for Graduate and Continuing Education Division.
Division students who did not meet the Nov 1 deadline must attend registration.
**Day Division: BH/T, Kimball, Undergraduate Student Services:
Nov. 9 am - 3 pm A-E (last name)
Nov. 13 am - 3 pm F-K
Nov. 14 am 3 pm L-P
Nov. 15 9 am - 3 pm Q-Z
Continuing Education and Graduate Students:
November 15 am - 3 pm W-Z
Questions regarding financial stand-
**ing contact 598-1462.

Transportation
Get the special JWU ID card required to pick up your check.
Check Distribution Locations:
Downsity: Plantations Hall, 1st Floor Mon-Fri 8:30 am -4:30 pm
Pawtucket: 334 Providence, Monday-Thursday 8:30 am - 6:00 pm & Fri 8:30 am - 4:30 pm
Room.

Residents currently residing on campus, who do not plan to return to JWU for the second term, MUST notify the front desk of their residence hall. This includes students who are co-op, internships, a term abroad, medical leave, etc. Signs-up sheets are available at the front desk of all residence halls.

New England Election Results
Compiled by John Ortegna
Rhode Island
Providence Mayor: David N. Cicilline: Democrat
Governor: Donald Carcieri: Republican
U.S. Senate: John Vered: Democrat
U.S. House: Patrick Kennedy: Democrat and James Laxenberg: Democrat

Massachusetts
Governor: Mitt Romney: Republican
U.S. Senate: John Kerry: Democrat

New Hampshire
Governor: Craig Benson: Republican
U.S. Senate: John Sununu: Republican
U.S. House: Jim Bradley: Republican, Charles Bass: Republican

Maine
Governor: John Baldacci: Democrat
U.S. Senate: Susan Collins: Republican
U.S. House: Thomas Allen: Democrat, Michael Michaud: Republican

Vermont
Governor: Jim Douglas: Republican
U.S. House: Bernard Sanders: Independent
ALABAMA
Four people, including three children, were injured in a Saturday wreck in Colbert County.

ALASKA
The Environmental Protection Agency is seeking the public's help in identifying environmental issues stemming from a proposed gas development project at Point Thomson on the North Slope.

ARIZONA
For the second time this month, an East Valley police officer has shot and killed an unarmed resident after responding to a non-violent call.

ARKANSAS
Approximately 50 volunteers, according to Boone County Sheriff Danny Hickman, found an 11-year-old boy unharmed Friday morning after he wandered away from his Diamond City home following an intense four-hour search.

CALIFORNIA
With a critical deadline looming just a month away, Chargers officials are staying silent on their strategy for dealing with a key renegotiation clause in the team's stadium lease with the city.

COLORADO
A 20-car pileup at Evergreen Parkway and westbound Interstate 70 sent three people to the hospital Tuesday night and stranded traffic for hours while crews worked feverishly to untangle a mass of wrecked vehicles.

CONNECTICUT
A residents' group is suing the Planning Commission for approving the first phase of a subdivision in August, claiming the plan is not qualified to make such a decision and that it failed to consider information submitted by the group.

DELWARE
The Downtown Dover Development Corp. is going to address one of the main concerns of merchants by initiating a parking study.

D.C.
On November 7th, 2002, a skeptical panel was ruled to be a false alarm. The package was believed to contain explosives. After bomb squad called were out on the scene the suspicious box turned out to be a car stereo speaker.

FLORIDA
The U.S. military is making Florida's Aven Park an increasingly popular target for pilots and gunners.

GEORGIA
Two Hall County roads were closed this morning after a truck loaded with dynamite overturned. The truck was filled with dynamite, blasting caps, blasting cap boosters and 8,000 pounds of a liquid gel explosive known as Apex Gold. There were no explosions.

HAWAII
The East Honolulu hillside neighborhood of Waialae Iki showed the highest median household income in Hawaii, according to census tract figures compiled in a report issued last week. At the other end of the spectrum is Kauai Park Terrace, a high-rise public housing project in Kalihi.

IDAHO
Faces the seventh year in a row, Operation condor would open at the well-worn clinic to assist the hani- cap in need.

ILLINOIS
Citizen volunteer at social service agencies because they've been helped in a time of need and want to return the favor.

INDIANA
 Shooting, racial slurs and physical violence led to a trip to jail for three juveniles and an adult. Temper rose after a Vigo County youth football game Saturday morning leading the incident.

IOWA
Firms in Iowa, Atlanta and Minneapolis, as well as other companies from New York to California, submitted bids Friday for a study that would find out if city-owned utility systems are more cost effective for area residents.

KANSAS
More working poor are being sent to local soup kitchens. The downtown restaurant that offers free meals every night is serving more people than anticipated after opening eight months ago.

KENTUCKY
Candidates will be interviewed by a panel for the next leader of the state Board on Postsecondary Education this weekend.

LOUISIANA
Investigators with the U.S. Department of Education's Office of Civil Rights could visit Vermilion Parish as early as this week to investigate complaints of discrimination against minority and handicapped students.

MAINE
Maine's inaugural Youth Door Day took place Saturday, giving young people ages 10 to 15 a chance to hunt deer.

MARYLAND
The direct marketing industry had serious concerns about its future after last fall's deadly anthrax attacks, in which five people died and spores spread through the mail infected six others.

MASSACHUSETTS
The two men taken to area hospitals after their car hit a tree on South Sandwich Road at a quarter to midnight Saturday.

MICHIGAN
According to the Cheboygan County Sheriff's Department, two women were injured in separate in separate vehicle accidents on the same trail.

MINNESOTA
The annual student performance report of the Willmar School District has changed its format.

MISSISSIPPI
A new African American play, directed and produced by Frankie Burke, called "Facets" premieres November 23.

MISSOURI
Some low-income elderly adults whose prescription drug costs are covered by both private insurers and the state are having a tough time getting their prescriptions paid for, claims state officials.

MONTANA
At the conclusion of a Lee State Bureau poll conducted in late September, many Montanans' voters had no idea which candidate they were going to vote for.

NEBRASKA
Exploration teachers at Westridge Middle School designed an exploratory unit for eighth-graders on Friday morning. Physical education teacher Steven DeNoyer said the identity theme is timely for eighth-graders who are looking for their own identity, as well as someplace to fit in.

NEVADA
Two races will determine control of the state Senate, they will decide whether the North or South rules Nevada.

NEW HAMPSHIRE
This month, the U.S. Department of Agriculture called for more testing in slaughterhouses and meat-processing plants due to a recent meat recall. However the department is meeting some opposition.

NEW JERSEY
Five people were fished out of the Atlantic Ocean yesterday a short time after their 21-foot-long center console Mako crippled three miles off the Manasquan coast.

NEW MEXICO
After being found with charges of murder and kidnapping, Linda Henning may be the first woman ever on New Mexico's death row.

NEW YORK
The Rushmore House is making an offer it hopes a worthy author can't refuse: Resurrecting the "Godfather" characters immortalized by Mario Puzo.

NORTH CAROLINA
A man is dead and his wife injured after their boat capsized Saturday in the Rogue Inlet, according to the Coast Guard.

NORTH DAKOTA
Federal investigators say there's no obvious cause for the plane crash that killed Minnesota senator Paul Wellstone. National Transportation Safety Board investigators don't have much to see at the crash site. But they say they have some leads.

OHIO
An attempted robbery at a beer drive-thru at 5126 W. Third St. left one of two robbers dead.

OKLAHOMA
It all started with high school senior Daniel Hawke Furr getting scolded for driving his pickup truck recklessly near children. What followed was a rampage in which Furr allegedly killed two people and wounded eight, including a toddler.

OREGON
Citizens of the Oregon state community believe that it is necessary to have a new police chief.

RHODE ISLAND
Scientists will examine the impact of freshwater to estuaries such as Narragansett Bay at a conference today at the University of Rhode Island. Scientists say freshwater flow to coastal ecosystems are being modified by water diverted from local rivers for agriculture, manufacturing and domestic use.

SOUTHERN CAROLINA
Early Monday morning three teenagers escaped from the Durham County Youth Home.

SOUTH DAKOTA
The South Dakota Board of Regents has submitted a budget request that seeks only a small boost in state spending at the six state universities and two special schools next year.

TENNESSEE
Oak Ridge native Burwell "B.B." Bell III has been promoted from lieutenant general to general and will command all U.S. Army forces in Europe.

TEXAS
Police are looking for a murder sus- pect in connection with the slaying of a 19-year-old man Saturday night at Sikes Center at 311 Midwestern Parkway.

UTAH
Two pilots found dead on saturday due to a plane collision over the mountains of Utah.

VERMONT
Police in Putney netted over 200 bags of heroin early Monday morn- ing. Just after 2 o'clock, state police stopped a car driven by 25-year-old James Ingerson for a minor traffic violation. During a stop, police found 236 bags of heroin and 4 bags of rock cocaine. Ingerson and 25- year-old Rebecca Schenau, of St. Johnsbury, are being held for lack of bail. Both are scheduled to be arraigned Monday.

VIRGINIA
The government asked the 4th U.S. Circuit Court of Appeals on Monday to overturn a judge's order seeking more evidence to justify the continued detention of an American-born prisoner captured in Afghanistan.

WASHINGTON
A Seattle police officer suspected of shooting down shop drug dealers has been arrested on federal drug charges and could face up to 20 years in prison.

WEST VIRGINIA
A pedestrian plaintiff who sued his wheelchair from a false Cale Report, 's court, but only to attend a hearing to determine if a 9-year-old boy can go to the school.

WISCONSIN
Due to a Domtar Industries Inc. drawdown of the Wisconsin River, Riverwood Lane residents have spent the last four months looking at a bit more shoreline than usual.

WYOMING
The city spent $3,200 spraying City for termites, but it was found they never found anything but parents called to check for a carnival.
CAREER CORNER
IBM/RITEC University Day

On October 17, 2002, IBM and RITEC (Rhode Island Technology Council) co-hosted University Day in cooperation with the J&W Career Development Office. The J&W Harborside Recreation Center was selected as the event site by IBM/RITEC after looking at numerous location options in the local area.

This event gave local technology students the opportunity to view emerging technologies such as developerWorks, IBM's resource for developers and to hear from IBM and industry experts on topics such as Technology of the Future, Lifelong Learning in a Technology Career and a Web Services Overview. RITEC was also able to bring in local speakers to discuss the Rhode Island Internship Program, which offers various opportunities for local technology students.

The mission of University Day is to introduce the growing numbers of Information Technology students to open technology. IBM demonstrated how open systems such as Linux, Web services and XML can work regardless of any vendor's platform. "Students at JWU are embracing open-standards based computing tools that will help them become more versatile when they graduate and enter the job market," states Daniel Halle, Developer Community Manager of IBM.

Approximately 230 students from several local colleges attended, including representatives from University of Rhode Island, Brown University and New England Tech. RITEC presented a $500 grant to J&W as the college with the most student attendees. This money will be donated to the University's Scholarship Fund.

According to Paula Murry, RITEC Director of Member Services and Operations, "RITEC is very happy to have been able to facilitate this event for all the college and university students of Rhode Island. University Day was filled with dynamic presentations, networking, and interactive booths for students to learn and experience the trends and directions in the IT industry. We are very grateful to J&W for their commitment to RITEC and to the growing technology industry."

J&W is very proud to be a part of this collaboration between industry, community and education. For the benefit of our students, it is important to continue connecting with industry and the local community in providing valuable resources to tomorrow's leaders. "J&W would like to thank IBM/RITEC for selecting our campus as the site for their University Day program and for providing our students and students from other local colleges with this fantastic opportunity to learn and network," says Eddie Chorney, Executive Recruitment Planning Specialist at J&W.

Non Profit Job Search

Internet Sources and Sites
Access - Networking in the Public Interest
A non profit employment clearinghouse.
www.accessjobs.org

Community Career Center
Search for non profit jobs from the list of mostly national member organizations.
www.nonprofitjobs.org

Dot Org Jobs
The online employment resource for the nonprofit world.
dotorgjobs.com

Environment Jobs and Careers
Employment includes careers such as environmental engineers, nature and wildlife scientists, chemists, earth sciences / geologists, policy and law, and wildlife conservation.
www.jobs.org

FedWorld.com
A program of the U.S. Department of Commerce listing U.S. federal job announcements. Search by state or region.
www.fedworld.gov/jobs/jobsearch.html

Non Profit Times
A weekly online newspaper covering non profit related issues and news.
www.nptimes.org

Community Service Corner
Volunteer Opportunities - November 2002

Culinary
- Because He Lives Ministry needs culinary students 3 hours Mon./Wed. to cook for the soup kitchen.
- Pawtucket Day Child Development Center needs culinary volunteers 2 hours/week to work with head chef.

Civic/Political
- Model UN Conference at Brown needs set-up and operations staff November 8-10.
- American Red Cross has volunteer opportunities in marketing, fundraising, advocacy and public relations.

Office Assistance
- Wall of Hope needs data entry assistance; help keep people involved with rememberance 11th.
- Volunteer Center of Rhode Island needs office assistance; support this key volunteer organization.

While these opportunities may earn students plenty of good karma credit, they do not earn service-learning credit. However if you are a member of a club, organization, or dorm leader consider these as ideas for your community service requirements.

If there is something you are interested in but don't see listed please contact Amy Kirk at akirk@jwu.edu or call ext.1312.

Children
- Group Mentoring in Providence middle schools with Rhode Island Children's Croquette
- Sophia Academy needs math tutors now through November 14
- Music teachers needed at the Gloria Dei Church Center for the Arts
- Youthbuild Providence needs tutors for youth ages 16-24

Storytime volunteers needed for Day Care Justice Co-Op

Algebra II tutors needed at Nickerson House Community Center
- Sackt Street Rec Center is looking for help with its Kids Cafe program from 4:30-6:30.

Seniors
- Steam House Nursing & Rehabilitation Center needs several volunteers to lead exercise groups for seniors.
- Friendly Ambassadors needed to visit with seniors at Butler Hospital.
- Federal Hill House needs assistance serving lunch and visiting with seniors.

Events/Food Service
- Full Festival at Nickerson House Community Center needs hands-on help November 9th from 12-4 p.m.
- "Home for the Holidays" event November 14th sponsored by Rhode Island Women's Network needs help with set-up, serving, and parking.
- Assist in serving food at Mount Hope Learning Center Volunteer Recognition event on November 14th.
- "Gourmet Guys" needed to cook and serve meals at "New Hope" event to raise awareness about domestic violence on November 22 from 4:00-10:00 p.m.
- UCP (Understanding Disabilities Creating Opportunities) seeks set-up, wait staff, breakdown/clean-up assistance for its Reception Gathering at Trinity Rep on November 30th.
- Gospel Tabernacle Church needs help with food preparation and serving 2 Saturdays/month from 12-5 p.m.
SPEAK OUT

As the trimester comes to an end, and as the Thanksgiving Holiday approaches, what do you have to be thankful for?

1. My family, Chicago, my home of Cabrini Green Projects, and for being a senior.
   D. Mawalin - Senior - Marketing

2. My family, all the support that they have given me, and the fact that I live so close.
   Brooke Hartford - Junior - Travel & Sports Mgt.

3. My grandmother. Without her I wouldn’t be here today.
   "She inspired me to stay in school.
   Justine Wilson - Sophomore Criminal Justice

4. My parents, because they have been through a lot personally, but still have time to support me.
   Tameka Daley - Sophomore - Business Administration

5. My foster parents, if it wasn’t for my parents I wouldn’t be the man that I am now.
   Demetrius Pinder - Junior - Interact Commerce & Web Mgt.

6. My new roommate and a loving family.
   Jessica Hale - Freshman - Graphics & New Media

7. For everything God gave me good and bad.
   Fadal Abu Hilal - Senior - Hospitality Mgt.

8. My parents that love and support me, my friends, and the good and bad experiences life has brought me.
   Carl Talmage Jr. - Senior - Food Marketing

9. For tickets please contact Matt Saucier at extension 4271
The Campus Herald Announcement:

Attention Student Organizations
In the interest of educating the campus community about hard work and efforts of Student Organizations and their mission, we at The Campus Herald would like to put the "Spotlight" on your organization.

For More Information
Contact Michael Gibbons @ 598-2867

Criminal Justice Association
CJA Meeting
Every Tuesday @ 5:30 pm
Xavier Commuter Student Lounge

Caribbean Student Association
Meetings will be held as follows;
November 15
December 6 & 13
All meetings will be held in TACO Center in the Entrepreneurship Center at 2 pm

The Nutrition Society
Meetings will be held on Wednesday nights at 8:00 in the HAC building in room 17

AFRICAN STUDENT ASSOCIATION
Meetings Days: Every 2nd & Last Monday of the Month
Located at: MCC Starting at 5pm

"The success of this club starts with U & I"

G R E E K  R O O M

The Distinguished Men of the Monster Alpha Gamma Chapter of the Alpha Phi Alpha Fraternity Incorporated would like to welcome our newest member of Alpha, Chancey Yancey. We would also like to extend our arms of love to all who have supported us thus far in the first trimester. Everyone be on the lookout for Alpha Week during the first week of November, and the November Edition of Knowthyselfes.

The sisters of Sigma Delta Tau hope everyone of Johnson & Wales is having a great year. A special thanks goes out to the brothers of Sigma Pi, our social was a hit! We had a blast "keepin' it mobster" with TKI at our annual Halloween Party. We would also like to thank everyone who helped to support our date auction with Phi Sigma Sigma which was a huge success. Students and faculty keep up the good work. One trimester down, and two more to go.

The Sisters of Sigma Sigma Sigma want to thank everyone for their support during our Breast Cancer Awareness Month Fundraiser. We also would like to thank the Brothers of Tau Kappa Epsilon and Delta Sigma Phi for awesome socials during the month of October. We all had a great time! To Sarah from Sigma Delta Tau, it was a pleasure spending time with you during the Sorority Day Switcheroos. Happy Birthday to our November babies: Sister Elyssa Frank (11/15) Sister Jordan Brewer (11/23) and Sister Robin Gubba (11/30). Good Luck to everyone as we near the end of the trimester!

The sisters of Phi Sigma Sigma hope that everyone had a safe and Happy Halloween. A big thank you goes out to the National Panhellenic Council for the wonderful Sorority Day, we really enjoyed ourselves. Thank you to all the sisters who went to the All Greek Bowling Social, we had no idea that bowling could be so much fun. Congratulations to Jill Flintard our new NPC Delegate and Happy Birthday to: Kim Lawrence 10/17, Kara Morris 11/4, and Pam Piskor 11/12.

We wish everyone good luck on their finals and Happy Thanksgiving.

The Most Prestigious Sisters of Sigma Lambda Gamma, National Sorority Inc., Zeta Alpha Chapter, would like to introduce our newest members, and also to introduce our newest members.

On November 9th, 2002: Maria "Estrella" Rodriguez-Lebren. It's been a long hard road and you made it! We're so proud of you and feel truly blessed to call you our sister. Welcome to the Sisterhood. Dence-Douce!

The Sisters of Alpha Sigma Tau would like to thank everyone who came and supported our bake sale on Halloween. Look out for our fundraiser in Chestnuts on November 12th. We also want to thank all the guys who came to our crush party on November 1st. Remember guys, it's not love, it's not lust, get a grip it was JUST a crush. Sigma Pi it was great seeing you all again at our annual Halloween Social - you guys looked awesome! Everyone have a great Thanksgiving and be safe! GOOD LUCK ON EXAMS!!
Miss Breakfast And You Miss A Lot

Over the past 15 years, the rate of breakfast skipping in the United States has doubled even through scientists have discovered many more benefits from the simple act of eating a bowl of cereal. For instance, recent studies have linked a lower carbohydrate weight to those who choose cereal for breakfast. Better yet, choose a whole-grain cereal, and you can add on such potential benefits as a reduced risk for heart disease, cancer, and diabetes.

So don’t get caught in the trap of skipping breakfast. Scientists have even linked it to better performance throughout your busy day. People often say they skip breakfast because they want to lose weight, but the reality is that eating breakfast can actually help you lose weight. Think of breakfast as your body’s backfires. And what could be more convenient, nutritious and filling than a hot bowl of cereal in the morning? The payoff is tremendous for the few minutes it takes to have breakfast.

Based on a growing body of research, there are some very good reasons to consider it:

"Miss breakfast and you miss out on a number of vitamins and minerals," said Dr. Theresa Nicklas, a professor at the Baylor College of Medicine in Houston and one of the country’s leading experts on the benefits of breakfast. "Not only do you miss out on getting these nutrients in the morning, our studies show that breakfast skippers do not make up for the loss of critical nutrients people can get for breakfast that they often eat at other meals, even oatmeal, high cholestrol foods later in the day."

"In adults who eat breakfast, breakfast tends to have diets that are higher in calcium, zinc, magnesium, iron, folate and vitamins A, B, C, and D. A number of studies, including those done by Dr. Nicklas at the Baylor College of Medicine, have found that eating regular amounts of cereal at breakfast offers a definite advantage in consuming higher levels of vitamins and minerals. Cereal eaters are also more likely to have diets containing less fat and cholesterol.

The eating of whole-grain cereals may boost benefits even more. New research shows that the antioxidant content of whole-grains rivals that of many fruits and vegetables.

Breakfast eaters have the upper hand in weight control. Data from the National Weight Control Registry – an ongoing study of people who have lost a significant amount of weight and kept it off – shows that eating breakfast is an integral part of most successful people’s success. Nearly 60 percent are "regular" and 30 percent are "unusually" as part of their routine to stay slender.

Children are influenced by the breakfast-weight link too. A study of 13-year-olds found that breakfast skippers were more likely to be unhappy with their body shape than those who ate breakfast. Kids who skipped Foods were more likely to be on a diet to lose weight.

A study of adults in Japan found that men who skipped breakfast tended to have higher blood pressures than men who ate a morning meal. The women in the study who did not eat breakfast were more likely to have higher cholesterol levels than those who ate breakfast. Those who did not eat breakfast were also to smoke more and have higher urine levels. Kelsey Mackin, mother of three, believes in the benefits of breakfast for her family. "We're committed to it. Eating breakfast makes such a difference in our energy level. It's usually not a big event - just something healthy that will get us going for the day."

Vegetarians Unite In Boston

By Stephen Wilkins

Yet another notch not to be missed by the Johnson & Wales University Nutrition Society was the Vegetarian Expo. The expo took place on December 19-20 in the heart of Boston at the Reggie Lewis Center. The 'festy' served as an opportunity for the various groups to show off their wares and promote their cause. There were a couple of booths where angry vegetarians tried to prove how meat is murder, but they were wearing leather belts. Other booths were exciting such as Jews for Vegetables, Veggie News, and other great vegetarian food providers. Among all this great vegetarian fun, there was some misinformation floating around. For example, the Raw Foods Movement was spreading propaganda about their culinary institute. They were informing the public about their foods, which is important current nutrition information. The Raw Food Movement also had their 'master chefs' along with them. When asked where the Raw Foods' chefs were trained and accredited, they answered with "The Raw Foods Institute." This type of inter-company accreditation provides neither a uniform nor nation-wide acknowledgement. Other than the clashing of food philosophies, this Raw food fest was a success. The cooking demonstration from Ken Bergeron was amazing. Ken Bergeron is the author of the Vegetarian Cookbook. He demonstrated his "master chefs" along with them.

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Green Tea, the Antioxidant for Me

By Patricia Wilke

Like ginger, green tea also contains powerful phytochemicals. Green tea has been used for centuries by Asian cultures for its medicinal purposes as well as taste. This legendary tea also acts as an antioxidant and has been found to reduce the risk of cancer. In addition, green tea has been shown to lower cholesterol. And if you are looking for an immune boost, green tea also acts as an immune system stimulator. However, with all of these incredible healing properties, one must be careful. Green tea does contain caffeine, although de-caffeinated versions are available.

The Campus Herald wants your feedback!

If you have anything you would like to see in the Campus Section, email The Campus Herald at campus@jwu.edu
Cooking Corner: Family Dining

Families are increasingly looking for ways to make their lives hassle-free. Finding the time and energy to prepare and clean up from a family dinner can be almost overwhelming with today's hectic lifestyle. Every step that eases the burden makes a big difference.

One way consumers are looking to save time is with products that are packaged for convenience. For example, a recent national consumer survey commissioned by Hunt's Tomatoes found that 80 percent of consumers say packaging innovations make their lives easier.

"You want to set up your kitchen and pantry so that when you get home at the end of the day, it's as easy to whip up dinner as it would be to call for takeout," explains Alison Brown, author of best-selling cookbook I'm Just Here For the Food. "That means paying attention to details, from carefully choosing the tools you use, to how you stock your freezer, right down to the kind of ketchup bottle you buy. You want the entire operation to be streamlined and hassle-free."

Brown offers these simple steps to help take the hassle out of mealtime:

- Keep your kitchen stocked with spices and condiments. Adding a quick dash of flavor can turn a bland dish into an appetizing meal in seconds.
- When shopping, select products that minimize the mess and make preparation hassle-free-Hunt's, for example, has introduced new Perfect Squeeze ketchup, the first upside-down, no-mess ketchup bottle.
- Plan your menu ahead of time and make sure you have all the ingredients and "hardware" (pots, pans, etc.) before you start cooking.
- Choose easy-to-make recipes and family favorites that can also be tomorrow's lunch. Many sauces and salads taste even better the second day.
- Engage the entire family in mealtime preparation and clean up - little work by everyone means a lot less for you.

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Glaze:

1/2 cup Hunt's Perfect Squeeze ketchup
1 Tbsp. Chili powder
1 tsp. Worcestershire sauce
1 Tbsp. Honey

Heat oven to 325 degrees. In a food processor bowl, combine croutons, black pepper, cumin and dry Italian herbs. Pulse until the mixture reaches the consistency of coarse crumbs. Move to a large bowl. Combine the onion, garlic and re pepper in the food processor bowl and pulse until finely chopped. Add to the crumbs along with the meat, egg, mustard and salt. Mix with clean hands, but avoid squeezing.

If desired, pinch off an ounce or so of the mixture and cook it in a pan on the stovetop over medium heat, hamburger style. Taste and adjust seasonings to your liking.

Line a loaf pan with wax paper so that several inches hang over the long sides, then pack in the mixture. Turn the meatloaf out of the pan onto the center of a parchment-lined sheet pan or jelly roll pan and peel off the wax paper. (A cookie sheet will work, too, as long as it has a lip all the way around to catch any rendered fat.) Precook for 15 minutes.

Meanwhile combine the ketchup, chili powder, Worcestershire sauce and honey in a small bowl. After 15 minutes, remove the meatloaf and liberally brush on the glaze. Return to the oven and cook until an instant-read thermometer inserted in to the middle of the loaf registers 160 degrees.

Source: Kings Features Syndicate

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Don't Be Left Out

Senior Portraits

When

Next & Final Session, Week of March 17th, 2003

How

Log onto www.ouryear.com (school code 249)

Or Call 1-800-OUR-YEAR

Call 598-1486 or email johnsonian@jwu.edu with questions
FALL BREAK MOVIE PREMIERS

November 15, 2002
Half Past Dead
Featuring: Steven Segal, Ja Rule, Kurrup, and Morris Chestnut

Phone Booth
Featuring: Katie Holmes, Forest Whitaker, and Kiefer Sutherland

Standing in Shadows of Motown
Featuring: Gerald Levert, Chaka Khan, and Montell Jordan

November 22, 2002
James Bond: Die Another Day
Featuring: Pierce Brosnan, Will Yun Lee, Halle Berry and Madonna

Friday After Next
Featuring: Ice Cube and Mike Epps

Personal Velocity
Featuring: Kyra Sedgwick, Parker Posey, and Brian Tarantina

November 27, 2002
Adams Sandler's 8 Crazy Nights
Featuring: Adam Sandler, Jackie Titone, Jon Lovitz, and Tyra Banks

Extreme Ops
Featuring: Devon Sawa, Rufus Sewell, Bridgette Wilson-Sampras

Solaris
Featuring: George Clooney, Viola Davis and Natasha McElhone

December 06, 2002
Analyze That
Featuring: Robert DeNiro, Billy Crystal, Lisa Kudrow, Cathy Moriarty-Gentile

Equilibrium
Featuring: Christian Bale, Sean Bean, and Taye Diggs

December 13, 2002
Maid in Manhattan
Featuring: Jennifer Lopez and Ralph Fiennes

Star Trek Nemesis
Featuring: Patrick Stewart, Jonathan Frakes, Brent Spiner, LeVar Burton, Michael Dorn, Gates McFadden, Marina Sirtis, Tom Hardy, Ron Perlman, Dina Meyer, Steven Culp, Whoopi Goldberg, Majel Barrett, and Kate Mulgrew

The Hot Chick
Featuring: Rob Schneider, Rachel McAdams, Anna Faris, Andrew Keegan, and Matthew Lawrence

December 18, 2002
Lord of the Rings: The Two Towers
Featuring: Sean Astin, Cate Blanchett, Orlando Bloom, Billy Boyd, and Sir Ian Holm

THE INSIDE SCOOP

'N Sync's Justin Timberlake says his Jive solo debut, "Justified," was written and recorded in a six-week creative spurt that was reminiscent of "that period of time back in the 1960s and '70s when musicians got together and just jammed and worked out of inspiration. There was no heavy calculation or belaboring songs and mixes. Everything flowed pretty easily and naturally." courtesy of Billboard.com

EVE

Eve is among the performers taking part in Thunderbox' pay-per-view hip-hop concert/broadcast extravaganza Fistful of Dollars, which is being held at the Trump Taj Mahal in Atlantic City, N.J., on November 30th, 2002. courtesy of hot106.com

DESTINY'S CHILD

Guess who's coming to your town this holiday season? Destiny's Child! The R&B divas -- Beyoncé Knowles, Kelly Rowland and Michelle Williams -- will spread some jovial fun on a festive mini-tour from Dec. 5-21. Venues and dates will be announced shortly. Meanwhile, Kelly will perform "Stole" on NBC's Tonight Show With Jay Leno on Monday. courtesy of MTV News Online

U2

U2's new single, "Electrical Storm," will probably prove a "connecting point to our next record," guitarist the Edge tells Billboard.com. Of the track, one of two new songs on the just-released "The Best of 1990-2000," he adds, "I really think that in terms of arrangement, it's really back to guitar, bass, and drums -- the primary colors of rock'n'roll. I think that's where we're gonna take the next album." courtesy of Billboard.com

USHER

Usher is the latest performer to be announced for the Staying Alive Concert on Nov. 23 in South Africa. He'll help commemorate World AIDS Day with such previously announced acts as Alicia Keys and P. Diddy. Meanwhile, Usher, P. Diddy, Jay-Z and Nelly are among the artists to be featured on VH1's All Access: Rock's Most Eligible Bachelors special, premiering Monday at 8 p.m. EST courtesy of Hot106.com

JENNIFER LOPEZ

A Lawyers for Glow Industries was in a Los Angeles courtroom Thursday seeking a preliminary injunction against Jennifer Lopez and her perfume partner, Coty Inc., to prevent J.Lo from using the name "Glow" on her fragrance line until Glow Industries' trademark-infringement lawsuit is settled. Both parties will have to return to court on December 6th for another pretrial hearing. courtesy of AP/Yahoo!
Sneak Preview of
The Drumline

Charles Stone III, Drumline director with Michael Gibbons at the Movie Sneak Preview Party in Orlando, Florida.

Exclusive Movie Review

Next Issue...

Wednesday, December 11, 2002

Top 10 Pop Singles

1. Nelly feat. Kelly Rowland - "Dilemma" (Ev Reyel)
2. Eve feat. Alicia Keys - "Gangsta Lovin'" (Ruff Ryderz)
3. Kelly Clarkson - "A Moment Like This" (RCA)
5. Mary "Mundemonsta" Elliott - "Work It" (The Gold Mind/Elektra)
6. Eminem - "Lose Yourself" (Shady)
7. No Doubt feat. Lady Saw - "Underneath It All" (Interscope)
8. LL Cool J - "Lav U Better" (Def Jam)
9. Creed - "One Last Breath" (Wind-Up)
10. Avril Lavigne - "Complicated" (Arista)

Top 10 Albums

1. Elvis Presley - "Elvis 30 Hits" (RCA)
2. Ben Jovi - new entry
3. The Rolling Stones - "Forty Licks" (ABACCO)
4. Avril Lavigne - "Let Go" (Arista)
5. Nelly - "Nellyville" (Ev Reyel)
6. Dixie Chicks - "Home" (Monument/Columbia)
7. Eminem - "The Eminem Show" (Web/Aftermath)
8. Xzibit - "Man vs. Machine"

Top 10 Hot Country Singles

1. Keith Urban - "Somebody Like You" (Capitol)
2. Diamond Rio - "Beautiful Mist" (Arista Nashville)
3. Martina McBride - "Where Would You Be" (RCA)
4. Alan Jackson - "Work in Progress" (Arista Nashville)
5. Phil Vassar - "American Child" (Arista Nashville)
6. Montgomery Gentry - "My Town" (Columbia)
7. Joe Nichols - "The Impossible" (Universal South)
8. Dixie Chicks - "Landslide" (Monument)
9. Rascal Flatts - "These Days" (Lyric Street)
10. Tracy Byrd - "Ten Rounds with Jose Cuervo" (RCA)

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Student Government Association

The Challenge: A Future Leader Lies Ahead

What defines a leader? Is leadership a role, a position, or is it a quality? Are leaders born or can they be created? As students of Johnson & Wales University, we ask ourselves these questions daily, when challenged to be the future leaders of America. Here we have faculty who instill leadership qualities and curriculum based on leadership roles in careers. As students we learn and strengthen our leadership skills through our university. As students, we also elect the best leaders to represent us through Student Government Association.

The 2002-2003 Cabinet for the Student Government Association includes the Student Government President Albert Hilliard and Executive VicePresident Crystal Lee Chapman. With these two in office, Student Government has the opportunity to be at its best. So far this year the two have combined enthusiasm with hard work and created a "New Beginning" for the Student Government Association. This dynamic team has set out to re-structure government to act in its most productive form. Community Service projects are also very important to SGA's mission this year, and the cabinet has promoted and created projects to assist the Rhode Island Community. With Albert and Crystal Lee paving the way for success, the Student Government Association is poised to achieve greatness this year.

As of today, the Senate is nearly complete and goals have been set for the year. Student Government is here to be your voice, your leaders, and your advocate. Is there something you are desperate to change? Is there anything you would like to see this year at JWU? Tell us. The prominent leader King George VI once said, "The highest of distinctions is service to others." We cannot serve the student body to the best of our ability unless you let us serve you. "Help us, Help you." Become involved with Johnson & Wales University. Involve yourself with positive change, which will benefit you and your fellow students. Let go of the ignorance and make it a priority to know your leaders, your representatives of the Student Government Association.

Student Government Association Annual Fall Retreat

Student Government Association held their annual Fall Retreat for members on Friday October 25, 2002. The retreat was held in Woodstock Connecticut and was operated by the Student Body President Albert Hilliard, Executive Vice President Crystal Lee Chapman, and Speaker of the Senate, Beau Czerwinski. Also in attendance were the Student Government Advisor and Director of Student Activities Michelle Delaney, and guest speaker Mr. Michael Miller.

Throughout the retreat a variety of team building exercises were performed to the theme "As Seen on TV." Guest Speaker Michael Miller spoke about several topics regarding SGA's mission, core values to adopt, goals, and elections process. He also addressed marketing and structures issues for the members.

There were many social activities for members to build personal morale and enthusiasm for the organization. A formation of separate committees was applied to participate in vital projects throughout the year including, structure, elections, and the ASAP (Addressing Situations and Problems) program.

The retreat was an excellent bonding and learning experience for Student Government leaders. The retreat gave the members an opportunity to engage in creative methods to generate many fresh ideas for the year.

We will take with us the new information we have consumed at the retreat and utilize it everyday we are representing all of the Johnson & Wales student body.

Would you like to see your university look like this?

Would you continue to pay your twenty thousand plus, to go here? Do you enjoy your school transportation running in a timely fashion, or our dining facilities serving somewhat good food? Do you want to maintain use of the computer labs and University library? Do you want to see Johnson & Wales turn into a cold, lonely, unpleasant institute where you can get a useless education to apply nowhere in the professional world? When you do not care enough, this is what could happen.

"To achieve the perfect campus we need the perfect government."

As a representative of Student Government Association, I urge you as a member of this university to be involved. Not only for your own benefit but also for the benefit of all the other students who share the same dedication to achievement in education as you do. Make a difference and become involved. Involvement does not mean dedicating 24-7 to the mission of change. From your college student to another, who honestly has the time for that? That is why Student Government is here. SGA is an organization on your campus, the Student Governing Body, who does just that for you. We are your voice; we work 24-7 for change, but we cannot do it without you. ASAP (Addressing Situations and Problems), its coming...To campus near you.

Amber Rogers, Vice President of Public Relations, Junior Class President

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Lower Your Credit-Credit Rate

If you're carrying a lot of credit card debt but still haven't developed a decent credit history, chances are you can negotiate a lower rate. Your credit card company, in the case where the market is flooded with aggressive pitches, and they surely want to keep all the business, they can be quite willing to listen to what you consider a reasonable offer.

Ask your company to match a rate offered by another company. Know what offers are out there and name your terms.

Ask what the current introductory rate is for your card, and ask to have your rate reduced to that.

If you have an unused credit card, tell the company you'll cancel it unless you get a lower interest rate.

Consider buying your credit report from each of the three credit reporting companies to know how creditors view you. If you can fix any inaccuracies, your credit score will go up and you'll be eligible for better rates.

If the police in your area are being violent, it's the creditor's call to offer you a new rate.

If your creditor won't budge on interest rates, find out what else they can offer. Companies often will consider eliminating annual fees or a one-time late fee for customers they value.

If your credit rating is not so good because you've been late on payments, you still have a chance to get a better rate. Pay time for a few months to increase your credit score.

And if you're really financial trouble and in danger of defaulting on your debts, consider filing a hardship claim with the credit card company. If you're unemployed or facing a medical emergency or divorce, for example, some will take that into consideration and waive your interest rate for several months.

However, you should be aware that you may receive a negative rating from your creditor for the arrangement. Experts recommend hardship claims only when the alternative – no payment at all – is worse.

Managing Your Money

From Rough Seas to Smooth Sailing

(NAPS)—When you see crisp white sails dotting calm harbors, consider the challenges that must navigate to deliver sails to customers around the world. One Connecticut-based sail design and manufacturing company's sails must circumnavigate the globe before they reach a sailboat. To deliver its sails to customers around the world, the company must maneuver international logistical channels. It is often difficult for any small-to-medium-sized company to do it on its own.

"Like many small businesses, we are very busy people running a very small business," says Benjamin J. Card, sailmaker at Pheonix Sails of Madison, Conn. "In the sport of sailing, you must be able to save a little time in every way we can. It is very important. It is often the difference between making a sail and losing it."

Faced with these challenges, Neil Pryde Sails turned to UPS to help set sail on shipping the right course. "We needed a system that was reliable, fast and affordable," said Card, also president of the company's sailing division. The solution is to use the UPS Worldwide Express® service. The system makes the shipping itself as simple as navigating the ocean. "UPS delivers your product on time, every time," Card said.

From Rough Seas to Smooth Sailing. UPS provides a wide range of options to ensure that your goods arrive on time. Whether you're a small business or a large corporation, UPS has the services you need to get your products to your customers. For more information, call 1-800-762-8888 or visit www.ups.com.

The Elite Wiesel Prize in Ethics

Essay Contest 2003

Eligibility: Registered undergraduate full-time juniors or seniors at accredited four-year colleges or universities in the United States and Canada during the fall 2002 semester.

Awards:
First Prize: $5,000 Second Prize: $2,500 Third Prize: $1,500 Two Honorable Mentions: $500

Applications available on the 1st floor of the Kresge Building downtown campus.

Contest Deadline: December 2, 2002

For more information:
The Elie Wiesel Prize in Ethics
The Elie Wiesel Foundation For Humanity
529 Fifth Avenue, Suite 1028, New York, NY 10017
Telephone: 212-490-7777
www.eliewieselfoundation.org

Anna Quinlonden Distinguished Visiting Professor

By Leylla L. Brown

Newswest columnist and selling fiction writer

Anna Quinlonden spoke to Johnson & Wales students and faculty in the Rockefeller Auditorium, on the transformation of the media and the immorality of writing.

As a consumer and social critic, she began her one-hour lecture by commending the media, despite scandals and setbacks, and the press has received over the years. Referring to TV's power to educate and mirror life, Quinlonden said it promotes a greater understanding of different religions, cultures and other societies better now than ever before. Our role as viewers and consumers has also come to be a factor in the media's success, she said. "The power to not read or listen is great."

At age 18, Quinlonden began her career in the news writing as a copy girl. In 1977 she was named general assignment reporter for the New York Times and was later named the paper's deputy metropolitan editor in 1993. As a columnist for the Times, she wrote the "About New York" column from 1981 to 1993 and created the column "Life in the 30s" in 1985. In 1995, Quinlonden decided to become a novelist full time and has written three best-selling novels: "Object Lessons" (1991), "One True Thing" (1994) and "Black and Blue" (1998). Her most recent book is called "Lickings."

Now as a writer she can't help but wonder why not as a reporter she was constantly accused of making up stuff and now as a novelist, the change in her book's thought is too real. "I'm still trying to get my mind around that one," quipped Quinlonden.

In her book, she encouraged everyone in the audience to write. Even though she claims that she doesn't like to write herself, Quinlonden says, "I hate to write but, I love having written." Quinlonden also reminded students how writing is an emotion, a feeling you get and like a "caged bird," just waiting to be released.

She thinks it's wonderful to be able to express feelings on paper and then years later read the words you wrote. "If you want to be immortal, write a letter," she said.

"Anna Quinlonden became the first writer ever to have books appear on the fiction, non-fiction and self-help New York Times Best Seller lists. Her novels in print include: How Reading Changed My Life, which was released in September 1998; One True Thing, made into a Universal feature film starring Meryl Streep; and Short Story, a Short Guide to a Happy Life, released in 2000, and her newest novel Blessings, released this fall.

Quinlonden also authored a collection of essays, Living Out Loud (1988), and two children's books, The Tree That Came to Stay (1992) and Happily Ever After (1997). She also wrote the text for the coffee table pictorial Naked Babies (1996) and Siblings (1998).

After graduating from Bard College and serves on Bard's Board of Trustees. She is on the Council of the Author's Guild, the Board at the Nightingale-Bamford School in New York City and the Board of Directors of NARAL Foundation. She is an active member of the Planned Parenthood Foundation of America Board of Advocates and she currently writes the column "Last Word" located on the back page of Newswest.
Men's Basketball: 'Diversity and Unity'

After a few face changes to the last years basketball team, this year's teams seems to be ready to play hard.

By Rob Thibadeau

Along with the brisk chill in the cool October air, there seems to be a buzz all over campus. The Hoop Cats are back again, and Head Coach Todd Fein sees to share the sentiment of others. "Ice Man" and "Maverick" from the movie Top Gun will "need the need for speed."

With the official posting of the roster for the 2002-2003 season, the Great Northeast Athletic Conference's Men's Basketball Starting Five is set to be built. While not as powerful as previous years, the team is ready to defend against their orientated players who should improve the quickness, shooting, and will-power of the team.

As the team has improved, they have already won a few games. Among these, the team has been successful in their recent games. They have won against some tough opponents, and the team looks ready for another successful season.

"With Mamadou (Guyere) in the picture, we had an inside advantage over virtually any team we faced. Now that he and four other players have graduated, we have the opportunity to explore other avenues of attacking our opponents," Coin points out.

And those opponents have already anticipated this aerial assault. Earlier this month, the Great Northeast Athletic Conference's Women's Basketball Coaches Poll ranked Johnson & Wales at the number one spot. "The women's basketball team is strong," Coin points out. "And they will be a test for our team." Coin and Fein both see the benefit of playing against tough teams.

Along with Associate Head Coach Jamie Buncott, Fein spent the better part of the off-season bringing in student athletes from across the country. "The team is ready and even from overseas," Fein.

With the transfer of Los Angeles natives Bo Rashied and Sam Tamargo, the Wildcats will feature a skilled backcourt with some college-level experience. "Bo Rashied and Sam Tamargo are going to keep a lot of teams on their toes this year," explains Finn not only can they key score in many different ways, but they can also defend with the best of them." Other new faces to the lineup will be Fall River, Massachusetts native Brian Fricke, Johnson & Wales University's 6'5" forward Connor Moran from Rio de Janeiro, Brazil. "We caught wind of this kid through a couple of camps we worked and some video tape," says Finn and the prognosis for Connor fairing well at JW in the classroom and on the court is extremely positive.

Other new faces to the line will be Fall River, Massachusetts native Brian Fricke, Johnson & Wales University's 6'5" forward Connor Moran from Rio de Janeiro, Brazil. "We caught wind of this kid through a couple of camps we worked and some video tape," says Finn and the prognosis for Connor fairing well at JW in the classroom and on the court is extremely positive.

As the season progresses, the team will face several tough opponents. "We have another crack at UMass Dartmouth at home and we're up for our another important conference game." Coin points out. "The conference. Fein and Coin have been friends and colleagues for many years. Coin has the team that's best. "Vermont," says Coin, "is bigger, stronger, faster, more aggressive than any other team in the GNAC," explains Finn, "and will smile "why not everybody in the conference.""

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Wildcat Women GNAC Champions

By Dave Hiss

Johnson & Wales' claims its first two Great Northeast Athletic Conference championship titles in the 2002-2003 season on the weekend of November 9-10.

The women's cross-country team won the GNAC championship race held at River's Edge Golf Course. The Wildcats finished with 43 team points, followed by Emerson (76) and Norwich (81). Junior Heather Pagano finished third individually with a time of 20:04, which was 25 seconds behind the third individual winner, Katrina Kozurek of Emerson.

Other Wildcat runners included Loi Robey (5th, 20:28), Jean Tonnely (9th, 21:24), Eva Lauber (12th, 21:40), Jaina Ferrai (17th, 22:36), Sandra Rosa (18th, 22:38), Sarah Bray (29th, 22:52), Andrea Stevens (41st, 23:52) and Monique Nieves (68th, 26:45).

The Wildcats, who are coached by Hellee Wolton, finish their season on Saturday, November 16 in the NCAA Division III meet at Westfield (MA) State. The men's cross-country team, which finished third in the GNAC meet, will also compete in that Division III meet.

The women's tennis team made GNAC history by winning all six single flights and doubles flights at the conference tournament. The team defeated Wheaton College. Emily Herrera was named GNAC Player of the Year at the conference tournament. The team also won the 2002 season with a 12-2 record in singles and a 15-1 record in double.

Junior Victoria Stempel, playing in the number one position, finished 2002 with a 12-1 singles record and an 11-3 doubles record. The other team members and their opponents were praised for their hard work and dedication.

Wildcats Women's Soccer Earns National Recognition

By Dave Hiss

November 9 was a banner day for Johnson & Wales athletics squads as two teams won Great Northeast Athletic Conference championship matches and berths in respective NCAA tournament fields.

The men's soccer team defeated Norwich 1-0 Saturday afternoon in New London, CT, to complete a storybook run through the GNAC playoffs off. The Wildcats dropped to fifth place in their final regular season standings after losing 2-0 to Suffolk University on Oct. 30, which meant they could have to win three out of the playoffs to win the title.

Undaunted, the Greg Miller-coached Wildcats defeated Suffolk University 2-0 Saturday afternoon in the 2002 GNAC tournament at a record-breaking 13-1-1 double shutout. The title was the team's first in GNAC history.

By Dave Hiss

Two Wildcat teams Headed for NCAA Tournament

Division III meet.

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Wildcats Women's Soccer Earns National Recognition

The women's soccer team made it three-for-three that day, suffering a 1-0 loss to Western New England College in their final match. The Wildcats finished the season with a 14-1-7 record.

Also on Nov. 9, Wildcat women's soccer team member and goalkeeper Ali Pygmalion (1-2-2) defeated Friess (7-29-3) and the school's leading goalscorer Gary Ewebo (10-2) and 13-1). Jessica Rodgers (13-2, 15), Emily Ferrai (17, 22:36), Sandra Rosa (18th, 22:38), Sarah Bray (29th, 22:52), Andrea Stevens (41st, 23:52) and Monique Nieves (68th, 26:45).

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Around the National Hockey League

Bruins on a Roll
The Boston Bruins started the season 7-1-2 despite the help of center Bill Guerin, goaltender Bryan Dafoe, and enforcer Kyle McLaren. In a recent interview conducted by NHL.com's Chuck Gormley, Bruins defencemen Bryan Berard claims, "We're on a roll right now. Our confidence doesn't go down when we just need a couple of goals." Berard continues, "We know we're not out of it." Berard, who is originally from Woonsocket, RI has found a new location in Boston. Though the Bruins have had a strong start, their fans have been slow to appreciate it. Only 9,491 fans attended the Halloween Night game against the Mighty Ducks, the smallest crowd in Fleet Center History.

More Blue-Shirt woes
The New York Rangers added checking line center Bobby Holik, and hard-hitting defensemen Darius Kasparitis to the lineup in the off season. Unfortunately influential players aren't earning their pay-checks. As usual, the Rangers are falling to score goals at the right times, and are losing at home to teams under the five hundred mark. Through 14 games the Rangers averaged just 2.3 goals per game. They also allowed an average 3.4 goals per game.

Lindros, who is leading the team in penalty minutes, has overcome his fear of contact, post his apparent career ending concussion. "Hockey is a contact sport," Lindros told NHL.com. "I understand what they're trying to do, but it's tough to play the game this way."

Lemieux skating pain free
Mario Lemieux, is skating pain free due to the league's uprising of calls on obstruction. Lemieux has benefited from the crackdown in a major way. Seven goals and 16 assists in 10 games earned Lemieux NHL's player of the month award.

"I think the League is seeing a big improvement in the way the game is being played," Lemieux told reporters. The referees are calling just one more penalty per game this season, however half of the penalties have been obstruction infractions, a 10 percent increase over last year.

A mirror image of Mario
Marian Gaborik of Minnesota is second to Lemieux in scoring. Gaborik is known for scoring in similar fashion to Lemieux; with style and grace. Gaborik who tallied 30 goals last season, finds a new role model in Washington's Peter Bondra: I just want to keep getting better and better," Gaborik told NHL.com.

Eastern Conference Happenings
Jeff O'Neill of the Carolina Hurricanes finished the month with a 10 game point streak.
New York Rangers Mark Messier surpassed Larry Murphy to take second place on the NHL's career game list at 1,616.

Western Conference Happenings
In a recent Denver Post Fan Forum, sports enthusiasts voted the Colorado Avalanche the most popular team in Denver. They were a surprising pick over the second place Broncos.

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Today’s Students, Tomorrow’s Leaders

By Michael Nurse

Johnson & Wales University is home to one of the most highly recognized and respected organizations for college students, NSMHI. The National Society of Minorities in Hospitality prides itself on being the premier avenue to lift hospitality students in all facets of the industry.

This past year, the JWU chapter was recognized by both Johnson & Wales University and by the National Organization “Number One”. As Johnson & Wales’ “Student Organization of the Year” and NSMHI “Chapter of the Year” taken from the past and present NSMHI sees a truly prosperous future here at Johnson & Wales and in the industry.

Last year NSMHI hosted many successful events that brought students a few steps closer to the industry and to the community, through on-campus events and those strictly for its members. Among those was the traditional Kwanzaa Workshop, where students and members of the Providence community learned more about African American culture, holiday and experienced first hand a traditional Kwanzaa celebration.

Brady, a social studies teacher there says she has never seen this group of girls so receptive during class time.

Carlen Rodriguez, an intern currently enrolled in the practice program who has attended an Adastral session says, “Adastral helps the girls because you guys are role models for them, and will inspire them to go to college and be like you.”

Kim Jeremeg, a JWU teaching assistant who is actively involved with Adastral states, “It is also about giving back to the community and understanding the power of relationships.”

Kathleen Drohan, Director of the Travel Practicum agreed, but believes that the benefits don’t stop there. She says that the benefits are even greater for the teaching and graduate assistants involved in the program. “They have developed this program from its infancy and given it through to its fruition, and without even realizing it, they have improved their leadership, management, organizational, team building and communication skills,” she observed.

Adastral takes place every Friday from 1 to 3 p.m. at the Sophia Academy, all-girls, private school serving low-income families. A core group of two graduate assistants - Kate Fontaine and Soggiato, three teaching assistants - Christine Boudreau, Jodi Poirier and Jeremegen, and Drohan, arrive at the Academy each week with lesson plans in hand.

Career continued from page 1

According to Lori Zabatta, manager of alumni relations in Career, JWU is aware of the problem, and is on to find a solution to even out the number.

However, Zabatta pointed out that contribution to this inequity is the fact that hospitality and culinary companies have the capacity to hire for multiple positions at one time. In contrast, business and technology companies are usually looking for one or two positions to fill at any given time and can easily do so without attending

...business students meet with their career coaches to actively seek out internships and job opportunities within the industry.

That way when it comes time for graduation they are already made connections and networked,” she said.

Another avenue that the Career Development Office is developing for business students is the “Career Night” targeted at individual business majors so that students can meet one-on-one with companies that relate to their majors.

In order to optimize the number of students attending, Career Night will be mentioned only in the classes of those majors for which career night is held.

JWU has also scheduled the annual Business Expo for the spring where typically between 50 and 75 companies that represent business and technology attend.

In addition we have two people who are specifically designated to cultivate job postings for business and technology industries for both our incoming graduate students and alumni for future career services,” said Zabatta.

Zabatta estimates that in a given year more than 1,000 jobs opportunities are posted.

To accommodate the large number of students attending, next year’s Career Conference will be held at the Convention and Visitors Bureau as in years past. This year Career Development had changed the date of the Career Conference to correspond with Family Weekend in order to make it possible for alumnus to invite the companies to attend.

Because of this, the conference was held at the Harborside Recreation Center due to the fact that the CVB was already booked for another function.
The Finals Trouble Blues

By Kirk Finley

That hiss just broke your silence and snatched me out of an unintended nap. You stumble over to the kitchen and fill the boiling water with Ramen noodles. Fantasy, only about ten minutes until dinner will have some cheesy chicken soup. That would mean it will be done at 2:31AM, only five hours before your first class. Oh well, back to the books, cramming for that first final, there is a lot of work to look through.

Does that sound familiar? Probably, many people have had to study late or stay up late to work on projects in High School and their earlier years of college, but the fact is that we don't have to. Yes, that's right. Now since I am telling you that I will also begin to give a few ways that you can combat this scenario.

First off, don't cram at the last minute. I mean come on, seriously. Why would people want to do that? Try this...over the course of the last week here before finals; try to study one or two chapters of notes per class, a little here and there amount that is small. Yes it will cut into part-time and friends but the fact is that it will be a better investment in the long run.

Secondly, when studying, eat fruit. After you study, eat a piece of fruit after your work and just before you go to bed. The thing is that the more acids in it, the more it will help. There is a whole biology lesson that goes with this regarding acids of fruit wrinkling the brain quicker, but I will spare you that. Just know this, the more natural acids in the fruit, the better.

Now not only students fear finals, but teachers as well. Ok, maybe not fear, but few enjoy them. This is because of how much work it takes normally to grade a final. After consulting a variety of teachers, unless the test is a scan-tron tests tend to take around twenty minutes to grade, more if essays are in it. Now consider that the average class has about twenty-five students (since some teachers have small classes too) and then consider that they teach about seven peri-

ors a day. This would mean somewhere around fifty-eight hours worth of corrections. So they too will try to make the tests simpler and more straightforward for grading.

Not only that but some teach-

ers are dropping a period or two during the weeks ahead to help people prepare. One instructor has canceled class on a Monday. Others undoubtedly will as well in an attempt to, rather than review in class, allow the stu-

dents to focus on things they are having more difficulties with.

So think about it. Sure you will miss out on some friends and partying time, but having sold grades can not only increase scholarship money, but drop car insurance rates, and help you graduate a bit easier. Eat your fruit, do your work, oh and by the way, while you're at it, get a good night sleep beforehand.

Featured Editorial: "BATTLE OF THE SEXES"

Women Vs. Men

This new editorial column is designed to further educate the campus community on the similiarities and differences there are amongst college men and women in an effort to better understand each other. The Johnson & Wales community is welcome to speak freely about the topics within this column. It is my hope that this column will be the link between the very opinionsed student, and the campus as a whole.

-Michael Gibbons

Would you stay with your partner if he/she cheated on you, and you are in a committed relationship for a year?

I think it depends on the situation. My first response would be to end the relation-

ship however, I have actually been in that same situation and I did take the guy back, and we ended up dating for another year (I was still a teenager though). He didn't cheat on me again, even though we did break up eventually.

In college, things are different. This is a time where you should be thinking about

yourself and where you want to go. If someone cheats, then move on.

Being just friends is always a good option. Maybe you could even be friends with 'benefits.' There is some definite less in it for the girl next door, but would breaking up be a struggle. And if it's meant to be, then it will be.

-Dita Paparikis

I think a good relationship requires being each others best friend, and trusting one another. Love is shown in your actions, not in your words. When someone cheats on their partner, that person is not showing their love for them. Cheating usually means that you are not completely satisfied with your current partner or you feel that something is missing in the relation-

ship. If you were absolutely in love and happy within your relationship, then why would you endanger all that you have for a fling with the girl next door? I would sadly kiss my partner goodbye if she cheated on me. That goes for any relationship, 1 month, 6 months, 1 year, what's the differ-

ence?

- John Ortenzo

Next issue topic is.. Men and Sex.... "Is sex really that serious to a college relationship?"

Survey Highlights What Men Think Women Want

(NAPS)—By homing in on women's expectations, a recent study aims to turn helpless men into gifted giving heroes.

"Buying a gift for a woman can strike fear into a man's heart," says Kristian Christiansen, vice pres-

ident of marketing for Jewelry.com, which conducted the survey. "Belles stress that the biggest mistakes men make is the 'romantic gift.'"

Results of the survey, which quizzed both men and women, included:

- Isn't it romantic? Although 76 percent of men say they have given their significant other in-

dividuals in the past two years, only 55 percent of women consider it to be a romantic gift. For 60 per-

cent of women, jewelry is the best romantic gift, with 50 percent cit-

ing its positive meaning of "love" and "forever."

- Knowledge is power. Barely half of the men polled knew their partner's birthstone or favorite gemstone, yet 90 percent and 70 percent of women, respec-

tively, believe that their men know the answer. In addition, a major-

ity of men don't start shopping until the 10th day before the gift "due date"—and a majority of women expect their men to do just that. However, homework and bet-

ter planning dramatically increase the chances of finding the right gift at a reasonable price.

- Money matters. According to Jewelry.com, most men overest-

imate the cost of jewelry while underestimating its value. In fact,

Fine jewelry is a thoughtful, romantic gift that lasts.

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Diversity continued from page 1

The second and final day of the retreat finished with a number of workshops and group activities. Jan Bell, a Graduate School Professor touched many hearts with her presentation entitled "Who am I? Who are you?" Professor Bell urged students to stop being nervous with each other, and approach students who are different from you. She also stated that she is for a major improvement with the openness of the new generation.

An all around success is one of the many things that can be said regarding this year's diversity retreat. Albert Hilliard, Student Body President, states, "the diversity retreat was a very educational experience for all that attended. It was a great opportunity to learn what diversi-

ty is and possible solutions on how to overcome what diversi-

ty is and what they can do about it". The Student Government Association is in the process of planning an event or project to educate the student body concern-

ing diversity. A possible event may be the making with the assistance of Campus Compact, including guest speak-

ers to promote campus diversity.

Indeed, Johnson & Wales University is quite a diverse community, however, when tak-

ing a look at the facts you get a more accurate glance into its true

Students at the diversity retreat dancing at the pajama party

variety. Johnson & Wales claims to have 83 different countries represented on campus, plus rep-

resentatives of the 50 states in America, according to their website. These facts show that Johnson & Wales University is the most diverse campus in the state of Rhode Island.

Pan-Hellenic Council, focused on obstacles and problems faced with men in college. The week of programs was designed to appreciate and positively moti-

vate males on campus to contin-

ue the leadership responsibility and strengthening the communi-

ty. "We need consistent leaders to set examples for our future," says Jeffrey Johnson, the National Director of NAACP Youth & College Division. "The youth of today are the leaders of tomorrow. If we fail to sow the seeds of edu-

cation and real leadership into our young people today, we will be forced to reap the weeds of ignorance and the "flowers of our love tomorrow."

Johnson, who is not only a leadership trainer and social activist, is also an AME minister, and a powerful public speaker. Johnson, who was named by

other than friends and family. Media influences such as film, television, radio, or simply see-

ing other people trying drugs at raves and clubs are other possible examples of outside sources.

Another question asked of the students was whether or not they would use club drugs if their friends or a family member did not. Fifty percent from both campuses said they would use drugs, even if friends or family member did not. The other fifty percent answered no, or that they didn't know how they would respond. Also, ninety-five per-

cent of the students who took part in the survey said they were aware of the health risks involved when taking club drugs.

Although the students stated they still would use club drugs even if their peers or family members did not try them. Many studies have proven that when asked, most young adults identify their peers as those most important in their lives. Young peers do have a big influence on young people, and it is possible that some of those students sur-

veyed did not want to admit their susceptibility to peer pressure.

It Takes More Than Food to Fight Hunger

It Takes More Than Food to Fight Hunger

By Kar Spritz

"So you need to do community service in order to graduate? Why not teach a class series for the Rhode Island Community Food Bank's Operation Frontline where you will gain skills and experience that will come in handy in your future endeavors? You'll also be helping the Rhode Island Community Food Bank address the root causes of hunger.

Does it look good on your resume? You bet. It will strengthen your teaching and public speaking skills? Sure thing. Will it make you feel great knowing that you are sharing your time and talent to fight hunger? Certainly."

Operation Frontline is a national culinary and nutrition education program locally hosted by the Rhode Island Community Food Bank. Operation Frontline recruits and trains culinary students, chefs, and nutrition educators to teach class series focusing on cooking, nutrition, and food budgeting. Operation Frontline provides individuals who are at risk of hunger with the skills and resources to help them maintain food security.

"Times are hard for many families in our state right now. With rent climbing higher, utility costs increasing and many jobs paying little more than minimum wage, an escalating number of people need food assistance. Hunger isn't isolated to the third world countries, it is here in our own communities and it is real," said Erica Franco, Operation Frontline Manager.

You can make a difference in the lives of people in your community. If you are a culinary student and/or nutrition student, you can teach a four or six week interac-
tive class. At the Operation Frontline classes, culinary stu-
dents demonstrate a low cost, low-fat recipe for the class par-
ticipants to taste. Nutrition students teach the nutrition and food budgeting por-
tion and how to put it...sharing the skills you've learned in class directly with people who could benefit from this knowledge most. It's the per-

fect gift that you can give to many people in your community.

But don't just take it from me, listen to other Johnson & Wales students who have volunteered with Operation Frontline. "I loved teaching for Operation Frontline," raves junior Joel Phillips. "It helped me improve my public speaking abilities and gave me an understanding that there are people in our community who do not possess. It also showed me that I can help people out. It was a true experience and Operation Frontline is all about helping people out, but making it fun and exciting. That is making volunteering a fun thing to do."

Let's get down to business. We want your help; we need your help, we depend upon your help. It is the volunteers that make Operation Frontline so successful. Please lend us a hand and volunteer your valuable skills to help stop a growing problem. We are easy to reach and we talk to you more about volunteer opportunities. Contact Erica Franco, Program Manager at (401) 826-3073 Ext. 242 or email efra@rifoodbank.org.

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

Binder  Folders  Notebooks  Ruler
Box     Glue     Paper    Scissors
Crayons Highlighter Pencils Tissues
Eraser  Markers  Protractor

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LIBRA (September 23 to October 22) Your attempt at mediating disputes might meet some opposition at first. But once it's shown to be fair and impartial, resistance soon gives way to cooperation.

SCORPIO (October 23 to November 21) Go ahead. Reward yourself for helping settle a disturbing workplace situation. On another front, a personal relationship might be moving to a higher level.

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