J&W NAACP Chapter Celebrates 94 Years of Excellence

By Michael Gibbons

"As the collegiate chapter of the NAACP at J&W it is important for us to learn from the accomplishments and drive of our elders and ancestors that have fought to secure the benefits we experience today."

Today, February 12, 2003 marks the anniversary of the National Association for the Advancement of Colored People. As a tribute to this date, the J&W NAACP Chapter will host a founder's day celebration and soul food dinner at the Multicultural Center from 6pm-8pm. The program will not only acknowledge the organization's many accomplishments and contributions to African Americans, but to increase the

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Major Quinn Sworn In by R.I. Chief Justice

By Michael Gibbons

On February 7, 2003 former Rhode Island State Police Major and Chief Administrative Officer Michael P. Quinn recently was appointed to Director of Campus Safety and Security at Johnson & Wales University. Quinn, who received a bachelor's degree from Roger Williams University and a Masters degree from Anna Maria College in Massachusetts, has over 23 years of experience in law enforcement. As Rhode Island's third ranking officer, he will bring all of his experience to

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UIB Event Review
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Wildcat Sports
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January 24, 2003
A female resident student reported that her vehicle was stolen from the HAC Lot. The student had last seen the vehicle on January 19, 2003. Providence Police was notified.

January 25, 2003
A male resident student reported his vehicle stolen from the West Lot. The student later found the vehicle at the Shell Station on Narragansett Blvd.

January 26, 2003
A male resident student was arrested by Providence Police and charged with Possession of Marijuana.

January 28, 2003
A male commuter student was stabbed on Dean St., between Atwells Ave. and Broadway. The student was walking with another student on Dean St. when they were approached by two black male subjects and two white female subjects and asked if they knew where they could buy some marijuana. The student said that he did not and turned to walk away. The male subject then grabbed the student and as the student attempted to pull away, the subject then stabbed the student. The student said that the subject demanded money and before anything was given to him the subject fled the area. The student was transported to a local area hospital for treatment.

The student described the suspects as being between the ages of 15 to 18 years old. The student described his attacker as being approximately 5'10" tall with a large nose, wearing a dark colored sweatshirt, white pants, and red shoes.

January 29, 2003
Three commuter students reported that they were robbed at knife point at 3am. The students said that they were walking down College Street when they were approached by a black male subject. The subject grabbed one of the students from behind, pulled him to the ground, pulled out a knife (approximately 2" long) and demanded money. The student turned over six dollars to the subject. A second black male subject approached the other two students from the front, pushed them to the ground, and asked for their money. Both students told the subject that they did not have any money. A neighbor yelled down to the two subjects and the subject fled the area. The students described the subjects as wearing black hooded sweatshirts.

February 2, 2003
Providence Police responded to a fatal shooting outside of the Brookpoint Call at 903 Chalkestone Avenue. This establishment is known to be frequented by Johnson & Wales University students. Two students were in close proximity when the shooting took place.

February 3, 2003
Providence Police arrested a male resident student at the corner of Washington Avenue and Michigan Avenue and charged him with possession of marijuana.

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

Volunteers Wanted
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April 22, 2003 April 30, 2003
May 6, 2003 May 14, 2003
May 13, 2003 May 24, 2003

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

You may contact us at our offices on the 3rd floor of the CBC1 building, call us at (401) 598-2867, or e-mail us at campusherald@jwu.edu.

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.

-Dana L. Wilson (1998)
Dear Editor,

Recently I had the opportunity to flip through the pages of the Campus Herald newspaper like I normally do to keep updated with our University's latest information. I came across the "Letters to the Editor" section and continued to read on. This section interested me because it is members of the Johnson & Wales student body writing about serious issues which pertain to their happiness, or lack thereof, with a particular issue in University life. Not only do these issues concern themselves but a majority of the J&W community as well.

As the Junior Class President of the Student Government Association, I can honestly say these are issues that concern our organization greatly. Currently SGA has a program titled "ASAP" (Addressing Situations And Problems), which allows students the opportunity to voice their concerns and allow those who can advocate for them to make that change. ASAP forms are available at the SGA office in the CRC/SCI downtown. The ASAP program is currently under construction with the cabinet of SGA, and changes are being made daily to ensure a more effective program.

One specific issue that really caught my attention in the "Letters to the Editor" section of the Campus Herald in Volume 23, Issue 7 Edition of January 13, 2003 was the letter from a concerned student. Andrew Dias. Mr. Dias was rightfully concerned with the issue that some students in an attempt to protect themselves from the ongoing crime on the Providence campus had been reprimanded with campus Safety and Security for carrying pepper spray. This sounded absolutely absurd to me that with the constant frightening crime updates being published in this school publication we should be vulnerable young adults enter possible dangerous situations completely unprepared. I as a representative of the student body was immediately informed to find some answers. As a follow up on Mr. Dias letter I contacted Safety & Security and spoke with two officers. I was informed that it is illegal for students to carry pepper spray, for it is considered a gun and weapons are surely not allowed on campus (other more obvious examples include fire arms and knives).

From that information, I asked myself two questions. Are we as students carrying pepper spray to use as a weapon against each other, or the criminals who are causing us to lose our very security. Secondly, are the officers of campus Safety & Security actually reprimanding innocent pepper spray owners for the mere fact that they are carrying it to protect themselves, or because they are abusing the privilege of possessing this dangerous weapon?

Well Mr. Dias, we did discover that pepper spray is "technically" not allowed on campus for obvious reasons, therefore we must resort to using our "smarts" to protect ourselves on these ever-dangerous streets.

Rule #1: Remember if you have pepper spray, in your possession, (for emergency use solely of course).

Do not abuse that privilege by either flaunting the fact you have it (we could not fathom a reason why one would do so? Ex: "Pepper spray is the new black") or by using it on non-threatening situations (for example using it on your boyfriend or girlfriend in a heated argument because he was checking her out, and you wanted to show him what it felt like for his eyes to be ablaze). Now these are just a few bona fide reasons for Safety & Security to remove that dangerous weapon from your possession, and therefore leave you completely unprepared for any situation which might occur. In the perspective of Security, if those situations were to occur, that individual is not responsible enough with such an injurious tool.

SGA commends you again Mr. Dias for taking the initiative and writing to the editor our campus newspaper, about this topic. It is very important for us as students to be fully aware of all rules and regulations of our campus in obedience. It is also extremely important for us to remain safe and out of harm's way whenever possible. I am still researching this topic in further detail and if any updates should occur, I will inform everyone of the facts.

Amberlee Rogers, Vice President of Public Relations

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REPARATIONS FOR BLACKS

By Rebecca Edinger

There are diverse views and opinions which support and oppose the idea that Black Americans should be compensated for the work and punitive damages their ancestors suffered from. Should the current government be forced to pay for a sin committed more than 100 years ago? Should whites be made to feel guilty for something they believe they had nothing to do with? Are Black America's current problems all tied to slavery?

First, let's view the reasons why reparations should be imposed for Black Americans. Native American Indians as well as Japanese-Americans have been compensated for the wrongs the government inflicted on them, so how are reparations for blacks any different? Many Black Americans find current problems in society with the fact that they have been oppressed for so many years. The exploitation of Black Americans has taken many forms throughout the years. Black Americans have dealt with the terrorism of the Ku Klux Klan, chain gangs, police torture, mass incarceration, poverty, unemployment, voter discrimination, and the assassination of their leaders.

African-Americans feel as though they have every right to be compensated for all these crimes committed against them due to governmental forces. It's not about pointing fingers and trying to figure out whose ancestors did it. Black American activists believe that the government should assume full responsibility for making the payments, which have been estimated to be in the hundreds of billions of dollars.

Those who are in opposition of reparations for Black Americans might argue that whites are not primarily responsible for the enslavement of African-Americans, because there were Black African-Americans who also owned African-Americans as slaves. Those who oppose reparations for all Blacks may also argue that the reparations for Jewish survivors of the Holocaust, Japanese-Americans and African-American victims of racial experiments in Tuskegee, or racial outrages in Rosewood and Oklahoma City are all justified because they were direct or indirect victims of injustice. In this case the reparations go directly to the racially discriminated person and/or their immediate families. Some may also say that the African-Americans have already been compensated. Since the passage of the Civil Rights Acts there have been trillions of dollars paid to African-Americans in the form of welfare benefits and racial preferences (in contracts, job placements, and educational admissions).

The question of whether reparations should be paid to Black Americans has given rise to a lot of tension. There are those who feel that blacks have the right to be compensated for the injustices set upon their ancestors, because of the problems themselves face today.

Few questions challenge us to consider 380 years of history all at once, to tunnel inside our souls to discover what we truly believe about race and equality and the value of human suffering.

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Michigan State U. Admission Policy

By Leslie McMillan

When it comes to being accepted to college or beyond, should a person's skin color play a role? This is a huge debate that has found its way through conversations, and is now a class-action lawsuit. In November 2002 University of Michigan admissions policies came under huge scrutiny when two prospective white students were denied acceptance to the University "highly selective" undergraduate program. Prior to this suit another lawsuit was filed 5 years ago, alleging that the University of Michigan denied another white candidate access to their law school because of race. Is this fair? Each institution does have the obligation of achieving a diverse student atmosphere. But to some extent there must be a limit.

Some believe that affirmative action is used to "remedy disadvantages on minorities by past racial prejudices". Others feel that it is a form of reverse discrimination that is unconstitutional and should be eliminated. However, affirmative action gives some minorities of disadvantage backgrounds unlimited opportunities. Let's also understand that not all minorities are successful because of affirmative action.

When used correctly, affirmative action is a tool that should help society not hurt it. In the case of the University of Michigan as President Bush has stated, their admissions policies regarding race are highly flawed. According to an article in The Michigan Daily, a former President of the University, James Duderstadt, introduced the Michigan mandate in 1987. In his own words, the purpose of the Mandate was "a strategic plan to create a more multicultural university in the future." The university's minority has risen from 12.7 percent to 25.4 percent. The goal was to focus on academics & diversity and bring the two together.

Personally, I strongly agree with the intent of affirmative action. However, we need to do more, so that twenty years down the line race will not be an issue on a college application. The attention should primarily focus on helping those from a disadvantaged background at an early age. So that they will be qualified just as much as any other.

In the past Michigan State University has done a great job of achieving diversity, but at this point they should close the door on one person at the cost of another. In reality, we live in a very competitive society, where only the fittest survive. This competition knows no color.

Letters to the Editor can be sent to campusherald@jwu.edu
NAACP

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Awareness of the NAACP on Johnson & Wales Campus is imperative because there are many issues within the Johnson & Wales community and the Providence community at large that can be confronted through a strong collective effort," says Junior Akosua Tyus, President of J&W NAACP Chapter. "Our elders have set the tone for what we need to accomplish and what is expected of us. It is now our responsibility to use our college education and passion for making a difference to better the community."

One of the goals in the New England Collegiate State Conference is to reactivate and charter more college chapters and youth councils to address social injustices as a stronger united force.

With the average age of an NAACP member being 60, Tyus continues by stating how important it is to have more youth involved with NAACP.

"Any major stride in the community is going to be made by the youth," Tyus continues. "We need to become remotivated and understand that each of us can make a difference."

The NAACP is known as a medium for change on campus by setting goals that include advancing the political, economic, educational, and social statues of people of color on campus and within the community through programs, community service, mobilizing around important issues.

Founded in 1909, it is the nation's oldest and largest civil rights organization encompassing over 500,000 adult and youth members throughout the United States and the world. The J&W NAACP Chapter, first charted in 2001, views Sankofa as their goal for the 2003 school year.

"Sankofa means to look past and learn from the experiences and actions of those that have come before you," says Tyus. "As the collegiate chapter of the NAACP at J&W it is important for us to learn from the accomplishments and drive of our elders and ancestors that have fought to secure the benefits that we experience today."

During Black History Month, NAACP will be hosting several events such as "Sankofa Brunch, Issues Facing Black Youth, NAACP Founders Day, Reparations Discussion, Black Music & Art Show, and a Tour of the Black Heritage Society. In addition to the events held in February, the J&W NAACP chapter will host an ongoing mentorship and tutorial program with Hope High School and is planning to implement a similar program at Central High School.

Indoor Mini-Golf tournament raises over $5,500

By Tiffany Rankine

The First Annual Entrepreneurship Indoor Mini-Golf Scholarship Tournament, held on January 29, 2003, raised over $5,500 for two scholarships that will support entrepreneurship students attending Johnson & Wales University. The event was supported by CVS/pharmacy, Carey Industries, Inc., Trinity Rep, Mulligan's Island, and the J&W Book Store. A campaign is underway to double the amount raised to $10,000, thanks to all who participated.

The faculty foursome winners go to the team of John Laurent, Tim Coffey, Jackie Coffey, and Robert Foreier. Their prizes are four golf practicing kits. In the doubles division the winners were the DECA team, comprised of Erin Wilkson and Brian Eronenok, winners of a $25 gift certificates from the J&W Book Store.

Our low scorer was Erin Wilkson, who will receive a gift certificate courtesy of Trinity Repertory Company worth $96. Our high scorer was Robert Foreier who will receive a $25 gift certificate courtesy of the J&W Book Store. We would like to express our appreciation to all our volunteers, Dr. Morris Gabe, our Honorary Chairman, and the individual departments and dorms who allowed us to use space in their buildings. All in all, the event was a fun filled day and we can't wait until next year.

Weed's Center Undergoes Positive Change

By Leslie McMillan

The Women's Center has been approaching many new and exciting things in the past couple of months. Along with J&W administration and staff, Rhode Island State Police Colonel Steve Pare and the entire command force of the State Police was in attendance at the swearing in ceremony. Other invited dignitaries included Dean Esserman, Providence Chief of Police, and Rhode Island Supreme Court Chief Justice Frank Williams who officiated the ceremony.

"This is the type of person we want to partner with when bringing together the community," says Dean Esserman.

Steve Pare comments, "I congratulate Quinn as he begins a new face here at J&W. Pare continues, "It is difficult for an officer to change from a police officer serving the city to a director serving a University campus. Major Quinn has transitioned well and it is all attributed to the type of character he has." After the swearing in of Quinn by Williams, Quinn had a few words of expression that described his mission for his new position.

"The goal is successful leadership," says Quinn. "Change is essential for the longevity of a company without it we will nurture our own demise."

Quinn believes in making a difference through devotion, teamwork, pride and commitment. He spoke about the importance of change and ways to look for improvement within a department.

"A good company will be consistent in delivering goods or services. A great company is consistent in delivering goods but is also consistent in finding ways to improve."
Sweetenbreg-Lee Speaks at Opening Convetion of Black History Month

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"To celebrate Black History, you have to participate in Black History."

not only celebrate Black History Month for 28 days, because when we are in the midst of our struggle, we did not only fight for 28 days. We fought all day, everyday, as we continue to fight now.

The theme of this year's Black History Month is Sankofa, a proverb meaning "We return to the past, and learn lessons from them."

Some of these lessons were

preached by the keynote speaker, Sweetenbreg-Lee.

"To celebrate Black History, you have to participate in Black History. Black History is American History. African-Americans have been built upon a foundation where the only thing that must be done to survive is to struggle," Sweetenbreg-Lee told the crowd.

The importance of developing a strong self-identity was stressed in her inspirational speech.

Sweetenbreg-Lee claims we should take a reflective look at our past and become agents of our deliverance.

"Having an awareness of who you are and who's you are gives a person so much power," says Sweetenbreg-Lee.

"Don't linger around low places, and set your sights on the hills." Sweetenbreg-Lee criticized the common complacency evident in today's African-American society.

She added that African-Americans need to stop waiting for someone to open up a door for us and if the door is locked she urges us to knock it down and make our own door of opportunity.

Sweetenbreg-Lee says that students need to be linked with people who are concerned with their overall well-being.

"Young people you need to find someone that is concerned in helping you get out of your low places," she continues, "Don't let challenges cause you to linger there too long. If you can make a difference in one person's life, do it and don't linger."

Lawrence C. Ross
Speaks at J&W

By William Sitake

On February 5, 2003, Lawrence C. Ross spoke in the Pepen Forum to an audience of both Johnson & Wales students and students from surrounding colleges. This event marked Mr. Ross's first presentation at a college in the state of Rhode Island.

Ross is the author of "The Divine Nine," and "The Ways of Black Folk." He has recently traveled to 30 countries, speaking and researching of all his books. He has appeared on National Public Radio, Good Morning America, and has been interviewed in Ebony Magazine among others. He studied African American Studies at The University of California at Berkeley, becoming a member of the Alpha Phi Alpha (AΦA) Fraternity Incorporated on April 21, 1985.

Ross spoke about where he found the idea for "The Divine Nine" as a book, which tells the stories of nine black fraternities and sororities. He stated that, "When you think about what you want to write for your first book, you usually look at what you read." It took him two at 2 A.M. for him to realize what he wanted to write about. "I saw my wife's sorority history book on one side of my bookshelf, and my fraternity's history book on the other side and I realized I did not know anything about my wife's sorority." Thus was the inspiration of his book. He had a quest to find the whole picture, since he "had only known Alpha." In interviewing the groups he realized, regardless of how Greek organizations may sometimes compete, they all share common bonds.

Ross also addressed the importance of the formation of these groups. Most of the Greek organizations were formed at a time when not many people in general entered colleges, let alone Blacks. An air of prejudice was apparent throughout the entire country, even in the African Science Club, as some may think. Ross even went as far as saying "A Birth of a Nation" almost was a legitimate film at that time. Things were hard for the few black students who attended college, and the formation of these organizations was so they could succeed, because with that group support, it would be impossible.

The importance of these organizations forming national programs and creating strong African American leadership were also points Ross addressed in his speech. He mentioned names such as the Rev. Martin Luther King Jr. and Bill Cosby, as some of the famous products that have come out of Black fraternities and sororities. However, Ross made a vivid point in saying "The most famous members are not the most important. The financial members are the most important."

Ross took time to generalize the difference between white and black fraternities and sororities as saying that the predomi-

nantly black fraternities have more of a sense that you are a member for life. Adding, that when you enter any fraternity or sorority that "...you become a part of your community at a higher standard," meaning that people are going to look up to you for the assistance that they have trusted that organization for. Ross made a large point in stating the difference between pride and what he called "false pride."

Simply, because an organization may be held to a higher standard does not mean that they should do so much as hurt another person because of the letters on their chest.

Towards the end of the speech, Ross addressed the issue of pledging and hazing. Ross states, "Pledging and hazing are like smoke and fire." He also told a tale of when a hazing mishap hurt him personally.

After his speech was over, there was an opportunity for questions and a book signing. Lawrence Ross taught many lessons to the audience at the forum, and was a true asset to our Black History Month celebration.

Lawrence C. Ross

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Valentine's Day
J & W Business Simulation/Role-Play Competition
(Providence J & W Campus Competition)

Friday, February 14, 2003
9:00 a.m. - 5:00 p.m.
Xavier Auditorium

All students join the competitive DECA team at J & W!
All students are invited to compete in the J & W-DECA Business Simulation/Role-Play Competition. Participation in this competition provides students with the necessary event management and competition ready skill before heading to the International Career Development Conference (ICDC) in Orlando, Florida on April 11-16, 2003. NEW COMPETITORS that finish in the top ranks of the J & W event will be invited to compete at ICDC. ICDC competitors will receive: 1) a one-time $500 scholarship to be used towards the 2003-2004 school year, 2) an additional scholarship of $250 for any students that makes the top 10% in their event category, 3) conference travel monies in the amount of $250, and 4) media recognition.

Events Offered (choose any one of the events below):

Apparel and Accessories
Business Ethics
Sales Manager Meeting
Human Resource Management
E-commerce Decision Making
International Marketing
Financial Services
Merchandising Decision Making
Sports and Entertainment
Marketing Management
Criminal Justice
Restaurant and Food Service
Hospitality Management
Travel and Tourism
Retail Marketing

How do I sign up for the February 14 competition (Deadline February 12)?
How do I receive sample events?
Contact DECA Faculty Advisor, Erin Wilkinson, 598-2482, ewilkinson@jwu.edu or DECA Chapter President, Sherif Falmy, 598-2483, SAF660@jwu.edu or stop by the J & W-DECA Academic & Competitive Training Office in x229. Please include your name, major, event, email address, phone number and mailing address so that all required information is provided in a timely manner.
Providence to Host 2nd Annual Ice Fire

By Elizabeth Teary

For the second year in a row, Providence will host Ice Fire, a winter festival filled with events for all ages. During February 21, 22, and 23, the Blackstone River Festival will take place in 3 parks: the Biltmore Park, the Fleet Skating Center Park, and the Burnside Park, all adjacent to Kennedy Plaza. An Ice Fire Torch Run from the Providence Mall to the Fleet Skating Center will launch opening night, Friday, February 21, at 5:30 followed by a laser light show performed by the Boston Ice Theatre at 6:00.

On Saturday, February 22, from 11am - 4:30pm Whole Foods will sponsor two tents, one of which will be aimed at children while the other will provide tasting samples of teas, hot chocolates and soups for all to enjoy. Concurrently, the National Ice Carvers Association will compete from 11am - 3pm, with the top 10 competitors broadcasting live coverage of the event. At 4pm, the winner of the competition will be announced and awards presented. A Siskiyou Spectacular with an Olympic star (unconfirmed at time of deadline) will take place at 4:30pm at the Fleet Skating Center. Advanced tickets ($125) are needed for the Ice Fire Marsh Grass Ball held at the Veterans Memorial Auditorium at 7:30pm. Proceeds will benefit the Rhode Island Community Food Bank. Four local restaurants will provide the food and a 7-piece band will provide the entertainment. If interested in attending, call the Providence Tourism Council at 861-0100.

The tasting tents will still be up on Sunday, February 23, with the ice carvings from the competition will be on display. A closing ceremony is scheduled for 5pm with an ice show by the Boston Ice Theatre. Skating at the fleet Skating Center will be open to the public during times not scheduled for an Ice Fire event.

Chef Spotlight: Chef Alex Askew

By Amy Zucker

As we celebrate Black History Month, it only seems appropriate that, at one of the world’s most prestigious culinary schools, we pay tribute to African-Americans in the kitchen.

The presence of African-Americans in kitchens across the country is increasing as we continue to learn about the value of diversity in culinary arts. Chef Alex Askew is a highly accomplished chef who understands the importance of sharing the benefits of his experience with others. "Men of culinary need not recognize that the road was paved for us by our forefathers, and we should be appreciative of that fact."

Among various other distinguished accomplishments in the food service industry, Chef Askew has appeared on "Good Morning America," the "CBS Early Morning Show," and the "Food Network." He has worked as a consultant for Hilton Hotels and General Mills, and also developed ALS Concepts, a culinary consulting firm focused on nutrition and menu alternatives.

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Cooking Corner: Spice up beans with flavor of Caribbean

Carlos Carlos-Pot Stew

1 pound sweet potatoes (about 2 medium) 2 tablespoons olive oil 2 tablespoons minced ginger 3 cloves garlic, minced ½ jalapeno, minced 2 ribs celery, diced 1 green bell pepper, diced 1 small onion, diced 1 pound pork loin, cut in ½-inch pieces 1 teaspoon ground cumin ½ teaspoon salt ½ teaspoon black pepper 3 (16-ounce) cans Bush’s Dark Red Kidney beans 1 (14-ounce) can diced tomatoes 1 (14-ounce) can chicken broth 1 cup chopped pineapple 2 scallions, sliced 2 tablespoons chopped cilantro

1. Pierce sweet potatoes with fork and microwave on HIGH 5 to 8 minutes, until tender. Drain. Set aside. When cool enough to handle, peel and cut into ½-inch cubes. Or, boil potatoes till tender but still firm.
2. Heat olive oil in large stockpot. Add ginger, garlic and jalapeno; sauté until soft, about 2 minutes. Add celery, green pepper and onion; cook until onion is translucent, about 5 minutes.
3. Transfer vegetables to a bowl to keep warm.

Getting Hooked On Fish

(NAPS)-The waves of health reports coming in about seafood have convinced many people to make fish a regular part of their diets. Yet studies show at least 25 percent of Americans don’t eat any seafood at all and most people who do eat fish eat very little. That’s an unfortunate statistic, say doctors, because the benefits of seafood are far-reaching and have been well documented.

For example, a study found a group of adults who ate one serving of fish a day lost 22 percent more weight than a group of adults who ate no fish at all. Losing weight lowers a person’s chance of heart attack, stroke and other conditions.

It’s thought seafood helps curb people’s appetites by sending “stop eating” signals to the brain, via a hormone called leptin. As yet, scientists have been unable to simulate leptin’s effect with supplements or injections.

So how can we get more seafood in our diet? Nutritionists suggest a number of ways, including:

Breakfast-Smoked salmon on bagels or toast can be a delicious and nutritious way to start your day. Too many carbs in bagels and bread? Try mixing the salmon with scrambled eggs or have it with some cantaloupe.

The fish is high in heart-healthy antioxidants and polyunsaturated fats. Consumers can buy salmon that has been vacuum-sealed from companies such as Salmix, the manufacturer of the DaPont™ Sure Lock™ Seal on its packaging, meaning it is air-tight and its integrity is guaranteed.

Lunch-The age-old favorite tuna fish sandwich is a great way to grab a serving of fish in the middle of the day. Try spicing up your tuna with some hot sauce and pepper, or adding a chunk of diced, fresh vegetables. Put the tuna on whole wheat bread and you’ve got a healthy serving of protein, antioxidants and grains, all in one sandwich.

Dinner-Try grilling or broiling fresh fish with a dash of lemon and pepper. To keep the “fishy smell” from permeating your house, boil a stick of cinnamon while the fish is cooking. If you don’t want to cook fish, try adding anchovies or sardines to your salad. The fish are convenient because you can keep them in the fridge and they pack a nutritional punch.

For more information visit www.dapont.com/packaging.

Smoked salmon can be a delicious way to add fish to your favorite dish.

Distinguished Visiting Chef: Anna Tasca Lanza

By Dita Paparini

On February 26, Tasca Lanza will be the third annual Distinguished Visiting Chef coming to the Auditorium at the Harborside Campus. Lanza calls a country estate in Sicily her home. Her expertise is traditional Sicilian Cooking, and she is the author of The Heart of Sicily and The Flavors of Sicily. She also conducts and directs cooking courses at her winery, the Regaleali-Tasca d’Almerita, which is one of the top wine-producing estates in Sicily. She is an expert in Sicilian history, and explains how the French influence has affects Sicily’s cuisine. Her farm at the estate produces poultry, lamb, sheep’s milk cheese, wheat, olive oil, vegetables, and also fruit. Tasca Lanza will be giving students a chance to ask questions about her cooking school, her winery, and the farm.

Campus Herald Wants to Hear Your Feedback! 598-2867
An inside interview with the president of the Alpha Gamma Chapter of the Alpha Phi Alpha Fraternity Incorporated, Kareem Davis gives insight on the future goals and events this organization has set forth.

**Alpha Phi Alpha Fraternity Incorporated**

*What is the mission of your organization for the 2002-03 school year?*

The mission of the brothers of the Alpha Gamma Chapter of Alpha Phi Alpha Fraternity Inc. is to supply the voice and vision of the struggles of the African-American community here in Providence. As men of Alpha, we are obligated to serve the community.

*As we enter a new year, what resolutions do you have set for Alpha Phi Alpha Fraternity Incorporated?*

The year of 2003 is filled with many challenges to our country and Alpha, but we must never lose sight of our purpose as Alpha Men to uplift our people and our community.

*Being the first Black Greek lettered organization, how do you continue to maintain good standing now in comparison to those who have come before you?*

We can never compare to those who have come before us, because they are the reason that we are here today. You can't compare them to any ordinary achievers. The racial attitudes during their time made their accomplishments more monumental. We can only strive to be like them by continuing to set outstanding examples of scholarship, leadership, and success.

*How will Alpha make sure that all goals set are equally met and exceeded?*

We understand that nothing happens overnight, but with commitment over time we can move mountains. The brothers of Alpha Gamma understand that all problems facing our community deserve equal consideration. We don't pick and choose our fights because this is a war against every social injustice facing our people.

*What type of impact does your organization plan to set forth for students at J&W and the Providence community?*

The impact Alpha would like to have on the Johnson & Wales Campus and Providence community is one of rediscovery. We want the African American people to rediscover the struggle from which they have come, and then harness that energy to incite change in Johnson & Wales and in the Providence community.

*What is your organization's purpose here on campus and the reason for your existence?*

For eighty-two years with our small band of ideal Alpha men we have accomplished great things here in Rhode Island. We have continued and will forever be the foundation of the African American community.

**Sisters of Sigma Sigma Sigma**

The Sisters of Sigma Sigma Sigma hope that everyone has had a successful 2nd trimester as we all prepare for finals and SPRING BREAK! A special thank you goes to the brothers of Zeta Beta Tau. We had a great time during our beach party social! We also want to send a VERY belated congratulations to the Pi Class (Heather H., Joanna L., Leigh C.) on reaching their one year anniversary with Tri Sigma. And to our newest members, out of all the sororities you met at Formal Recruitment, you chose us. We hope that you cherish each moment as you continue your journey with our sisterhood. We're glad to have you all. And finally, Happy belated birthday to Janice M. (1/24)!!

**The Brotherr of Delta Sigma Phi**

The Brother's of Delta Sigma Phi would like to thank the Sisters of Alpha Sigma Tau for an awesome Hollywood Social last Thursday. All of the Brothers had a great time, and we can't wait until next time.

Congratulations go out to the Alpha Delta Phi class who were initiated to our organization on Friday. We know that they are going to make excellent Brothers.

Great job guys! The Brothers of Delta Sigma Phi would like to wish everyone luck during these last few weeks of the trimester and on finals as well.

**The Campus Herald Announcement:**

*Attention Student Organizations*

In the interest of education 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

**African Student Association**

Meeting Days: Every 2nd & Last Monday of the Month

Located @ MCC Starting at 5pm

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

**Cycling Club**

Johnson & Wales has a new Cycling Club, which will compete in Eastern Collegiate Cycling Conference races this spring. The races will run from late March through early May. For more information please call 598-1600.

**The Nutrition Society**

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

*Special Announcement:* A Certified Nutritionist will be the guest speaker on February 12th at the Nutrition Society Meeting Wednesday Night. Come and join us and get the chance to ask questions about counseling, her education, and her field of work. Admission is free!

**Pride Alliance Meetings**

Thursday, February 13th 8pm at HAC 18 (Harborside)

Thursday, February 20th 8pm at Multicultural Center (Downtown)

Thursday, March 13th 8pm at HAC 18 (Harborside)

**Criminal Justice Association**

CJA Meetings

Every Tuesday @ 5:30pm

Xavier commuter Student Lounge

**2003**

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ONE-ON-ONE

WITH CRITICALLY ACCLAIMED
AUTHOR OF THE DIVINE NINE,
LAWRENCE C. ROSS

TCH: What inspired you to write the Divine Nine?

Lawrence Ross: Basically, I was thinking about what was going to be my first book. My fraternity book of Alpha Phi Alpha and my wife's sorority book of Delta Sigma Theta... We recognized that neither of us have read the other one. I then decided to investigate and see if their had been any other book and there hasn't been one. So that was the reason I decided to start it.

TCH: What do you see as the future of NPHC as a whole?

Lawrence Ross: NPHC as an organization on campus really needs to define itself well. They have to be able to make sure that other organizations understand that working together collectively actually adds something to the campus. Too often on other campuses people say "Well, why do I need to work with the NPHC?" It really doesn't make any sense. As different organizations our future is very fragile because we really have a culture that is designed to really destroy. I can't confidently sit back and say that their will not be a death caused by pledging. Unfortunately, I think what is going to happen is these really high profile organizations may bankrupt and not exist. That is what may need to take place for the other organizations to get their act together.

TCH: In your opinion what is the importance of Black fraternities and Sororities?

Lawrence Ross: Well initially I think one of the things that is important about our organizations is that it is a really great place to develop leaders on an undergraduate level. Being in a fraternity or sorority is really good because what you can do is really risk things. For example, you can do things that you are not normally used to doing, and actually fail, and have your brothers and sisters pick you up while you get better. Once you graduate and go out to the community, you already have those leadership skills that the community is looking for. You don't have to utilize those skills just within your fraternity or sorority but you can also go in the church, and the community organizations and be that type of leader because you hold what you wanted to be as an active member of your organization.

TCH: How can NPHC be improved?

Lawrence Ross: I think the very first thing that would need to happen if people were really serious about improving each individual organization is to spend a year with a moratorium on intake. Then they should also divide their organization calendar to have a town hall meeting. A town hall meeting would serve to turn back and to reactive the people who have been inactive, and to go over what the fraternity and sororities really are all about. They must reiterate what they are trying to get done within their organization, chapter wise, region wise, or nationwide. Go over some of the policies in terms of the intake programs. I would clean up house in terms of finding a solution for those people who have been initiated but not recognized by their national organizations. There are a lot of things... a lot of things that we have to do.

TCH: What other works do you have planned for yourself in the near future?

Lawrence Ross: My latest book has just come out late January entitled The Ways of Black Folk: The Year in the Life of People. I spent literally 18 months traveling around the world, the United States, Canada, Europe, Africa, South America, and the Caribbean. Spending a day in the life of Black people and trying to get an idea of different circumstances and how we connect to each other was my mission. Basically profiling Africans from throughout the diaspora was the product. The title is a combination of two titles, Ways of White Folks, from Langston Hughes and The Soul of a Black Folk, from W.E.B. DuBois. Utilizing some of the principles of W.E.B. DuBois is how I look at the African Diaspora and using some of the storytelling from Langston Hughes is how I actually wrote it.

TCH: What words of inspiration would you have for J&W Greek Life?

Lawrence Ross: If you are in a fraternity or sorority I think one of the things you must do is live your principles. Don't be afraid to be right. Too often what happens is people misinterpret fraternalism as following along with the group and not saying something to keep the group real focused on their organization. You must remember that you have a responsibility as a member of your organization to people you have never met. You are just as indebted to the organization as a person who has been in it for 80 years. You have a responsibility to keep the legacy up. My words of wisdom would be always remember that your oath is what defines you as a member of your organization. You can rationalize all you want, but your rules and by-laws come from that oath, and you have raised your hand to say that you are going to follow that. Follow that!

TCH: What advice can you give to those who are interested in membership in the NPHC?

Lawrence Ross: If you are a non-greek I would suggest you closely look at each organization for not what they say but what they do. Ask people about what their organization is all about, if they can't answer you they don't know what they are doing. If a person is really proud of what they do they would tell you about what they are doing. Always remember those within fraternities and sororities are servants of the community therefore they are answerable to you.

TCH: What are your thoughts on the possible War in Iraq and military draft concerning students?

Lawrence Ross: This is only my personal opinion but wars are always initiated by old men to send young men to war. The president's administration is trying to present a case, and in some ways it's a good case, where they have to do it, and unfortunately the young people are the ones who are going to have to go out there and fight. I think personally we have been inundated with visions of short wars, and a person of history we know that people who predict short wars are almost always wrong. These wars are very dirty and very nasty. It is always a really hard thing to prosecute. I can only pray that hopefully there aren't a lot of people killed.
EVENT REVIEW: UIB's 2nd Annual Hip-Hop Freestyle Contest

By Michael Gibbons

The University Involvement Board hosted their second annual Hip Hop Freestyle Contest at the Pepsi Forum on Tuesday, January 28th, 2003. The turn-out was excellent especially due to the fact that only Johnson & Wales' students were admitted. A battle of lyrical anxiety was about to explode with the crowd in total anticipation of great things to come. DJ Rukiz was on the turntables providing all of the instrumental beats for every opponent.

"I liked this year better in comparison to last year, because it was more batting", says the event coordinator of the Freestyle Contest, Brian Dinatale, "The environment was better too!"

The talent level at this event could have been better, but because of the amount of talent and the diversity they all possessed allowed this event to really take off.

The art of MCing is a past-time dating back as far as the early 1970's as a form of expression. Now, it has been commercialized in movies and television shows that include 8 Mile, starring Eminem and shows such as BET's "106 & Park".

The UIB organized the event very well particularly right down to the host of the show to the five judge panel that sat in front of the stage.

When it came down to it, only one man took the crown, a man by the name of Jesse Hershkovitz (aka The Herbalist) of New Jersey who took first place at the Freestyle Contest. The Herbalist currently has an album out entitled "Four Hydration" with his group Hybrid II.

In all, this event was excellent and I'm sure everyone is waiting for next years.

Grade: B

Jacko's Bizarre Behavior Examined In Two New Documentaries

Courtesy of MTV

After shocking the world in November when he dangled son Prince Michael II over a balcony in Berlin, Michael Jackson was in need of some serious damage control.

In the documentary, Jackson reveals that Prince Michael II, whom he calls "Blanket," was brought to a surrogate mother he has never met. It also shows Jackson explaining his love for children, saying that his interest in them is not sexual and that he has slept in bed with many children, including actors Macaulay Calkin, Kieran Calkin and their sisters. Jackson also said that his love for younger people so deep that he would "jump off a balcony immediately if someone announced that all the world's children were dead."

Not to be outdone, NBC will air its own Michael Jackson "Dateline" special on February 17. "Michael Jackson Unmasked" is largely devoted to how Jackson has altered his looks throughout the years, particularly through plastic surgery.

Federal Raids On Hip-Hop: A Closer Look

Courtesy of BET

However sensational the headlines, the government's recent interest in possible illicit activities of rappers have deeper implications than those of just the Murder Inc. case. In fact, the raids appear to reek of racism, hypocrisy, business power moves and injustice all at once.

The marriage between the streets and hip-hop is a tight one. Immerseable rappers credit the rap game with getting them off the streets. By the same token, countless hangers-on often march in the music industry right behind the artist.

That Master P of Cash Money Records said that he made a concerted effort to get away from the street to protect the legality of his business. He said that he hopes that others would follow suit.

"I got on my knees every night and
**Women Basketball embraces Two-Sport Athletes**

By Dave Bloss

Womens basket ball attempting to build strength late in the season.

In order to strengthen its late season depth, the women’s basketball team has turned to the soccer squad for help, and two players have responded. Danielle Kelly and Bobbie Hever have become the first two-sport athletes of the 2002-03 school year, and both have played valuable minutes coming off the bench for the Wildcats. Kelly scored eight points in a 78-52 loss to powerful Plymouth State.

Junior Scooroo Cronan played a near-perfect game in a 58-52 triumph over River College. She finished with 16 points, 11 rebounds, four steals, three assists and zero turnovers. She suffered a knee injury in practice the next day and sat out the Plymouth State loss. Cronan returned and scored 22 points in a 66-48 loss to Norwich University. For her efforts she was named to the Great Northeast Athletic Conference Honor Roll for that week. Both Cronan and freshman Melissa Fidalgo are averaging over seven points and six rebounds per game. Karen Thorsen leads the team in assists and steals.

The Wildcats will host Albertus-Magnus College at 1 pm on Saturday, Feb. 15 at the Harborside Rec Center.

**Men’s Hockey Look to Skate atop of ECAC**

By Dave Bloss

The hockey team heads into the home stretch of its ECAC Northeast schedule with only one loss and a solid shot at finishing the regular season atop the standings.

The Wildcats cemented their position with consecutive home victories over Assumption College and Western New England College. Assumption proved to be a pesky opponent as they held a 2-1 lead midway through the second period. But freshman John Brennan scored two goals in the space of 63 seconds to help secure a 5-2 victory. Bobby Cross, Brian Jacques and Chris Thurman also scored for the Wildcats.

Mario Munu’s recorded two assists to remain among the national Division III leaders in scoring. Goaltender Bobby Doran stopped 27 of 29 shots.

Six different Wildcats scored in a 6-1 triumph over Western New England College. John Sarno and Matt O’Connor tallied in the first 59 seconds.

**Men’s Basketball Shoot for Playoff Hopes in GNAC**

By Dave Bloss

The Wildcat men’s basketball team needs to finish among the top four teams in the Great Northeast Athletic Conference in order to host a first-round playoff game. The Wildcats seem on track to reach that goal, helped mightily by a key home victory and a 4-1 road mark in the conference.

Albertus-Magnus came into the Harborside Rec Center as the first-place team in the GNAC. They left 106-81 losers to the Wildcats. Rohan Russell scored 23 points, Justin Bryant added 22 and Ahmed Abdullah contributed 19 points in that victory.

The Wildcats then traveled to River College and claimed a 93-90 triumph. Russell scored a season-high 37 points. Chris Anderson scored 19 and Bryant added 18. Sam Tamaro had six assists.

J&W then pulled off an amazing second-half comeback to win 72-59 at Norwich University. The Wildcats trailed 36-17 at halftime and Russell had been held scoreless. He exploded for 28 points in the second half and JWU outscored the home team 55-33 to claim the win. Anderson had 14 points and Bryant had five assists.

Russell, who is averaging over 22 points per game, was named co-Player of the Week in the GNAC for his heroics.

The Wildcats host Emerson on Thursday, Feb. 13 at 7 pm at the Harborside Rec Center. In-state rival Salve Regina comes to the Harborside Rec Center on Tuesday, Feb. 18 at 7 pm.

**Coach Neil Nachbar moves forward with Mens Volleyball**

By Dave Bloss

The men’s volleyball team opened 2-4 against some of the top teams in New England as first-year coach Neil Nachbar experimented with lineups and strategies early in the season.

The Wildcats opened the year with 0-3 losses at MIT and Endicott College before winning their home opener by a 30-19, 29-31, 30-28, 30-24 margin over Mount Ida. Steve Park had 16 kills and Andrew Manner added 14 for the Wildcats.

O-3 losses to River and Division II powerhouse New Haven were followed by an exciting 19-30, 30-26, 31-29, 32-30 win over Wentworth Institute. Freshman James Collins had 13 kills and three blocks and Manner had 10 kills, three blocks and one ace. Jos Chemko and Park had seven kills.

**Wrestling among top in Division III**

By Dave Bloss

The wrestling team has completed its dual meet schedule, and several individual wrestlers are listed among the region’s best in advance of the Division III New England tournament on Feb. 22.

Kevin Veis is ranked third among 125-pounders, Anthony Montes is second among 133 pounds, Chris Wells is third among 149 pounds after moving up from 141 pounds. Devin Schibi is sixth among 157 pounds, and Tim Jones is sixth among heavyweights.

**Intramural Floor Hockey & Men’s Softball**

The deadline to enter teams for intramural floor hockey and men’s softball is Monday, February 17. The captain’s meeting for men’s softball will be held on Tuesday, February 18 at 5:30 pm at the Harborside Rec Center. The floor hockey meeting will be held that same evening at 6 pm. For more information, contact Hollie Walton at extension 1615.
Maya Angelou

By Elizabeth Tarpy

"What I would really like said about me is that I dared to love," USA Today, March 1985

Born Marguerite Johnson in St. Louis, MO, on April 4, 1928, Maya Angelou has grown to become one of the country's most prolific African-American writers. She has penned six autobiographies, two personal essays, three children's books, twelve books of poetry, six plays, two screenplays, five musical scores, and three spoken word albums. Additionally, she has appeared in numerous TV, film, and play roles, and contributed to many periodicals. Many of her works have won critical acclaim, yet two have special importance: "On the Pulse of Morning," a poem written for the Presidential inauguration of William Clinton in 1993, and "Why I Waged the Bird Sings, the autobiography which remained on the New York Times' best-seller list for two years, longer than any other book by an African-American. The critic Bryan D. Bouton believes Angelou to rely on an African tribal oral story-telling tradition that sets her work apart from others.

Angelou is much more than a writer. She is a historian, a civil rights activist, a producer, a journalist, a director, a dancer, and an educator. In fact, her career started in dance and drama but then changed to that of editor upon her marriage to a South African freedom fighter. Between 1961 and 1962, Angelou edited the Arab Observer, the only English-language news weekly in the Middle East. She returned to the United States when President Ford appointed her to his Bicentennial Commission. Under President Carter, Angelou also served on the Commission for International Woman of the Year.

Lower-income teens in urban Washington, DC have the Maya Angelou Public Charter School. These youths attend the Maya Angelou Public Charter School to develop life skills and encourage change in their communities. The program reaches kids who may have had trouble in traditional public schools. Currently, Angelou is the Reynolds professor of American Studies at Wake Forest University in North Carolina, a position she has held since 1981.

Culinary

continued from page 6

Most notably, Chef Askew is the co-founder of the Black Culinary Alliance, a non-profit organization committed to enhancing the professional and educational opportunities for blacks in the hospitality industry. Chef Askew points out that a growing breed in the industry is "Korning" to many different cuisines as possible, whether they are classical or new age. This concept, coupled with customers growing sophistication and interest in other cultures and cuisines are opening many kitchen doors for minorities. Kitchens are slowly transforming to reflect Africa's melting pot.

For more information regarding scholarships and networking opportunities, please visit http://www.blackculinary.com

Stevie Wonder

By Roselin Pels

As we commemorate the month filled with glory and pride of black men and women, nevertheless, the one chapter of the book of life, we pay tribute to Stevland Judkins Morris, an African American singer and songwriter born in Saginaw, Michigan on May 13, 1950. Today known as Stevie Wonder, it was highly probable that Wonder was blinded by an excess of oxygen in his incubator after his premature birth.

A substantial part of Stevie Wonder's public life consists of the voices of complete strangers telling him they love him," said Giles Smith in the New York. Wonder's achievements as an African-American man consist of 15 Grammy awards, Distinguished Service Award, President's Citation on the Community of United States, and a National Ambassador. Founded Black Music Publishing company, sponsored Stevie Wonder Home of Blind and Retarded Children, and many more.

BB King

By Dina Papantili

BB King is the "king of blues" and has undoubtedly influenced today's music. This legend's rise to stardom, however, wasn't as smooth as his licks. B.B.'s setbacks are what gave him his character, and his ability to play those 'dirty Memphis blues.'

King had to open many doors for himself in the music industry. These doors have been left open only to expand for future African-American musicians. His dedications, pursuit of excellence, and success have lead to his spotlight in J&J's Black History Month issue of The Campus Herald.

James Brown, Chuck Berry, Little Richard, and Fats Domino were black performers who were made into stars upon the birth of Rock & Roll. King, unfortunately, could not find his open door to mainstream music. It was not easy for King to watch other black musicians rise, while he was still on the ground. It was these setbacks during this time period, however, that "King's music was better than ever".

King did get his break. The Newport Folk Festival is where mainstream America first heard the music of the Butterfield Blues Band. The Butterfields was asked countless times "Where did you learn to play that way?" Both guitarists honestly answered, "By copying King's licks." B.B. King finally broke through to the mainstream with his most popular song, "The Thrill is Gone."
**Professors Speak Out!**

**What are some words of wisdom to prepare for finals?**

*Professor Proudfoot*
College of Business

"Remember that you already know what you need to know for the finals and come in with a positive attitude and get on it."

*Professor Delaney*
College of Business

"Do it until you know it."

*Dr. McConeghy*
College of Business

"Start early and don’t wait to prepare; you can’t learn three days of material in two days."

*Professor Lapi erre*
College of Business

"I will tell my students to go over old homework and quizzes, and ask for old exams to study from."

*Professor Bortolotti*
College of Business

"I tell students to use outlines and study the material along with the book... Take notes and relate back to the chapter."

*Professor Wilkinson*
College of Business

"Study specifically what the professor tells you and don’t try to swallow everything in one weekend."

*Dr. Jones*
College of Business

"Best way is to find a quiet comfortable place... Go over the highlights in every chapter and be aware of the main point in the chapter."

*Professor Eschilson*
Hospitality College

"Having a fellow student to study with can be motivational and encouraging."

*Professor Warrener*
Hospitality College

"I will recommend students to form study groups. Other members of your group may have information that you don’t."
Student Government Association

Housing Selection Solutions from the President

Albert Hilliard, Student Body President

The Housing Selection process was said to be confusing and challenging by both students who participated and university officials. After receiving numerous complaints, the Student Government Association has been working on several proposals to offer the University to eliminate this chaos from occurring again. At the January 12, 2003 Senate meeting, I announced that I would be holding meetings with willing members of Senate to present ideas for the Dean of Students, Terry Addison. I convened with Dean Addison and discussed some of the proposals on January 15, 2003. One of the ideas we discussed was a ticketing system, which Johnson & Wales currently utilize for the Add/Drop program. SGA is on the fast track to diminishing the complications which occurred during the housing selection process.

Our Focus

By: Albert Hilliard
Student Body President

In order for an organization to properly function it is important to have a solid structure and a logical flow. The motto I have created this year for our Student Government Association is "To achieve the perfect campus, we need the perfect government." Currently the SGA is working on strengthening our infrastructure, which includes our foundation and internal process. Without a strong backbone, an organization is unable to perform at its fullest potential. Then and only then may this organization have the ability to advocate for the students. This has been a year where all issues within the structure of SGA have been addressed as well as resolved. At our most recent Senate meetings there have been at the least ten amendments to the official SGA constitution. These amendments allow clarification in the text of our mission on campus. We have just finished tabulating the results of the Harborside campus surveys (which also included ACE, and Hospitality), and will be producing the Downtown campus surveys shortly. These surveys are a yearly study for us to discover student issues and address them. When all is complete, a report will be submitted to the Campus Herald for the students as well as to essential administration.

Have an interest for advertising? Want your events and programs advertised and read throughout the campus?

Then we want you!

-Business Majors who would like to assist in advertising for The Campus Herald.

-Those who would like to get their newest program or event known, why not advertise with the Herald?

contact: Angel Trueblood Advertising Manager
(401) 598-1489

A message from the Public Relations Team

The Public Relations Committee would like to wish everyone a blissful Black History Month. Remember to take advantage of all the wonderful festivities that have been planned to celebrate and commemorate.

As an update for the PR committee we are currently engaged in the production of the FIRST ever SGA Newsletter. Further details regarding the ASAP (Addressing Situations and Problems) program will be available to the entire student body shortly as well.

The month of February is always eventful with the celebration of Black History, Gui-Wei (Chinese New Year on the 1st), Eidul Adha (Feast of sacrifice on the 12th), St. Valentine’s Day (14th), and President’s Day (17th).

FEBRUARY
We would like to wish a Happy Birthday to our February Born Representatives,
Feb 1st - Liz K. Oferi (Student Services Senator)
Feb 16th - Amberlee Rogers (Vice President of Public Relations)
Feb 26th - Kevin Marsh (Harborside Campus Affairs Senator)
Feb 28th - John Ortenzi (Student Services Senator)

Student Government Association has made some drastic changes to current offices lately. With a resignation from Vice President Joe Lawrence, Clubs and Organizations Senator Kevin Hour took the position as the newly appointed committee Vice President. The resignation of Gregory Whitmore also left the position of Vice President of Student Services open, which is now being held by Junior Class Treasurer Laura Aronne. Thank you Kevin and Laura for immediately filling these positions and continuing the committee’s projects successfully.

A scholar who cherishes the love of comfort is not fit to be deemed a scholar.

lao-tzu
Need A Cap and Gown For Graduation?

By Kate Howard

Look No Further: Student Financial Services and Career Development Are Your Ticket!

Culinary Campus: Harborside Recreation Center, 2nd Floor February 17, 2003 9:00 AM to 3:00 PM

Downtown Campus: Multicultural Center, 1st Floor February 18, 2003 9:00 AM to 3:00 PM

What's the catch? Why do you need to go through Student Financial Services and Career Development? For a couple of reasons...

We are not trying to drag you down, but you incur a few responsibilities with graduation. The first and foremost... how are you going to support yourself? As a graduate, you need to take into consideration the onset of student loans (if you have loans), rent, utilities, daily living expenses, as well as car insurance (if you have a car) or transportation expenditures (how are you going to get to work?). Have we depressed you yet? Honestly, it’s not as overwhelming as it seems; you’re starting a new life, and that’s pretty exciting!

If you are graduating and you haven’t secured a job, remember you have options and they’re FREE! The Career Development Office provides Johnson & Wales students with On-Campus Recruiting Events, (OCR), which will offer you the opportunity to network and secure employment. Big Hint... Don’t miss your chance to attend the Spring Career Expo, (Hospitality/Foodservice: March 25th and Business/Technology: March 27th). Also, a piece of advice... get to know the Career Development staff. You need to make sure that you are meeting with your Career Coach; they’re going to give you tips that will ensure that you make an impression with your cover letter and resume. As non-personal as it seems, these two pieces are usually a company’s first impression. Once they’ve called you to schedule an interview, you can woo them with your talent and style.

So in order to get this far, you need to do one more thing... fill out your graduate survey completely, with updated information. Times are hectic! You may not have the time to visit with your Career Coach in the upcoming weeks, but if the Career Development staff has your updated information, we will contact you to offer you FREE career services, (resume and cover letter writing skills, job interview tips, as well as a database filled with career opportunities). You may question, “I don’t know where I am going to be after graduation?” Simple, write down an address of an individual who can reach you, this may be your parents, a relative, your significant other, or your best friend. One thing to keep in mind, Johnson & Wales University offers valuable services. Let us help you; we just need to be able to contact you.

What if you have a job? Still keep in touch; you never know when you may need Career Development’s assistance. If we have your most updated information, you would be amazed how smooth your next career search will be. Remember that once you graduate from Johnson & Wales University, your updated information is as easy as signing up through http://alumni.jwu.edu/connect.htm.

Volunteer Opportunities for February and March 2003

Volunteer Opportunities for February/March 2003 through the Feinstein Center at J&W

Note: These are volunteer projects, and are not for service-learning credit. For more information on the opportunities below, call or email Community Service Coordinator Amy Kirk at x1312 or email akirk@jwu.edu. To join the Volunteer Opportunities e-list, send an email with your address to akirk@jwu.edu. Note: Below is just a sampling of the opportunities available. Make an appointment with Amy or email her to find out about other opportunities!

February Volunteer Projects

Assist in Construction of Display and International Women’s Day Festival

Children’s Activities at the 2003 Rhode Island Flower and Garden Show

February 20th-February 23rd

Volunteers needed for all aspects of the festival.

March Volunteer Projects

Assist at Mardi Gras Bonfire to benefit AIDS Care Ocean State

March 8 from 7:30-11:00 p.m. various shifts available

Help with set-up, bussing tables, and clean-up.

Volunteers receive free admission to event.

Assist at Daffodil Days

March 24-28th 9:00 a.m.-4:00 p.m. various shifts available

Drivers and assemblers needed for this unique annual fundraising effort.

Deliver flowers to donors!

Ongoing Volunteer Projects

Be a Field Trip Leader for Southside Community Land Trust’s City Farm

Field trip educators needed to work with small groups of students in various hands-on activities during their visit to City Farm.

Be a Youth Mentor with English for Action!

Commitment of 5 hours minimum needed per week for after school arts and education program in Olneyville neighborhood of Providence. Possible stipends available.

Work as an Office and Education Assistant at Dorretti Place Adult Literacy Center

Ongoing

Work in the office of this renowned literacy center. Learn about non-profit management. Build communication and office skills in a collaborative environment.

Okay, so you understand Career Development; what about your student loans? This is where Student Financial Services gets involved. When you borrow money from the government, you have rights and you have obligations. Understand both. When you attend your designated session, you will not only update your contact information and find out how much you owe, but you will receive a bit of an education. A Student Financial Services staff member will be able to explain your entitlements and responsibilities, as well as answer any of your questions. So if your new favorite vocabulary word is defer, (as in deferring your student loans), find out the true meaning and see how you can make it mean (legally, without destroying your credit!).

So, another way to look at this... are you interested in making graduation with your family more enjoyable? It’s easy. Lower the chances of confrontation by setting aside 30 minutes! Attend your specific Exit Interview to jump-start your career search, as well as understand your new financial obligation, student loans.
MAGIC MAZE WEST OF THE MISSISSIPPI

E I G D B K Y W T R P M K I F
E S I O B D C X B Y W U S Q O
M K A I T F I O D B Z X W U R
U S Q K O N L R L J H L F E
D C C H E Y E N N E A U E Y V
W V T O M P S M Q L L P F N N
L K H P I H O F A O O T A I E
E P I E R R E T N R C T T B D
U A E N U J Z O Y W C S N I V
U A N E L H E R S R Q U A A I L
P N M L J I M E L A S H S F L

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

Austin
Boise
Cheyenne
Helena

Hollywood
Juneau
Lincoln
Little Rock

Olympia
Phoenix
Pierre
Sacoara

Salem
Santa Fe
Topeka

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ACROSS
1. Prohibit
2. Not in
7. Scuff
11. Speedy horse
13. The maiden
14. Ellipse
15. Pinnacle
16. Scale member
17. Semester
18. Bundle of wheat
20. Steers’ place
22. Yank
24. Japanese entertainer
28. Uneventful way of proceeding
32. Standard
33. Beehive State
34. Playground game
36. Actress Ward
37. Emulator
39. November birthstone
41. Mind
43. Go up and down
44. Harp’s ancestor
46. Necklace component
50. Head light?
53. Give a massage
55. ... to remedy this
56. DeMille

10. movie, often
12. Continue
14. unattired
15. St. croesser
16. 9th Standard
17. Shade source
18. Long popular game show
19. Canoe coat
21. Romanian money
23. Understood
24. Egyptian sea port
25. In fine letter
26. Reaction re.
27. Dior foreunner
28. “Dope”
29. Wire (Abbr.)
30. Molodrous
31. Tit for
32. Sailor
33. Bashful
40. Dad
42. Sip-up
45. Coin of 12 nations
47. Realty unit
48. Talk-show host
49. Ogler’s look
50. Height of fashion
51. Giraffe
52. Perjure oneself
54. Foundation

DOWN
1. Sheep’s comments
2. St. Louis attraction
3. Appellation
4. CIA foreunner
5. “Dope”
6. Wire (Abbr.)
7. Understood
8. St. croesser
9. 9th Standard
10. Shade source
12. Long popular game show
13. Canoe coat
14. Romanian money
15. In fine letter
16. Reaction re.
17. Dior foreunner
18. Wire (Abbr.)
19. Ogler’s look
20. Height of fashion
21. Giraffe
22. Perjure oneself
23. Foundation

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