ADMINISTRATIVE CHANGES & MAJOR
IMPROVEMENTS IN STORE FOR J&W
New student center to provide one stop shopping for students

BY ALEXANDRE DAFOE DE AGUAR
Staff Writer

The New Year for John & Wales University brings numerous changes and the confirmation of a project that has been in the works for some time. The changes include administrative and academic positions, new buildings, and a student center. The student center is expected to provide one-stop shopping for students.

What will the students witness from all of these changes? To answer that question, one must look at the new positions and changes that have been made.

Both Bowen and Schneider are veterans at J&W, each with almost 30 years of experience. Bowen has been with the university for 30 years and Schneider for 20. Both have held various positions, including vice president and dean, and have been instrumental in the development of the university.

The student center is expected to provide a range of services, including academic support, career services, and student life services. It will be located in the new building and will be accessible to all students.

The changes are expected to improve the student experience and provide a more seamless experience for students. The student center is expected to open in the next academic year.
Changes: Density issues in residence halls top list of improvements

The Campus Herald invites Letters to the Editor, and guest commentary from students, faculty, or staff, and also from non-university community members.

Letters to the Editor must include the writer's name, signature, and phone number. We ask that faculty and staff list the department in which they work. Letters should be no longer than 250 words in length. The Campus Herald reserves the right to edit all articles for space and accuracy. Please submit articles by mail, fax, or in person to The Campus Herald no later than 4:00 p.m. on the deadline date. Mail letters to Johnson & Wales University Attn: The Campus Herald, 8 Abbott Park Place Providence, Rhode Island 02903. Fax to 401-598-1121. Email to campusherald@jwu.edu.

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Newstips and Story Ideas

The Campus Herald welcomes all content suggestions. If you feel we are not covering a specific event/topic please feel free to contact us via the information listed above. News tips and story ideas can be emailed, fixed, mailed, or hand delivered. Please provide as much information as possible.

When the Norfolk and Charleston campuses move to the new Charlotte campus, J&W plans to have four equally strong campuses, offering the same programs and amenities for students. These include a strong educational network which will require a huge amount of capital, according to the administrators. One of Bowen's responsibilities will be to lead a university wide fundraising effort, in order to obtain money for buildings and improvements, in addition to scholarships for students.

The scholarships that we are giving out will bring in better students. All colleges try to bring in better students. Everybody wants the best. It's almost like what is happening in baseball, it's throwing money. There is a lot of money that goes towards scholarships to bring in the (high priced) people.

- Dr. Irving Schneider
First major snow storm is no match for J&W student life

BY KARLA PINNER & ALEXIS JUNGDAHL
Staff Writers

The first snowfall of the academic school year wasn’t enough to keep J&W students indoors. The fresh blanket of powder led to thousands of possibilities.

For many students, this winter’s first snowfall was their first taste of the brutal New England weather. Freshmen Carrie Dannmyer was shocked by the sudden snow fall. "When I was walking to class the ground was bare. By the time class was over, the ground was covered with almost a foot of snow!"

Many students found it difficult to travel back and forth to class on the snow filled sidewalks of Providence.

Brian James: The urban snowboarder

After experiencing what seemed like immediate cabin fever, freshman Brian James couldn’t resist the freshly fallen snow. Gathering his snowboard, and a few friends, he set out into the cold winter night. While the snow might have been a nightmare to drivers, it was an urban snowboarder’s paradise. Since arriving in Providence in August, James has kept a running list of the best railings and stairs the city had to offer. It was now time to test them out.

James grew up snowboarding the traditional way, on the slopes of the Mountain Creek Resort in Vernon, New Jersey. The snowboarding magazines and videos he idolized as a child encouraged Brian to take his snowboarding to a more extreme level.

During a typical boarding season he hits the slopes up to 45 times a year. He was not about to let a city such as Providence stop his craving for adrenaline. "I was really excited for the first snow. It was the first time I was able to snowboard in a city. I’ve seen it in magazines and movies and wanted to try it out for myself," says James.

The New Jersey native had to get creative in finding locations with all the right elements. While long flat rails make for prime snowboarding, he also tried staircases and dropped 10 to 20 foot walls.

While Providence doesn’t compare to the snowboarding James grew up with, he liked trying something new. The first snow in Providence provided him with the chance to go after what every snowboarder craves: the rush of adrenaline.

Dedicated holiday shoppers & trapped students

With the holidays approaching ever so quickly, Carrie Dannmyer couldn’t let a few feet of snow put her Christmas shopping behind schedule. While the walk to Providence Place Mall wasn’t easy, it offered the chance to enjoy her first winter wonderland away from home.

Economists predicted a decrease in the amount of holiday shoppers this season due to the bad weather.

Snowmen, snowball fights, and football in the snow could be seen around campus over the next few days. It seems, no matter how old you are, the first snow of the year brings out the kid in everybody.

Of course, being kids went hand-in-hand with the luxuries of home, with an endless kitchen and more then just a cubical size room to move around in.

Unfortunately, with several feet of fallen snow, many students were restricted from doing many normal everyday activities. Those who attempted to walk the streets of Providence found that there was not a store open to offer some type of entertainment. Even the dining halls closed early so the time to dine was cut short.

In the end, J&W students made the best out of their first snow, whether it be snowboarding, shopping or spending quality time with friends.

Student Government ends 2003 focused on charity

BY CHRIS M. POZDERKA
Campus News Editor

The holidays were anything but a break for the Johnson & Wales Student Government Association (SGA). The team of student representatives spent the holiday season providing treats for others.

Charitable efforts began in the Fall Trimester as they planned for Thanksgiving. SGA raised collective efforts for their Thanksgiving food drive for the Beneficent Church by “promoting and gathering baskets of food for the needy,” explains Amberloee Rogers, Executive Vice President. SGA also volunteered its services in a dining event that the church put on in appreciation of the volunteered service and celebration of the food drive’s success.

SGA refused to slow down as they entered the Winter Trimester. SGA co-sponsored the annual Children’s Holiday Party, which celebrated the holidays with the children of Johnson & Wales Upton staff and faculty. The party itself was sponsored by SGA, the University Involvement Board, the Office of Student Activities and the Professional Business Leaders of America. In addition, winter’s chills had no effect on the warm hearts of SGA members who rallied together to collect new hats and mittens for the Amos House for needy children.

On top of those acts, SGA worked with the Office of Student Activities and Greek Life Organizations to adopt a family for the holidays. Rogers claimed, “It was a wonderful experience purchasing warm and cozy apparel for three grateful boys with toys and fun stuff to play with.”

The holiday season has come to a close and the students are falling back into routine.

In the beginning of this year, the student representatives that have come together to create the 2003-2004 Student Government body sat down to discuss and determine the goals of this year’s SGA. SGA has initiated campaign “Spirit and Traditions,” an effort to improve student involvement and communication throughout the university community with the hopes of establishing a more unified student body.

This campaign was christened by the 2004 Pep Rally. The pep rally took place Thursday January 8, 2004 in the Harborside Main Gym at 6:30 p.m., an effort to offer support to J&W Athletics and celebrate and stimulate school spirit.

Following the January pep rally, SGA has planned a three-on-three basketball tournament that will once again allow students to unite in fun and ignite school spirit at J&W. The tournament is hoped to provide SGA and the school the opportunity to combine efforts and raise funds for a charitable cause.

As for the spring, SGA claims to have no intention of slowing down and believe they have unlimited number of ideas coming from their members.

Note: If you are interested in becoming a part of Student Government Association or becoming an active Shadow Member, please contact President Albert Hilliard at the Student Government Association offices. Phone 401-598-1091. Email jwsga@yahoo.com
Sweden campus to close doors in 2004
Annual spring term abroad will be offered with educational associate

BY JOHN ORTENZIO
Editor-in-Chief

Effective May 2004, Johnson & Wales University will close the doors of the Sweden Campus in Gotenburg. The closure comes after careful investigation and analysis into the enrollment of the programs offered at the eleven-year-old campus.

According to University officials, enrollment produced sufficient income to make recruitment costs manageable on a per student basis. Enrollment numbers were anticipated to increase over the years. The increase did not transpire, forcing J & W to supply the program with added resources to maintain enrollment efforts. Even with the increase in resources, the goals of the university were not met.

"The reality of increasing opportunities for higher education in Sweden, and unfavorable exchange rates, have led to flat, and ultimately declining enrollment numbers. Analysis and research has made it apparent that the program is not sustainable in its current form. As a result, the recommendation has been made to discontinue the learning site as it functions today," said University President John A. Yena in a memo to the university community.

The Sweden Campus offered international students the opportunity to study their first year of college life close to family, and friends, in the International Business program. They then went on to complete the baccalaureate degree at a campus in the United States. This allowed students to get accustomed to American university living.

"Our eleven-year experience in Sweden has been very rewarding, for the students, faculty, staff, and the entire J&W community. The University is committed to maintaining an ongoing connection with those alumni by supporting the Sweden alumni chapter," claims Yena.

Dita Selman, a student who spent her first year at the Sweden campus claims, "It's kind of sad. We had a lot of fun there."

We had a small campus. It was very close knit, and the staff over there was amazing."

The finances from the Sweden campus will be redirected to the recruitment of Swedish students to U.S. campuses. An effort will also be made to create an annual spring term abroad with an educational associate in the region.

"Our goal is to maintain a presence in Sweden, as well as to continue offering a unique learning opportunity to our domestic students," says Yena.

The Sweden campus offered degrees in International Business, Marketing, Management, Hotel Management and Advertising.

PHOTO BY KATE McALISTER

Students gather for food, fun, and culture at Winter Holidays Around the World

BY DOM PEREZ
Staff-Writer

"Excellent, exciting, I've learned so much about different cultural traditions and customs," said Student Rafael Medrom, as he watched the presentations at the 7th annual Winter Holidays Around the World Celebration. The event was part presentation, part celebration of the world's winter holidays represented by the students and faculty at J&W. Bernardo Pitts-Wiley, creator of the event says the main purpose was "to provide a non-threatening way to practice diversity, while interacting and discussing different cultural celebrations." Pitts-Wiley, with the help of the ESL department, the International Center, and the Multicultural Center has influenced the event growth over the Winter Holiday's seven-year history. Ellen Nicholas, of the ESL department, and a presenter at the event said, "this year there are nearly 20 different cultures represented."

Of the many cultures represented, participants gave readings on holidays such as Diwali, the national celebration of lights in India. There was a 15-person Kwanzaa candle-lighting ceremony and an on-stage recreation of the Nativity by the Dominican Student Association. In addition to the presentations, booths of some of the various holidays, pictures with Santa, and a large buffet were offered.

When asked what holiday had special significance in her life, Pitts-Wiley said "Kwanzaa," but she points out the importance of celebrating all the winter holidays. The "Winter Holidays" offered a chance to participate and learn about the celebration of others all over the world, right here at J&W. A great "door opener," said Pitts-Wiley.

Travel & Tourism club tends to Spring Break needs

BY CHRIS M. POCZEKAL
Campus News Editor

With Spring break quickly approaching and bank accounts at their yearly low point, students can seek relief from travel costs through the Travel and Tourism Club's (TTC) special Custom Packaging Service.

TTC is currently creating customized Spring breaks for J&W students from racy Daytona destinations to the relaxing beaches in the Caribbean. The crew can plan a college budget vacation for any destination using their established contacts and resources. The group claims to do so without sacrificing quality or quantity.

The club has already planned one beach front getaway for spring breakers craving the sandy beaches and crystal waters of the Bahamas. The eleven day getaway allows you to pick and choose activities that interest you.

While spring break has them busy, TTC has also provided its services to students, faculty, staff and clubs and organizations through the year by planning day, weekend, and holiday break trips. So far, the organization has embarked on trips that took 16 J&W students white water rafting. The group took 32 travelers with them on their venture out of the country for a weekend in Quebec.

TTC also organized trips to Chicago, IL and Niagara Falls per student requests and offered its services to a fellow J&W organization by planning a trip to New York City. The team also worked directly with Renaissance Hall to coordinate a holiday treat for dorm residents to visit the Newport Mansions.

The Travel and Tourism Club may be the perfect answer for some students by cutting out the confusion of online price searching and fees of travel agents while managing to plan a memorable college vacation and experience. The organization provides a win-win situation for both parties.

TTC member Autumn Culver explains, "TTC members benefit from TTC's Custom Packaging by learning to negotiate, organize, create and network with the different elements of the travel industry. They also gain the ability to discriminate between bids and are able to find the best price and value for the J&W community."

With options everywhere you turn, students can seek assistance from fellow students, the Travel and Tourism Club, as their friendly J&W Community Travel Agents.

The Travel and Tourism Club may be the perfect answer for some students by cutting out the confusion of online price searching and fees of travel agents while managing to plan a memorable college experience.
**MARK YOUR CALENDARS!**

The Career Development Office is busy again recruiting industry professionals to the Johnson & Wales University campus. We are excited to announce our On-Campus Recruiting schedule for Spring 2004. Please note: we have also included a sneak preview for next fall's events.

- **Marriott Career Day** 01/29/04
- **Equine Career Forum** 02/04/04
- **Baking & Pastry Arts Forum** 02/11/04
- **SEE Career Forum** 02/18/04
- **Entrepreneurship Career Night** 03/16/04
- **Spring Career Expo** 03/23/04
- **Legal Studies Career Night** 04/22/04
- **Technology Career Night** 04/28/04
- **Accounting Career Night** 04/29/04

**ATTENTION: GRADUATE STUDENTS**

- **MBA Career Forum** 03/16/04

Coming in Fall 2004:
- **Part-Time Job Fair** 09/17/04
- **Career Conference** 10/07/04

For additional information, please visit either Career Development Office at University Hall (third floor) or the Paramount Building. You may also call 598-1079 or email employment@jwu.edu.

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**Elliot Leadership survey finds lack of training in leadership**

A sharp need for senior and middle management was found in a survey conducted by the Elliot Leadership Institute at J & W.

The study was released by the institute in June, and utilized feedback from 208 executives and managers. They were asked to evaluate their own leadership skills, how they were gained, and the areas they wanted to improve in.

The study was branded, "The Next Generation of Leadership Research."

The overall viewpoint of the study was that current workplace training is focused on managing, not leading. Middle managers felt that professional development courses lacked specific topics, like menu planning.

The Elliot Leadership Institute's mission is to help develop future industry leaders already at the executive or middle-management level, through a portfolio of research, products, and services. It was formed in January 2003, and is a group effort among the Elliot Group, Johnson & Wales University, Pepsi-Cola North America, and Nation's Restaurant News.

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**Reminder: Hazardous weather procedures**

In the event of hazardous weather conditions, the decision regarding the cancellation of classes will be made by the appropriate Vice Presidents and/or Deans and designated Practicum Property Senior Managers and will be announced on the following University resources as well:

- University line for school closings at 401-598-5555.
- Radio stations: WPRO, 92 PRO FM, Lite Rock 105, 810 and 920 WJAR.
- Television stations: WPRO-12, NBC10, ABC6 and FOX54.

It is strongly recommended that you not rely on not only them for such information but utilize, for instance, following University resources as well:

- University line for school closings at 401-598-5555.
- University e-mail announcement.
- University voicemail announcement.

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**Join us for College Night**

(Tickets are just $15 and include a preshow reception) or **Under 30 Thursdays!**

(If you're under 30, tickets are just $16)

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"So wonderfully affecting... this rock music fanatic left the theater marveling with renewed wonder at the power of a three-minute pop song... strung artfully, sung soulfully..."" - BOSTON GLOBE

College Night, Thursday, January 22
6:30pm reception • 8:00pm show • Valid college ID required
Under 30 Thursdays: January 15 & 22
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INTERACTIVE

STUDENTS SPEAK OUT!

WHAT WAS YOUR NEW YEAR'S RESOLUTION?

“To pass all my classes and upgrade everything.”
Stefan Laughman-So.
Computer Science

“To lift weights to get ready for the girls in Spring.”
Brian Wooppet-Fr
Financial Services Management

“To do well in school.”
Kabrin Calliri-Fr
Sports Entertainment

“To learn to time manage myself to have more time for me.”
Karla Gonzalez-Sr
International Business

“Finish strong, don’t get Senioritis and graduate in May.”
Kevin Suriel-Sr.
Hospitality Management

“To attend more classes.”
Natalie DeVerono-Jr.
Retail Management

“To cut back on drinking.”
Amber Alley-Jr.
Fashion Merchandising

“To cut back on smoking cigarettes.”
Willa Vivakkin-Jr.
Fashion Merchandising

HOW DID THE ORANGE TERROR ALERT AFFECT YOUR HOLIDAYS?

“It took forever to get through the airport. My shoes were checked and I had to take my belt off.”
Leslie Ogoe-Fr.
Marketing

“Going through the traffic this year was a little more difficult.”
Colin Chanler-Jr
Food Service Entrepreneurial

“It didn’t effect me at all.”
Zachary Michane-Jr.
Food Service Management

“The last thing I think about especially around the holidays is terror. I think about family, friends, and positive energy among people.”
Dr. Anthony-Professor
School of Arts & Sciences
LETTERS TO THE EDITOR

Dear Editor,

Johnson & Wales has an extremely diverse student body as well as many areas of study. Thus, I am disappointed when I read The Campus Herald. There is a lack of opinion, world news, national news, and eclectic articles that have something for everyone.

Our Nation is going through very interesting and historical times, and I believe that mention of the recent events in the political, economic, and social scenes are critical. People seem to have the stereotypical idea that "people our age don't care," but I'd say, "this kind of stuff," but that's just not so. World news is also making big headlines, and it is interesting to see what people on campus think about these events. By not addressing them, we are just giving people the reason to believe that we don't care. Here's an idea: make some "active" columns, like "active political," "active actor," etc.

This paper depicted the news reports as puppets to the government and gives the idea that the government told the reporters to lie about their accounts of the war in Iraq. These reporters and people who were working overseas in the conflict told Robbins that it wasn't so. People were really upset about his far from the truth portrayal of a serious issue. Many journalists have risked their lives to report the truth to American people. It's things like these that are important to be mentioned. We cannot ignore the problems in our world. It is our job as leaders of the future, to be aware and not indifferent to the problems around us.

I strongly suggest a broadening of horizons in the journalizing for The Campus Herald. We have such a wide variety of people and cultures in our area. I know that the newspaper can be much better written.

Sincerely,
Kristen Olsen

Dear Ms. Kristen Olsen

The Campus Herald encourages and welcomes all content suggestions, praiseworthy and critical, from our readers. We believe it is vital to receive feedback on the status of our newspaper as a whole. Therefore, we thank you for your concern. This kind of feedback will help us to better serve the campus community in the future and beyond.

The purpose of the Ideas & Opinions section is to create a forum for students, faculty and staff to voice their concerns and opinions in a professional manner. We are glad you have taken the opportunity to utilize this outlet. As a concerned staff, we hope your letter will enlighten the university community on the opportunity they have to express their right to free speech.

We are constantly searching for people like you who can articulate and express their opinions in a public forum. We have a number of staff positions available to accommodate any interest. In addition, the University community is always welcome to express their viewpoints on all current events in the world.

We strive to provide the University with local angles on all world, national and local news. We will take your opinion into much consideration when coordinating our articles in the future. Thank you.

Sincerely,
The Campus Herald Staff

BAD NEWS, SIR... PAP, STAFF STRENGTHENS ITS BUSH ENVIROMENT!

One hot summer morning, after finishing a cooking demonstration at a community center in Providence, I was loading supplies into my car, and noticed a group of people gathered together in what appeared to be a garden. The area was fenced in, and I had not heard laughter, probably would not have even noticed it. "Once I knew it was there, I thought, I had to go back to the garden, and it was managed in and out at the same time. Here, in the middle of a neighborhood that newscasters would have you believe is at war with itself, was this amazing community garden; the result of a collaborative effort by those who know and those who want to know, how to grow their own food.

They seem to have succeeded. The garden did not simply exist, but thrived. In fact, I wasn't sure if the fence was in place to protect the crops from people, or if it was the other way around. Some plants were so tall; they climbed the fence and hung over the other side. Other crops, even in ungarded passageways close to the ground and out to freedom. To me, the image represented young men and woman, also trying to be free, but bound by their own roots as well. I tried to imagine what it would have been like growing up here, in a family less fortunate than my own, and soon became pleasantly distracted by the distinct aroma of fresh basil. I closed my eyes and could practically taste a vine-ripened tomato, still warm from the sun, drizzled with oil. I wondered if people here knew the secret of extra virgin olive oil, and what secret recipes of their own they were guarding. I suppose grandparents here would pass down their favorite recipes like mine had done.

As the last of my supplies were neatly packed away in the trunk, I closed it, and studied the scene before me. Against the backdrop of concrete and graffiti, I saw people of all colors, sizes, shapes, and ages; grandparents, toddlers, and teens; male and female, working side by side. Some were picking vegetables, others pulled weeds. Some sat in the shade eating melon. A woman with a baby on her lap held a baby in one arm, while she bagged up vegetables with the other. When she saw me looking, she waved. I waved back, then casually looked away, as to not let on just how curious I was. I had forgotten for a moment that I was white, and it was me who stood out. I was an outsider looking in, and would never ever know what it was like. I got into my car and drove away; away from the darkest part of town where less fortunate people who don't have yards share land to grow vegetables together inside fences...and back to my neighborhood, safe and sound, where fences keep unfortunate people away from each other.

By Linda Kane
Chief/Community Service Educator
Recipe for Culinary Student Activities Night

Ingredients:
- Active Culinary Club and Organizations
- Interested Students
- Creativity
- Motivation
- New Club Ideas
- Faculty and Staff

Directions:
- Come to Culinary Student Activities Night
  - January 14, 2004
  - 7:30 p.m.
  - 3rd Floor of the HRC
- Join an existing Culinary Club
- Start a new club
- Achieve Culinary Success!

The Evil is Unleashed
Thursday, January 15th - 9:00pm
Sunday, January 18th - 3:00pm
Harborside Rec. Center Lounge
Free - Sponsored by UIB

Total Entertainment Live Presents

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Thursday, January 22, 2004
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Student Activities

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Johnson & Wales University presents
An Evening of Winter Elegance

Saturday, January 31st, 2004
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The Westin Hotel, Providence
$15 per person • Tickets are limited
On sale January 7th at CBCSI and Harborside Box Offices.

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2004

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All services are free!
Culinary

Holiday strain leads to holiday weight gain

BY DITA PAPIRANJU
Culinary Editor

Not only do holidays put stress on daily lives, but physical stress on our bodies as well. The following are helpful tips to save the gain:

1. Stay active. Lack of activity is the number one cause of holiday weight gain. Take five to ten minutes to go on a walk. While shopping, make a couple of extra trips around the mall or walk around for an extra five minutes to get a little more exercise in and to distress. This is also a good time to keep a healthy sex life, especially since the temperature is much cooler.

2. Don't starve yourself. Starving yourself means setting yourself for a binge. You will only be more tempted to indulge. In fact, less calories means eating more, but obviously the right things.

3. Write down what you eat. Research shows that keeping a simple food diary decreases food consumption by an average of 35%.

4. Choose healthier options: a time where making a dish healthier matters. Go ahead and utilize low-fat products. And if you find yourself eating sweets, don't find yourself consuming your usual amount of carbohydrates (bread, pasta, rice, etc.). Try sticking to no more than one or two servings/exchanges a meal.

5. Enjoy what you love. Don't be miserable. Find a way to motivate yourself to balance and modify your lifestyle a bit.

6. Don't start a new diet during the holidays. Talk about adding more stress to the holidays... Along with this comes binging, disappointment, resentment and depression. Focus on reorganizing eating habits and keeping more active.

7. Holidays are only days. Hope you didn't splurge everyday between Thanksgiving and Christmas. If so, then you have a lot of sit ups to do.

8. Take time for you: Don't forget to splurge a little on yourself. Supermarket purses give examples of scheduling a massage or buying a new book. This will curb stress with out food.

9. Find ways to curb stress, while avoiding eating: a. Five minute walks... these can be done during work, while running an errand, while shopping, after you get home from work, after getting changed from work, periodic times over the weekends, during first or last five minutes of a lunch break. It's up to you when you will feel comfortable going on a walk. For those of you who are from big cities, this is usually a commodity of living in a city... mandatory walking.

10. Gifts of Health. Exchange those unwanted gifts for a massage, a gym membership, workout outfits or clothing, even a fruit basket or exotic teas which will not only promote you to feel better, but may motivate them as well. Enjoying the holidays doesn't mean going overboard on everything (on food anyway). A thing or two to keep in mind: The holidays are over and fast diets don't work! Getting back on the road to achieving your desired weight doesn't have to start January 1st. It may be better for you to relax and plan in January to start in late January/early February.

If Your Mom Were Here, She'd Say,
"Do Your Laundry!"

A helpful reminder from your friends at Lundermac

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Multi-Housing Systems Since 1940

Photo by Whitney Crichton

Students at the Plantations Fitness Center work off the holiday gained pounds in early January. Many students increase their usage of the fitness facilities offered to them after the holidays.

Tips to ease winter weight gain
(Cut me out and put me on the fridge)

1. Stay active
2. Don't starve yourself
3. Write down what you eat
4. Choose healthier options; a time where making a dish healthier matters
5. Enjoy what you love
6. Don't start a new diet during the holidays
7. Holidays are only days
8. Take time for you
9. Find ways to curb stress, while avoiding eating
10. Gifts of Health
A Trumped-up reality show? Donald Trump is the prize on 'The Apprentice'

By Fraser Moore
AP Television Writer

NEW YORK (AP) Donald Trump and reality TV. They deserve each other. Now their time has come. "The Apprentice," where 16 would-be moguls vie for The Donald's favor and "the dream job of a lifetime" as his yearlong protege, opens for business on NBC Thursday at 8:30 p.m. EST (before moving to 8 p.m. Wednesdays).

Created by Mark Burnett, who brought "Survivor" to the airwaves, "The Apprentice" trades on a similar survival-of-the-fittest strategy. "It's not a game," Trump insists on the premiere, "it's a 13-week job interview."

Actually, it's a 15-episode game. And let there be no doubt who's the big winner: Donald Trump, the developer-businessman with a taste for glitzy edifices carrying his name. "The Apprentice" rewards Trump with a welcome new outlet for that name, and for the personality who loves to sing its praises.

"I have mastered the art of the deal and have turned the name 'Trump' into the highest-quality brand," Trump declares (Trump ice bottled water with Trump's face on the label!!), then adds, "As the master, I want to pass along my knowledge to someone else."

Ponder this premiere-show pearl from the master: "I'd much rather have a really smart, talented guy doing a deal in a not-so-good location than an idiot doing a deal at a great location."

If the first episode of "The Apprentice" is any sign, viewers looking for something more from Trump will be doomed to disappointment.

But no wonder. Trump has always stayed in character as someone for whom the word "grandiose" just isn't grand enough. He has never tampered with his image of someone who has everything money can buy and very little it can't.

Now, after years of TV guest shots (popping up in sitcom cameos or his Miss Universe Pageant telecast) the billionaire developer is starring in a series in the same role he's been developing his whole career.

It's about time. In 1997 I called for the networks to give him a series, arguing that "Trump is TV incarnate renowned for what he buys, sells, consumes and discards, and for how he promotes himself doing it. Trump is a television natural, because his story is the story TV tells around the clock. It's the saga of insatiable desires and acquisitions."

Such is a fitting story for a high-stakes, winner-take-all game show like "The Apprentice," whose cutthroat capitalists, picked from more than 200,000 applicants, are blessed by Trump as "16 of America's best and brightest."

Whatever. The eight young men are a reasonably attractive bunch, identifiable on the spectrum of reality-show hopefuls somewhere between "The Bachelorette" and "Average Joe." As for the eight ladies: Each is a babe clearly, businesswomen lacking "legs" on their resumes need not have applied.

On the premiere, those 16 candidates are ushered into a boardroom with Trump, who, gathering his jowls into his trade-mark pout, informs them they'll be split into two competing teams _ men vs. women. They face "13 weeks in hell," he warns, though they'll be privileged to stay at Trump Tower, "one of the great buildings of the world."

The next morning, they hit Manhattan streets for their first assignment: to make more money selling lemonade than their opponents.

Then, too soon, the losing team will be back in the boardroom for the "Apprentice" version of a tribal council. One member will be fired by Trump.

But perhaps the episode's most telling interchange is when Trump treats the winners to a tour of his Trump Tower penthouse - "the nicest apartment in New York" - where Melania Knauss, his supermodel-girlfriend, serves as hostess.

"If you're REALLY successful," Trump tells his guests, "you'll all live just like this!"

Which, dear viewer, is the moment of truth for "The Apprentice". As you behold Trump's digs, with its overblown extravagance, are you dumfounded with amazement, even envy? Or are you seized by an urge to burst out laughing at this spectacle?

To put it another way: Will you really care who wins "The Apprentice"? A year working for Trump - to some viewers, this may seem more like a sentence than a prize.

"If I could have my time again I would probably do things a little differently. But I would be considered a bad parent if I didn't teach my children crocodile savviness because they live here. They live in crocodile territory... so they have to be croc savvy."

"Crocodile Hunter" Steve Irwin, who fed a crocodile with one hand while eradicating his month-old son in the other.

"When I woke I was so confused you could have told me I was upside down in a lift and I'd have believed you. I could have died or been paralyzed."

Rocker Ozzy Osbourne, on his all-terrain vehicle crash.

"I don't care if I'm not No. 1 or No. 5 or No. 10. I'm really (expletive) good at my job, and people who are interesting and good know that, and that's all that matters."

Actress Gwyneth Paltrow, on people speculating about her film choices.

"I don't think I am going to get pregnant. I am trying not to. But we might get a dog."

Singer Jessica Simpson, saying she's not sure she'd want her pregnancy to be captured on her reality TV show, "Newlyweds: Nick & Jessica."

Random Thoughts

By Kim Dubose
Arts & Entertainment Editor

1. Does Micheal Jackson really love the kids?
2. Should all rap artists have to be shot 9 times in order to qualify as a "good" rapper?
3. Where is J.L.O.?
4. Who really cares about Paris Hilton?
5. Who really was the American Idol?
6. Why are all the Mickey Mouse club kids pop stars?
7. What was better, the Cry Me a River video or Britney kissing Madonna?
8. Isn't Will Farrell of "ELF" the funniest guy ever?
9. Matrix or Lord of the Rings?
10. Who had the worst hair of the year, Beyonce or Beyonese?

Source: Newsfinder.com - AP Quotes

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Bush's immigrant-legalizing plan could draw Hispanics to GOP

WASHINGTON (AP) Promoting a plan that could brighten his election-year prospects with Hispanic voters, President Bush on Wednesday proposed legal status at least temporarily for millions of illegal immigrants working in the United States. But the sweeping policy upheaval, offered with few specifics, also angered many in the president's conservative Republican base of support and drew criticism from advocacy groups who questioned whether it would do much to help immigrants.

Democrats were united in calling the policy a political ploy that offers a false promise of legitimacy for the undocumented workers. Decrying a system that now has "millions of hardworking men and women condemned to fear and insecurity in a massive undocumented economy," Bush urged Congress to approve a temporary worker program.

The program would be open to all undocumented workers in the United States. Applicants who can show they have a job or those still in their home countries, a job offer or who get an initial three-year work permit that would be renewable for an unspecified period.

Terrorism alert costs pile up for state and local officials, but some keep costs down

The sacrifice can be measured in dollars and cents and surely it will run into the tens of millions.

Sharpshooters deployed on Las Vegas Boulevard, extra patrols checking a North Dakota airport, sweepers circling Times Square. When the fifth-orange-level terrorism alert took effect days before Christmas, local and state authorities put plans in action. Now, 2 1/2 weeks later, costs are mounting steadily. Some local officials, particularly in big cities where they will wind up shorthanded by federal officials promising reimbursement. But others say the alert doesn't mean higher spending just smarter deployment and that they've learned a great deal about effective homeland security since Sept. 11, 2001.

New Hampshire, Colorado, and many smaller or rural cities also reported no additional costs. California's Highway Patrol said they cut additional spending by 20 percent from the last alert.

Theory suggests sun's gamma ray burst triggered ancient mass extinction

ATLANTA (AP) The second-largest extinction in the Earth's history, the killing of two-thirds of all species, may have been caused by ultraviolet rays that hit the sun after gamma rays destroyed the Earth's ozone layer.

Astronomers are proposing that a supernova exploded within 10,000 light years of the Earth, destroying the chemistry of the atmosphere and allowing the sun's ultraviolet rays to cook fragile, unprotected life forms.

All this happened some 440 million years ago and led to what is known as the Ordovician extinction, the second most severe of the planet's five great periods of extinction.

"The prevailing theory for that extinction has been an ice age," said Adrian L. Melott, a University of Kansas astronomer. "We think there is very good circumstantial evidence for a gamma ray burst."

Melott is the leader of a team, which includes some astronomers from the National Aeronautics and Space Administration, that presented the theory Wednesday at the national meeting of the American Astronomical Society.

American demands for tougher security, sky marshals causes friction with some European nations

Bush amasses record campaign chest: $99 million in bank

WASHINGTON (AP) President Bush, with no challenger for the Republican presidential nomination, begins 2004 election year with a record $99 million in the bank and an aggressive plan to raise millions more.

While the nine hopefuls competing for the Democratic nomination have spent more than the money they've taken in, Bush's cash-on-hand total shows he's spent a fraction of the record $130.8 million he raised last year.

Bush plans to raise $150 million to $170 million in all. He hit the fund-raising trail again this week, with events in St. Louis; Knoxville, Tenn.; and Palm Beach, Fla. There are more events to come.

"We think this is what we need to be able to build the kind of grass-roots effort we need to kind of share the president's message in a closely divided nation," campaign manager Ken Mehlman said.

Mehlman, who spent an eye on spending by Democratic-leaning interest groups active in the race, declined to say whether Bush would stop raising money when he reaches his goal.

Issue ads continue despite new legal limits

WASHINGTON (AP) One TV commercial in Iowa urges voters to tell the candidates to support tougher immigration laws. Another in New Hampshire says they should find out where the president and the candidates stand on the issue of nuclear weapons.

Two more single out Democratic presidential frontrunner Howard Dean.

The contenders might not want those would be free of issue ads in the weeks leading up to the first contests of the presidential race, thanks to the new-old campaign finance law, but spots by independent groups still fill the airwaves.

The Supreme Court upheld restrictions last month that ban ads that mention federal candidates within 30 days of a primary election and 60 days of a general election if they are paid for with "soft money" unlimited donations from corporations, unions and individuals.

In possible breakthrough, Israelis and Libyans reportedly hold secret meetings

JERUSALEM (AP) In a sign of a possible thaw between long-time enemies Israeli and Libyan officials reportedly held secret contacts in Europe last month, and an Israeli legislator said he met several months ago with Libyan leader Moammar Gadhafi's son.

The reports come as Gadhafi tries to repair his image after years as an interna-
tional pariah.

Both countries played down the reports, Libya denied the meetings took place, while circling Israeli officials said only that diplomat relations are a "long way off."

Gadhafi was once one of Israel's harsh- est critics in the Arab world, at one point hosting military bases for radical Palestinian groups. In the mid-1990s, Libya encouraged thousands of Palestinians in protest after Yasser Arafat entered peace talks with Israel.

But in recent years, Gadhafi has toned down his anti-Israel rhetoric as part of a larger effort to rehabilitate his international image.

Satellite radio companies demo TV for autos

NEW YORK (AP) The two satellite radio companies competing for the ears of U.S. consumers are now going for the eyes, too.

XM Satellite Radio and Sirius Satellite Radio are both debuting systems that transmit video to automobiles using the same satellites that broadcast music and infrastructure as their audio networks.

Jim Collins, a spokesman for Sirius, said the company hopes to offer three or four video channels within 18 months. Sirius is partnering with autosports manufacturer Delphi Corp. to develop the system.

The price and exact content of the service has yet to be determined, but Collins says the company is looking at tiered plans that would include data such as stock quotes, traffic information and sports scores for under $20 a month.

Glory days again? Gibbs returns to coach Redskins

ASHBURN, Va. (AP) In a bid to return to their heyday, the Washington Redskins reached into their past with a most stunning move: Joe Gibbs is coming back.

The Hall of Fame coach who led the team to three Super Bowl championships instantly restored hope to a franchise seeking for answers after a decade of losing and the resignation of Steve Spurrier.

Gibbs retired 11 years ago and then rose to the top in a second sports career as a NASCAR team owner. He signed a five-year, $25 million contract Wednesday in a coup for owner Dan Snyder, who grew up rooting for Gibbs' great teams.

"Who better to set our strategy and lead the Redskins back to championship glory?" Snyder said.

State police interview lawmachers as part of ethics investigation

PROVIDENCE, R.I. (AP) As part of its investigation of payments made to legislators for their consulting services, the state police have interviewed colleagues of former state President William Irons who recently stepped down from his post because of his business dealings.

Former Senate leader Paul Kelly said the police wanted to know about his relationship to Irons, and any ties Irons may have to CVS and Blue Cross, according to The Providence Journal. "(Irons) is apparently part of an ongoing investigation involving other people," Kelly said.

Two other senators said they also had been questioned by the state police.

Sen. Leonidas Raptakis, D-Coventry, said a state police investigator called him last week. They were talking generally about what they could provide them" that would confirm any connections Irons or Sen. John Celani, D-North Providence, had with CVS, according to the Journal.

Sen. Joseph M. Polisena, D-Dighton, said he was interviewed last month by state police Monday, but declined to say what he told them.

"They're trying to piece together information," he said. "They feel like me and they were going to talk to several other senators."

Irons, D-East Providence, responded as Senate president abruptly last week about hiring pressure to identify the clients of his insurance business.

Also Tuesday, CVS acknowledged it had been contacted by the state police, as part of an investigation by the state attorney general's office into possible payments to legislators for consulting services.

Tom Ryan, CVS chairman, president and chief executive officer, said his company would "take this matter seriously. He added the nationwide drugstore chain operates as a "responsible and highly ethical corporate citizen of this state."

Col. Steven Pare, superintendent of the Rhode Island State Police, said that because of "the potential for comments to legislators to comment on specifics of the investigation."

It is not limited to one person. It is our intention to do an initial investigation of these circumstances to determine what, if anything, is warranted, " he said. "Any investigation would not only have to document financial ties between state legislators and the company, but would also require proof that the relationship was illegal, involving a quid pro quo between an official action and financial gain for the legislator."

Kelly's comments Monday were the first public indication that Irons is also a focus. In the past, Irans has acknowledged that he has an interest in CVS, and that he owns CVS stock, but he had refused to say whether he has any other financial dealings with CVS.
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Monday, February 2
OPENING CEREMONY and KEYNOTE SPEAKER: Dr. Bernard Lafayette, Jr., Civil Rights Movement Activist, educator, lecturer, and authority on nonviolent social change. Luncheon begins at 11:30 am followed by reception, Pepsi Forum

Tuesday, February 10
FORUM: WHAT IS AFRICA TO ME?
Identity as African vs. African Americans
6:00 pm, MCC

Wednesday, February 11
ANNUAL MCC COTTON CLUB MIXER
Join us for Food, Dance, Music, and Poetry
6:30 pm – 8:00 pm, MCC

Thursday, February 12
FORUM: DO PLATANOS GO WITH COLLARD GREENS?
(Interracial Dating)
5:00 pm – 6:30 pm, MCC

Friday, February 13
“LION KING”
N.Y.C. Broadway show. See departures 10:30 am Xavier, 11:00 am from Harbor side. Cost: $75 includes round-trip transportation and ticket to the show

Saturday, February 14
TRIBUTE TO THE LIFE OF THE JAZZ LEGEND “BILLIE HOLIDAY”
8:00 pm, Black Repertory Limited FREE tickets. Visit GCBII Box Office to reserve tickets or call 596-1196

Monday, February 16
NAACP FOUNDERS’ DAY SOUL FOOD DINNER
5:00 pm – 7:00 pm, MCC

Tuesday, February 17
UIB MOVIE NIGHT “RADIO”
9:00 pm, HRC

Wednesday, February 18
FORUM: AM I MY BROTHER’S KEEPER, AM I MY SISTER’S KEEPER?
5:00 pm – 6:00 pm, Multicultural Center

Thursday, February 19
“LIVE FOR LIBERIA”
Concerts and Educational events to feature prominent speakers and performances, an opportunity to donate aid that will directly benefit the Liberian people during a time of struggle.
7:00 pm – 9:00 pm, Beneficent Church
Cost: $10 Contact: kefelforlibera@brown.edu for further information

Friday, February 20
Black History Month EXTRAVAGANZA
5:00 pm – 8:00 pm, Pepsi Forum

Saturday, February 21
NHPC STEP SHOW
Doors open 5:00 pm. Show time: 6:00 pm – 9:00 pm Xavier Auditorium Cost: $15 includes step show and after party $10 in Advance. $15 at the door
For further information contact Brenda Foremast at 949-304-8593

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