Bernard LaFayette, "A man who has walked with Kings," addresses the University in Black History Month opening

By JOHN ORTENZI & DOM PEREZ
Campus Herald Staff

Red, yellow, black, and green balloons adorned the Pope's Forum for the opening ceremony of this academic year's Black History Month ceremony. The nearly full auditorium was thrilled to be receiving this year's guest speaker: Dr. Bernard LaFayette.

Imagine the 1960s, marching for equality alongside Martin Luther King Jr. through the streets of Washington D.C. This was just one of the experiences Dr. Bernard LaFayette, civil rights activist and URI professor, shared in his keynote presentation.

Followed by brief introductions by Pat Trosechak and Scott Lyons, Dean Addison enthusiastically stated of LaFayette: "He is a giant among us, who has walked with kings."

LaFayette approached the podium, challenging the audience with a question, "Are you going to make a conscious decision to do something with your life, will anyone know that you were here?"

"To understand ourselves is the key to making a difference," LaFayette explained in his speech. "It's important to build one another up, to hold someone down you have to be crooked," said LaFayette.

A civil rights activist, minister, and educator, Dr. Bernard LaFayette is an authority on the strategies for social change, explains Addison. "That is why we are pleased to have him here with us today."

"What brought LaFayette to J&W?" Recently traveling from Florida, he was pleased to be here, despite the cold weather, he happily stated. He explains, "It's the diversity of the Johnson & Wales community and its cultural programs. I admire the kind of programs you have here."

Significant dates in black history

- February 22, 1865: W.E.B. DuBois, important civil rights leader and co-founder of the NAACP, was born.
- February 5, 1876: The 13th Amendment was passed, granting blacks the right to vote.
- February 25, 1870: The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.
- February 12, 1999: The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.
- February 1, 1960: In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.
- February 21, 1956: Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

W.E.B. DuBois
A night of Winter
elegance

BY KATE MCALLISTER
Yearbook Editor

To many Johnson & Wales students, snow is not amusing. The SnoBall, however, was a definite exception. Without a snow flake in sight, the Westin Hotel filled at 7 p.m. on January 31, with students for the 5th annual SnoBall, an Evening of winter elegance began.

The students of J&W have celebrated the winter months with a formal ball since the 1960's, but the 1967-68 school year gave birth to the SnoBall. Through the years the annual event has offered different entertainment. In the late 70's and early 80's the annual talent show was part of the evening festivities and until 1999 the crowning of the Sno-Queen was the highlight of the night. Just as past years, this year students enjoyed an evening of dinner and dancing.

The night began with a reception in the lobby of the Narragansett Ballroom, where the senses were stimulated with camera flashes, and the dull roar of conversation, tasty hors d'oeuvres, and the excitement that filled the room. The 450 guests moved into the ballroom at 9pm when dinner service began.

Dinner began with a Greek salad and was followed by a choice of sesame crusted chicken or grilled filet mignon both served with garlic shrimp, mashed potatoes and steamed vegetables. A dessert of chocolate mousse on a honey laced genoise covered in chocolate ganache ended the meal.

As dinner ended Sesame Sound DJ's, Chris Homer and Mike McLaughlin, pumped up the music and the guests swarmed the dance floor. "The most exciting part of the night was when the music started playing everyone ran to the dance floor," said Chedene Knight.

The night came to an end at midnight as the Dirty Dancing theme song, "Time of My Life," by David Hasselhoff played. As the guests got their coats and began to leave souvenir photo albums were handed out.

"It was a wonderful evening; I spent it with great company," said Dennis Byam.
BHM: Lafayette inspires audience to make a difference

CONTINUED FROM FRONT PAGE

It seems like you work very hard here," Lafayette passionately told the crowd.

Lafayette claimed that he is here in the "cold" state because while conducting futuristic research, he found that Rhode Island is on its way to becoming a "colored" state. A state full of diversity and soon to be the "host to the world." Before this statement, Lafayete discussed the fact that there is no such thing as color anymore. "We are all of the same color," he said.

To institutionalize non-violence," Lafayete told the crowd was the last order given him by King before his death in 1963. Lafayete described King as a "Revolutionary." Lafayete and King's leaders had a devised strategy if there was ever an assassination attempt on King.

He elaborates, "We had to keep our leaders alive as long as possible...in the middle of the night, King was sometimes moved from room to room." Humorously he expressed, "No one knew where he was most of the time. Not even me."

After the assassination attempt Lafayete attended Harvard University to begin his mission of non-violent social change.

Dr. Lafayete has made great strides; he is the co-founder of the Student Non-Violent Coordinating Committee in 1960 and has written the Curriculum Training Manual for the Martin Luther King Jr nonviolent community training programs.

"We cannot sit around like country cows looking at a choo-choo train," You have to do something, Lafayete demands, "You have to make sure no matter what happens you never give up."

He concludes, receiving a standing ovation from the inspired audience. "To be in the movement is one thing, to have the movement in you is another."
Valentine's Day: J&W Style

By Erin Madore and Alechia Dow
Staff-Writers

From roses and chocolates to dinner and romance, Valentine's Day is recognized, or criticized, by most.

So what are people at Johnson & Wales doing for Valentine's Day? Although others stick to the norm of romantic gestures of dinner and gifts, some step outside the box to celebrate in new and creative ways.

Valentine's Day is said to have started in Ancient Rome when a priest named Valentine married young couples when marriage was banned by Emperor Claudius II. Valentine was sent to jail where the jailor’s daughter was his frequent visitor. The day he was executed, February 14, he left a note for the young girl which read “From your Valentine.” From there on, due to the recognition of the pope, Valentine's Day was a nationally recognized holiday that spread around the world. Although the traditions vary, it is a day linked to love and romance.

Valentine's Day lands on a Saturday night this year, which makes the week end much more than ordinary. The consensus of celebration at J&W University is completely traditional in that the majority of the student body spends the day expressing love for their significant others, or for their friends.

One student comment that stands out is “Valentine’s Day is a ‘lovers’ holiday that can only be celebrated with a sweetheart.” Others, like Dan Gawura, feel that “Everyday should be a day to appreciate the person you’re with,” and is spending the day inside with his girlfriend due to lack of money. Both ideas lead to the plan of spending the day with significant others, and Providence is a wonderful city with lots to do for the adventurous to laid back couples. First there are romantic restaurants that offer flavorful meals, with quaint atmospheres for those who want to be close; such as, Al Forno, Capezzio, The Union Station Brewery, and the Cheesecake Factory, although prices vary. Moreover, many couples will most likely rent a romantic drama or comedy movie ranging from Two Weeks Notice, American Wedding, and City of Angels. The University Involvement Board (UIB) is showing Love Actually in the Hartbrace Recreational Center on Thursday at nine o’clock, and Sunday at three o’clock. More adventurous couples will likely be seen in Wickenden’s Euthen Fire, which is actually fairly inexpensive, where they can show their creative sides while painting pottery, or experience a show at the Trinity Repertory, or see one of the amazing bands playing at Lupo’s in downtown Providence. No matter what, all couples will attest the fact that they will show their love and devotion to one another on this special occasion.

On the other hand, many singles either spend the day with close friends celebrating their love for each other, or “Drowning their sorrows in a tub of Ben and Jerry’s ice cream,” as freshman Karen Cushing comments. Those spending the time with friends are busy going out for a night on the town at one of the many dance clubs or hotspots; such as, the Complex, Platinum, or Hell.

Valentine’s Day here at J & W is half welcomed with open arms, and half criticized. Nonetheless, celebrations are inevitable, and in Providence, the events are limitless can often be pricey. While others will stay in to celebrate, or go out the day, most will enjoy a night on the town with friends or their loved one(s). If you are planning a night on the town, however, carry a fair amount of money. But otherwise, enjoy a pleasant Valentine’s Day, and may it be well spent, literally.

Ready and waiting, Charlotte campus to open doors in Fall of 2004

By Alexander DeAguiar
Staff-Writer

Johnson & Wales University’s Charlotte campus is almost ready to receive its students. This new campus, located in North Carolina’s largest city (approximately 600,000) will offer business, hospitality and culinary related majors. Expecting an enrollment of more than 800 students on the first term, Charlotte expects to be accommodating 2800 by 2007.

Expanding Johnson & Wales’ reach in the region, the new campus will replace both the Charleston and Norfolk campuses. Staff and faculty are already being transferred from the closing locations, as well as new staff being hired; the school will have about 250 employees.

The coming of such a great educational complex to an important tourist town in the southeast is being expected with enthusiasm by the local community. The university will take a great deal of downtown Charlotte and, doubtless, will increase business activity in the area (the campus is expected to generate $60 million a year when full). J&W is refurbishing several old buildings in Charlotte to accommodate the classrooms, student center, dorms and administrative needs; and also constructing new ones, adding signature structures to the Charlotte skyline.

The effects of the close by opening of this new campus can already be felt in the city. In an article published last year on the Charlotte Observer, it was mentioned that retail and restaurant space near the campus’ buildings are quickly “disappearing.”

Providing its trademark career-education to a very broad community, and, as always, being very aware of its duties as part of the community in which it is inserted, Johnson & Wales keeps on growing and improving, offering yet another choice of environment for its current and incoming students.

TCH Spring trimester deadlines

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Graphic image of the new Charlotte, NC campus, set to open in Fall 2004 displays the academic building in the downtown area.
Professor Profile

By Dita Selman
Staff Writer

Born in Boston, with origin from Albania, the Gounaris brothers are well known at the University for their amazing life stories, and excellent teaching. This is their story about life.

Both brothers started their career at J&W as adjunct faculty. Professor John Gounaris began in 1995 and Professor Paul Gounaris started his journey in 1999. They later joined the staff full time in 2000, and they have enjoyed every moment since.

TCH: How have you enjoyed working at Johnson & Wales?

John: We absolutely love working for the University.

Paul: We have lots of fun, and we enjoy the students very much. Fortunately I’ve reached a point in my life where I’m in a position that I want to stay in.

He also continues that he never feels bad going to work on Monday morning because he loves going to work.

Paul: There’s so much optimism here.

John: You need to understand that we are working with people between the ages of 18-22, and there is so much energy here; it can’t get better than this.

John and Paul Gounaris have both had extensive experience in management, but two very different experiences.

John Gounaris has been in the business world for thirty-two years, working at Bloomingdale’s, Filene’s, Bradlees and also has been the Chief Executive Officer of APLEX.

Paul Gounaris has a long history in the educational system, but on the public side.

Paul: I’ve had a 3-year management experience in public school, where I worked 18 years as a principal at a public high school and the rest of the time in senior management positions.

TCH: What has life been like working closely brother with brother?

John: Sometimes we get e-mails that have been sent to the wrong person, or phone calls that are for Paul and not for me, but those are rare.

Paul: At one point in time we hardly ever saw each other because we were working far away from each other, and we didn’t have much contact. But now, since we started working together, I can not think of a better way to spend time with my brother. Sometimes we scream across the office when we have questions or need to say something.

TCH: How are you different from each other?

Paul: Well, many students who have had us both say to us that we tell similar stories.

John: But even if we do this, even if we have common denominators, we have very different views of life.

TCH: How has JWU changed since you both started here?

John: The school has gotten bigger. The campus has grown, we have the campuses in Denver and Charlotte now, and the Johnson & Wales brand name has grown stronger as has the College of Business. I also feel that the standard of the students has been raised.

Paul: The teaching and learning part has become much better. Almost all faculty at the University have had some form of business experience, which makes the learning part for students more interesting.

Over the years, the brothers have had Over 3000 students and still manage to keep in touch with a lot of them.

John: I have many former students who e-mail me, call me, and give me an update on what is going on, who just keep me in their loop.

Paul: Many students e-mail me regularly, and we have lunch or dinner and stay in touch.

John: When you’ve had someone in their freshman year, and later as seniors you see them develop. You bond with them. I am always proud of the progress my students make. Also, both Paul and I volunteer to travel with the students on study abroad trips. When you spend time with students 24/7 for 3-4 weeks you develop a connection. It relaxes students.

We socialize with the students on the trips, we help them and we all build a stronger relationship with each other. This bond between faculty and students always develops during trips like these.

Paul: We always have reunions too, after every trip. After one Italy trip everyone came over to my house, we had pasta, looked at pictures and had a wonderful time. My father could be friends with people who were 18 but also 88 years old. And like my father I enjoy the friendships I develop with students, because I feel that I am not smarter than anyone else, I’ve just lived longer.

TCH: How do you feel about the fact that you both are such sources of inspiration for many students at the University?

John: It is flattering and humbling. I wish I could connect with all of my students. My only agenda is to make our students learn something! If they’re not learning, then I’m wasting my time. But I do enjoy my time in class. I truly appreciate it.

Paul: You have to make the students improve on what they do, by raising their self-esteem. Make them believe that they can do anything, because they can. Attitude is everything. I will take time to teach a student something that they don’t understand, if they are willing to learn. If they’re not putting any effort into the learning then I can’t help them.

Even though the professors have an extremely busy schedule, they do have a life outside of the university.

John: My wife and I ski and play tennis and we enjoy hiking.

Paul: I like walking, but my passion is Tai Chi. I’ve been studying it for over 15 years. Fighting gives you discipline. I love it!

TCH: Do you have any advice for J&W students?

Paul: Study for interviews! Don’t show up at an interview not knowing what the company is about.

John: Take advantage of everything the University has to offer. Study abroad or join an organization. Or both, many students go from dorm to class and back. They do the amount that is necessary and no more. Take the opportunities. They’re right in front of you.

Paul: Don’t be afraid to laugh at yourself and don’t let your ego get in your way. Open yourself up.

John: My father used to say “take your job seriously, but don’t take yourself that seriously.”

Paul: Also, you have to have passion for what you do! Every time I start a new freshmen class I ask them what their aspirations are in life. Almost everyone answers “to make money”. It is important to like what you are doing. Don’t waste your precious time on something you don’t want to do. It seems like yesterday I was twenty years old. Money will come to you, passion should rule you!

Seniors...

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*The Book is free for non-returning Associate & Bachelor degree candidates... so don’t miss out on the opportunity to get your picture in the book!!!!!!!*

March 15th -19th
This is the last opportunity to have your pictures taken!!!
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To sign up: Log onto www.ouryear.com or call 1-800-OUR-YEAR (school code 249)
INTERACTIVE S PEAK OUT

Students Speak Out!

What is your dream Valentine’s Day date?

"Staying in and having Valentine’s Day on the 15th, because I’m cheap."
Brian Smith- Sr.
Culinary Bachelors

"I would make a chocolate model of myself and bring it to the Playboy mansion for consumption."
Phil Romano- Sr.
Culinary Bachelors

"For my boyfriend to take me to a museum and a fancy dinner. Then spend all night together."
Atiyah Carter- Fr.
Culinary Bachelors

"My dream date for Valentine’s Day is anything with Miguel."
Donae Savage- Fr.
Culinary Associates

"Two bottles of Nectar Imperial, bubble bath, and Carlito’s Way with a sexy female."
Dan Fernandez- Sr.

"Just being with my boyfriend, because I hate Valentine’s Day."
Susan Vitorini- Fr.
Culinary Associates

"Spending a nice relaxing day with my girlfriend, and finish it up with a nice massage and a good movie."
Justin Martin-Sr.
Culinary Bachelors

"To come home and have 2 lbs. of chocolate, a tub full of rose petals, candlelights, and a massage."
Jonathan Williams- So.
Culinary Associates

"To cook an aphrodisiac menu for my girlfriend in a nice hotel in a tropical location."
Jeremy McKenzie -Sr.
Culinary Bachelors

"Start off with a home cooked, light dinner and followed by a nice long movie, and bubble bath with Champagne."
Gerald Richardson- Sr.
Culinary Associates

"To go to the Poconos and take a bubble bath in the champagne coupe that’s on the commercial."
Naureen Malik-Sr.
Graduate Student

"To watch the sun come up with Omar Epps."
Mikeya Kirksey -Sr.
Culinary Bachelors
Why we hate Valentine's Day

BY ALEXIS JUNGDHAL
Staff-Writer

One billion cards and 50 million roses are exchanged each Valentine's Day, all in the name of a saint. But who was St. Valentine and what do paper dolls and chocolate have to do with him? Absolutely nothing, as a matter of fact.

The Catholic Church has three different Saints going by the name of and no one really knows which one our "day of love" is named after. While there are many conflicting legends, it is believed that we celebrate Valentine's Day in February to commemorate the death of St. Valentine. Death, how romantic! Valentine's Day just isn't what it used to be...

Nowadays, corporate America has convinced us that cards, roses, and chocolate equals love. I don't mean to be cynical but let's get the facts straight. Does anyone really believe that nothing says "I love you" like a three-dollar card? In fact, the holiday has become nothing more than a way to spend money. Seventy-five percent of Americans exchange cards on Valentine's Day. Over one million dollars is spent on chocolate alone. The industry has built up the holiday so much that fifteen percent of women send themselves flowers on Valentine's Day. How funny that they might just be-leave that's all that's left out of the holiday? Here's the worst, three percent of America's pet owners send Valentine's TO THEIR OWN PETS! Last time I checked, dogs couldn't read.

Valentine's enthusiasts are quick to say that cynics only dislike the holiday because they don't have anyone to celebrate with. I am here to say, this is not true! If Valentine's Day is about sharing your love with the people you care about then why does Hallmark need over 1500 different Valentine's Day Cards?

Chocolate, cards, and flowers companies have monopolized on our love! Take it back. Show the people you care you love them every day! Be creative. Don't let cheesy, impersonal poems or fatty chocolate spread the love your heart has shared. My Valentine's Message to you:

Roses Are Red,
Violets Are Blue,
You Don't Need a Card, So Say I Love You.

Love is special and everyone that you love should know how special he or she is to you all year long.

BY KARLA FURRER
Staff-Writer

Love, romance, roses, chocolate, hugs and kisses are a few of the words that describe the one day of the year that Hallmark makes millions of dollars off of. Valentine's Day is one day a year with millions of people celebrating their love.

They either show their love for a friend, for their family, or a lover. The way each person shows his love to another is very different and is supposed to be special. Special, how can you celebrate Valentine's Day be special if the rest of the world is celebrating just like you. How is that romantic?

I guess I am not understanding why we must celebrate the love you have for a person on one day of their year? There are 364 other days to choose from to express your love to one another, but you chose February 14 to show how much you care. It's not like February is an attractive month. It's not warm, so you cannot plan a romantic carriage ride, or a picnic outside. I guess that means you have to be creative and make reservations at a restaurant. How original. And I never knew that the clouds and rain just create the perfect mood, for the perfect romantic evening.

It just does not make sense. To me, it is celebrating your love in all year round. Simple gestures are what make me smile. The thought behind something goes further than making reservations at a nice restaurant. It's about truly knowing the other person and being able to make them smile at all the right moments. So please, think about what Valentine's Day means to you. Is it a chance to be like the rest of the world that is in love, is it the chance to be special? Make up your own definition of what love is. Love is a tricky thing, but it is what you want to make of it. The question, "what is love," always seems to come around. The definition of love is not found in a dictionary, but rather is found within a relationship shared between two people.

Point of View

BY TERRY H. ADDISON
Dean of Students

Dean of Students challenges students to remain alcohol and drug free this Spring Break

What's the number one health and safety issue on the Johnson & Wales Campus? I'll give you one guess. How many of you said the illegal underage consumption of alcohol. By far, alcohol is the most harmful drug consumed by college students.

After years of D.A.R.E. and lectures by parents and teachers you don't need one from me. What you will get from me is a challenge. I challenge you to make Spring Break alcohol and drug free. If you sign up for the Dean's Alcohol and Drug Free Spring Break Challenge and remain alcohol and drug free during Spring Break you will win a scrumptious 5 course lunch with the Dean of Students. It's a first down to students to contact the Dean after Spring Break will be declared the winners. Students are asked to keep a journal detailing how they successfully remain alcohol and drug free and submit it to the Dean. Sign-up forms are available at the Dean of Students Office, 3rd floor CBC3 building.

“Alcohol is the most harmful drug consumed by students...I challenge you to make Spring Break alcohol and drug free.”

Love is special and everyone that you love should know how special he or she is to you all year long.

LETTER TO THE EDITOR

Dear Editor:

I would like to address the Johnson & Wales University community. Amidst the many great advisors that guide us, one may not realize that corruption exists. One would also be surprised that it is occurring in a highly revered position. As advisor to my senior governing body assembled by students, this advisor has repeatedly abused the power this position allows.

An advisor is an appointed position that involves trust, guidance, and reassurance while encouraging growth and working toward the same purpose. Ironically, this advisor is not even appointed by the elected members of the Student Government Association (SGA). Amongst the other ironies during this advisor's tyranny as SGA Advisor lays misguidance, deception, manipulation, and even blackmail.

The past three Student Body Presidents have met and been deceived, manipulated, and used by the organization's own advisor. Her blatant disregard and disrespect for SGA reveals a calculative, conniving, and almost always snake-like imposter.

She portrays an advisor but behind closed doors of deceit, she is truly making final decisions, fixing election results, and is best known for her self-appointed role as the boss of SGA. The SGA Advisor has turned the office into a classic scenario of teacher's pet. This only fuels the intense ego of an advisor and not only offers little help, but goes to tremendous lengths to promote the demise of SGA and their elected student officials.

The revelations are supported by facts, and a message must be sent out by SGA to the Student Body. The message reads "Corruption Is Not Welcome." The Student Senate has an imperative duty to discuss and reevaluate their role as student leaders. Take swift action to declare independence for students who deserve an organization that truly is only the voice of the students. It is time to redefine what Student Government means.

Only students should have a voice based democracy. The current SGA Advisor has proven the need to declare SGA separate from the negative influences stunting the growth for a united cause. Senate Members, your advisors should be chosen by you because the Student Body chose you. Mark the beginning of SGA for students by the students where "Corruption Is Not Welcome!"

Sincerely,

Beau Czerwinski
Former SGA Spokesperson for the Senate
Former Freshman Class President
A Conversation with Russell Simmons

Part of the J&W Black History Month Celebration
Lecture Sponsored by the Office of Student Activities

Thursday, February 19, 2004
7:00 p.m.
McVinney Auditorium

Admission is free for J&W students, faculty, & staff w/ J&W ID
Limited tickets ($10) for the public are available by contacting the Student Activities Box Office at 401-598-1196
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Harborside

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Come to the Resource Room located at the CBCSI and see what we can do for you!

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All services are free

3on3 Basketball Blow Out

Harborside Rec. Center
March 10th 2004
6:00pm

Spectators

* $1.00 Admission
* I Canned Good
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* Win a FREE Trip to Washington D.C.

Participants

* Registration Fee $15
* 1st Place $300
* 2nd Place $200
* 3rd Place Trophy

Register Deadline February 20th
1. Student Activities Downtown - Student Government Office
2. Student Activities Harborside - University Involvement Board
3. Your Residence Hall

Student Government Association - UIB - Residential Life

The Game Is On!!

Matrix Revolution

UIB & DSA
Presents
Domino Game Night
Take the Domino Challenge
8pm Harborside Rec. Center 2nd Fl.
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Enter in a chance to win prizes

February 19th, 2003
Harborside Recreation Center 2nd Fl.
9:00pm

Sponsored By: UIB
Freestyle competition offers night of battles on and off stage

By Tyrone Hall
Staff Writer

The DJ dropped the needle, and the speakers blasted Cassidy and that Pied Piper Cat on the blazing single “Hotel.” A banger that would set the tone of the beat that DJ One Two would bring from his two wheels of steel that night. It was a start to an interesting night at the 3rd Annual Johnson & Wales Freestyle Competition. Everybody and their mother saw 8 Mile, a movie based around the life of a freestyle champion, B Rabbit, played by Eminem. You officially know how the competition goes down. For those people who don’t know, allow me to explain.

A freestyle is a battle where two MCs rap to a beat chosen by a DJ. These raps consist of verbal jabs at the opponent’s flows, dress, or their looks. This rap is traditionally supposed to be “off the dome” or rapped at the spur of the moment; but many freestyles end up being songs already written, just rapped to another beat. A written freestyle can often be spotted a mile away, while a true freestyle artist can flow with extraordinary lyrical talent putting everything around them into the rap. Competitions consist of several rounds, with one MC being crowned the victor. In rap, the freestyle competition can make or break a MC’s career. There are freestyle artists who are legendary on the underground circuit, but they can’t sell a song to save their life. There are well-known rap artists whose freestyle skills are more than lacking (the names of the innocent will be withheld) but their written work sells.

On this particular night, the freestyle competition was really a variety of different events going on in one place. There was the freestyle competition itself, and some unscheduled performances by some artists including Johnson & Wales favorite MC, Mac Million. There were two step performances by Phi Beta Sigma and La Unidad New England Step Team. There was even an unscheduled fight before the freestyle competition started. A fan was knocked over and a few punches were thrown, but Students Activities representatives and Safety and Security handled the situation quickly.

The night started with six competent MCs. Each had their own little style that made them stand apart from the others. The first round featured the MCs rapping solo. The highlights included: performing artist, Trees, who entertained us with his “candy bar flow.” King Ecko, came outfitted like he received a promotion deal from Marc Ecko himself. The first round ended with 4 MCs making it to the next round. At the end of the night the two MCs faded off. Trees and Blanco of Top Shotta’s Entertainment. Trees of Boston was declared the official winner, but wants it to be known that he and Blanco of Long Island were both the victors at the end of the night.

This night displayed venues for two of Hip Hop’s basic foundations, the use of the turntables and microphone. The hunger for hip hop will never die as long as people gather around in a circle to hear some lyrical flows. All in all the night was a good one, minus a few setbacks, in order to pay homage to Hip Hop.

East Side

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There was even an unscheduled fight before the freestyle competition. A fan was knocked over and a few punches thrown, but Student Activities and Safety and Security handled the situation.

The two winners of the freestyle competition last week, "Trees," of Boston, and "Blanco" of Long Island, pose for a Herald photographer.

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The American University of Paris
Sunday All Stars
Rock the Recreation Center

MATTHEW MADEROS
Staff-Writer

New Jersey has spawned some of the greatest rock bands in the past. Bruce Springsteen came on the scene in the mid-seventies and Bon Jovi pretty much dominated the eighties. Even today, the underground punk scene has been blessed by great New Jersey acts with huge followings, such as Thursday and Saves the Day. Recently, the Johnson & Wales Harborside Recreation Center has been invaded by the next breed of rock & roll to come out of New Jersey. They call themselves, the Sunday All Stars. Although they are not yet all-stars, they are well on their way to becoming a part of the jam band/collage band revolution which Dave Matthews paved the way.

The band consists of a singer/songwriter duo, DC, the lead singer/guitar player who is also the lead singer/guitar player with backing vocals, accompanied by a drummer and bass player they call the Sunday Pack. And with an acoustic guitar, Sunday All Stars, have a powerful approach to rock. Mixed with blues and funk, this style of rock has plenty of room for jamming. And that's exactly what they did. The drummer and bass player sat back and kept it together while the duo rocked the venue. Sunday All Stars played an extensive set to an intimate crowd of only twelve students. Even though the turnout was small, the band gave it their all. They even covered some classic tunes down to every note such as Sublime's "What I Got". From the first song, the listeners were hooked and bobbing their heads to the blues induced rhythms.

The Sunday All Stars currently have a well recorded album out consisting of two great tracks such as "Paper Weights," "Cherry Bombs," and "Better Days". These tracks can also be downloaded as mp3's on their website www.sundayallstars.com. The band is not scheduled for another show until April, but they are available to play clubs, most colleges, universities, and even private parties. With catchy lyrics, head bobbing, and all around original fun, we definitely will hear more from this band in the future.

Delirium Cordia - "Uneasy Listening at its Finest"

BY TIM COFFEY
Staff-Writer

On January 7th, Fantomás released its third full length, "Delirium Cordia." Originally scheduled for mid-October release, the album was delayed in the interest of some elaborate CD packaging.

Fantomás (in case you're wondering) is a supergroup of sorts formed by Faith No More and Mr. Bungle front man, Mike Patton. Fantomás' music serves as both a reaction to the current heavy metal dry spell and an outlet for Patton's seemingly endless creativity. Harnessing the skills of guitarist Buzz Osborne (Melvins), bassist, Trevor Dunn (Mr. Bungle), and percussionist, Dave Lombardo (Slayer), Patton produces some of the most aggressive and extreme music imaginable.

Stylistically, Delirium Cordia is a departure from their 1999 self-titled debut album. Instead of 30 short songs packed with precise heavy metal and atmospheric sample-based insanity, this latest release contains one 75-minute track. More than 15 of those minutes is the scratchy, popping sound of a phonograph needle at the end of a record. The majority of the album is a broad mixture of musical elements from dissonant harmonies and plaintive phrases to Patton's amazing vocal work and short barrages of speed metal bliss. Patton's sound palette includes wind machines, samples of the beeps and chirps heard from a hospital EKG machine as well as some barely audible operating room chatter between surgeons as a patient flat-lines on an operating table.

In keeping with the medical theme, the album's packaging features images from the book, "The Sacred Heart: An Atlas of the Body Seen Through Invasive Surgery". Photographer, Max Aguilera-Hellweg's images force us to initially look away in horror, only to later examine more closely to appreciate their beauty as skilled latex-clad hands hover - extracting, retracting, irrigating, healing.

In the wake of peer to peer mp3 file swapping, Fantomás nails what so many artists have embraced as a solution to plummeting record sales. Spend more on packaging so that more than just the disc is worth buying.

Delirium Cordia is "ambient" in style, but definitely not "wallpaper" music you would want to cue up for your next dinner party. If you're looking for something vastly different, own a good pair of headphones and an open mind, you'll find Delirium Cordia offers brilliance around every corner.

Visit www.ipeac.com for information and sound samples.

Sincerely,
Ilham Dubose

Intructional note from Tim Coffey:

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A helpful reminder from your friends at Lundermac

Proud to Be Johnson & Wales' Laundry System Supplier
Multi-Housing Systems Since 1940

STUDENT ADDENDUM

- New revisions have been made to the Student Handbook for 2003–2004. The Student Addendum provides you with information on any changes that have taken place in the Student Handbook.
- Please utilize the Student Addendum in conjunction with your current Student Handbook for 2003–2004.
- The student addendum is available on jwu.edu/ucconnect. Please make sure to download and print a copy for yourself to keep with your Student Handbook.
CHOCOLATE: Good for your heart in more ways than one

BY AFERDITA RADO
Culinary Editor

What a reputation chocolate has. No wonder it is the most popular Valentine’s gift. The aphrodisiac effects chocolate is known for is attributed to its ability to be a mood lifter and energy booster.

History has made its mark. Chocolate’s reputation as an aphrodisiac all started 1,500 years ago in South America. The Mayan and Aztec cultures felt that chocolate had mystical qualities. In fact, the Aztec Emperor drank 50 goblets of chocolate a day in order to enhance his sexual energy. Once the Spanish started to export chocolate, it continued to be associated with love.

The science of it all. Chocolate has a chemistry of its own. The nutrition makeup is so complex that scientists are only now beginning to unlock its secrets. Chocolate contains mood lifting substances which include phenylethylamine and serotonin. Happiness, love, passion and lust are all associated with these two chemicals.

Along with a rapid mood change, chocolate also causes a rise in blood pressure and an increase in heart rate. Not surprisingly, the substances in chocolate, for example phenylethylamine and serotonin, are mildly addictive. That’s right, this is what makes chocolateolics who they are. In addition, chocolate gives an immediate energy boost while substantially increasing stamina.

Ever wonder why women are the main culprits to being a chocoholic? Research suggests that the female body is more susceptible to the effects of chocolate’s substances, including phenylethylamine and serotonin, than males.

Chocolate is also high in antioxidants, which are nutrients that not only protect the body but also protect the heart as well. Antioxidants fight against free radicals, which destroy a cell’s chemical structure. If you really want to take chocolate for what its worth, choose dark chocolate because it has a higher percentage of antioxidants.

Researchers at the Neuroscience Institute in San Diego, CA have found chocolate to have similar effects on the body as marijuana. Pharmacologically active substances are found in chocolate that are responsible for chocolate cravings. Chocolate also contains anandamindie, which is a neurotransmitter that affects the brain similar to THC. Obviously the effects of chocolate are not as intense. As one can see, chocolate loves the heart in more ways than one. Maybe that is why we give it to the ones we love. Have a Happy Valentine’s Day!

Did you Know?

• Cocoa is Mayan for ‘God’s Food.’
• Aphrodite, the Greek Goddess of sexual love and beauty was born in the sea, which maybe why seafood is associated with being an aphrodisiac.

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OUR EMPLOYEES:
★ Are an integral part of student activities operations
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★ Must have a 2.5 GPA to apply
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POSITIONS:
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Program Technician – CUL
Program Assistant – CUL
Technical Assistant – BUS
(2) Box Office Assistant – BUS
Program Event Assistant – BUS
Advertising/Marketing Manager, Campus Herald
(2) Design, Web & Resource Room Manager

EMPLOYMENT APPLICATION DEADLINE
Monday, March 22, 2004
Submit by 4:30 pm to Citizens Bank Center for Student Involvement

FINAL CANDIDATE INTERVIEWS
Thursday, April 1 – Wednesday, April 14, 2004

STUDENT ASSISTANT SELECTIONS ANNOUNCED
Friday, April 23, 2004

Applications and job descriptions are available at Citizens Bank Center for Student Involvement or Harborside Recreation Center–Student Activities Area.

For more information contact the Office of Student Activities at the Citizens Bank Center for Student Involvement
401-508-1196.
WASHINGTON (AP) Intelligence analysts never told President Bush before the invasion of Iraq that Saddam Hussein's rule posed an imminent threat, CIA Director George Tenet said Thursday in a heated defense of agency findings central to the decision to go to war.

The urgency of the Iraqi threat was Bush's main argument for the war. But the president said Thursday he still would have invaded Iraq if he'd known no weapons stockpiles existed adding a new element to the much-debated question of whether the United States went to war based on faulty assumptions.

Tenet, addressing such questions for the first time after weeks of silence, acknowledg-
ed that analysts believed before the war that Saddam had chemical and biological weapons, although none have been found. He said he believes some of what U.S. intelligence predicted about Iraq will turn out to have been right and some wrong as is the case in such matters.

He made clear that analysts differed among themselves all along on important aspects of Saddam's chemical, biological and nuclear programs and spelled out those disputes in an October 2002 intelligence estimate given to the White House.

Pakistan president pardons top nuclear scientist in proliferation probe

ISLAMABAD, Pakistan (AP) Pakistan's president pardoned the country's top nuclear scientist Thursday for leaking weapons technology to Iran, Libya and North Korea, a move designed to ease domestic political pressures and head off a deeper inquiry into official involvement in years of nuclear proliferation.

Just two weeks after condemning possi-
ble rogue elements in Pakistan's nuclear program as "enemies of the state," a defi-
ant and unapologetic President Gen. Pervez Musharraf forgave Dr. Abdul Qadeer Khan after the disgraced scientist took responsibility on national television for leaks that spanned at least a decade starting in the late 1980s.

Musharraf's decision to back away from a public trial appeared weak to some inter-
national observers suspicious of his and Khan's contention that the Pakistani govern-
ment didn't authorize or know about the proliferation.

CIA's Tenet: Analysts never claimed imminent threat

Judges rule that teenagers are eligible for NFL draft

NEW YORK (AP) A federal judge Thursday opened the door for Ohio State sensation Maurice Clarett and teenage football stars around the country by pro-

In a move that could force his resigna-

Police question Sharon in bribery scandal that could force his resigna-

Tiny corkscrew stops strokes by retrieving blood clots from the brain

SAN DIEGO (AP) A tiny experimental corkscrew threaded deep into the brain can pluck out deadly blood clots and stop a stroke in its tracks, potentially giving doc-
tors an entirely new tool against this major killer.

Nearby 90 percent of all strokes result from clots that lodge in the brain's arteries, cutting off circulation and starv ing brain cells of oxygen and nutrition. The goal of the new device is to extract these clots before they do permanent harm.

"It's like pulling the cork out of a wine bottle," said Dr. Sidney Starkman, co-
director of the UCLA Stroke Center. "What you want is to get the blood flow-
ing back to the brain."

The device is the most advanced of sev-
eral new stroke treatment tools discussed Thursday at a meeting in San Diego of the American Stroke Association.

Three St. John's players suspended after rape allega-

WASHINGTON (AP) The productivity of America's workers grew modestly in the final three months of 2003, raising hopes that companies will step up hiring to meet demand rather than relying solely on increased efficiency.

The Labor Department reported Thursday that productivity - the amount an employee produces for every hour on the job grew at a 2.7 percent annual rate from October through December.

Although that was a slowdown from the 9.5 percent rate for the three previous months, it nevertheless was a respectable pace that bodes well for the economy's recovery, analysts said.

For all of 2003, productivity grew by 4.2 percent, following a 4.9 percent increase in 2002.

Gibson's Jesus film gets boost from evangelizing Christians

By The Associated Press

Three St. John's bas-

New York (AP) Three St. John's bas-

Georgia school chief backs off plan to remove 'evolution' from curriculum

ATLANTA (AP) The thinking of Georgia's top school official has apparently evolved.

School Superintendent Kathy Cox dropped plans Thursday to remove the word "evolution" from Georgia's high school science curriculum, six days after the idea became public and brought forth criticism and ridicule.

Cox, a Republican elected in 2002, said she originally wanted to replace "evolu-
tion" with the phrase "biological changes over time" to avoid controversy. "Instead, a greater controversy ensued," she said.

Among those who had criticized the idea were former President Carter and Gov.

Productivity gain raises hope that company will hire more workers

Baghdad, Iraq (AP) U.S. and Iraqi forces captured more than 100 suspected guerrillas in raids across the country, arresting one of Saddam Hussein's intelligence chiefs and another Iraqi believed involved in a suicide bombing last month, a U.S. commander said Thursday.

The raids on Wednesday and Thursday occurred as daily attacks on U.S. forces are climbing after a recent spike by rebellious mortar shell Thursday at a checkpoint near Baghdad International Airport, killing one U.S. soldier and wounding another, the U.S. command said.

The attack outside the airport, which serves as a major American military base, brought to 529 the number of American troops killed since the Iraq war began March 20.

The raid on Wednesday in the northern city of Kirkuk, scene of recent fighting, left three soldiers dead and four wounded. Another soldier was killed in a clash with the guerrillas in the southern city of Basra.

The raids appeared part of a U.S. drive to round up suspected guerrillas and setbacks in the war's military and political campaigns.

The searches followed a spate of attacks on the U.S. military in Iraq last week, including a suicide car bomb that killed 15 American soldiers in the northern city of Mosul on Tuesday.

The United States has lost about 1,000 troops since the war began.

Iraq rebels press attacks even as U.S. Army roundups capture more than 100 insurgents

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All payments, necessary
Financial Aid
documents, Health
services and International
documents are due on the following dates:

February 4th:
All Day Business, Technology, Hospitality, & Culinary students

February 20th:
All Continuing Education & Graduate school students

It's time for Spring Check-In!

In order to attend classes for the Spring Term, you must meet all of your Check-In requirements with the University.

If you have not completed your check-In requirements, you must do so immediately. Remember, although you may have selected courses, you must still meet your requirements. If you do not meet these obligations a hold will be placed on your account that will prevent you from attending classes.

If you have questions regarding financial requirements please contact Financial Services at:
598-1468 or 1-800-343-2565
Thank You

It's time for Spring Check-In

Formally known as registration
Experience TCH

The Campus Herald allows you the opportunity to gain experience that is priceless in any career. To find out more, come to our OPEN HOUSE Wednesday, February 18th from 5:30 p.m. to 6:30 p.m.

Location: Citizen’s Bank Center for Student Involvement, 3rd floor
email: campusherald@jwu.edu

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