THE GODFATHER
OF HIP HOP

Rap mogul Russell Simmons visits
J&W for intriguing conversation

BY TYRONE HALL
Staff Writer

On Thursday, February 19th Russell Simmons shared his knowledge with the public and the Johnson & Wales community in the Bishop McVinney Auditorium. "A Conversation with Russell Simmons," was scheduled to start at 7:00 PM, but a few problems arose with Simmons’ flight. He arrived 25 minutes late and asked the question, “How late am I?” People who are not familiar with Simmons scratched their heads as he came out donning sneakers, jeans, and a hooded sweatshirt. He took a seat with no introduction and began an 80-minute discussion with the hundreds in attendance on the hip hop community, its importance, politics, and also handed down life lessons for the audience.

The college lecture circuit brings speakers from everywhere across the world to colleges across the United States. Speakers young and old come in to speak on their area of “expertise.” Some of the lecturers that come in actually have substance in their words and an obvious understanding of the knowledge that they possess.

• SEE SIMMONS, PAGE 3 •
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 on the deadline date. Mail letters to Johnson & Wales University, Attn: The Campus Herald, 8 Alcott Park Place Providence, Rhode Island 02903. Fax to 401-598-1171. Email to campusherald@wwu.edu. Hand deliver to The Campus Herald office in the Citroen Bank Center for Student Involvement (3rd floor) on Weybosset Street.

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Simmons: Empowerment the key to leaders success

• CONTINUED FROM FRONT PAGE •

Russell Simmons, for those who are not familiar with the name, should be synonymous for a self made man. His name should also be mentioned in every conversation that deals with the hip hop community. Simmons spearheaded the formation of Rush Communications which included several Simmons' business ventures like a record label (Def Jam), a clothing company (Phat Farm), a magazine (OneWorT), movie productions label (Def Picture), and television shows (Def Comedy Jam and Def Poetry).

Although Def Jam is now under the Universal umbrella, Simmons' presence is still felt on the label. He has recently become more in tune with social issues and a notable activist for voter's registration by organizing the Hip Hop Action Summit Network.

Simmons, is obviously a man of experience and on February 19 he came to discuss those experiences with J & W. Simmons opened up by comparing rap to rock and roll and jazz. Rap is a voice of, "young people who have been locked out.

"Hip hop has remained pure to its voice," Simmons stated. "It was music meant to speak to groups of people who might not necessarily hear the people in power. It is true that hip hop and rap have become a business, but the message still remains on many levels. Hip hop will forever remain an integral part of society for that simple fact. Ever generation will bring a new set of concerns and issues."

Simmons emphasized that rap is special because, "it's the voice of disenfranchised poor people. His point rang out as there is always a segment in America and the world of people who have something to say. Rap has tackled issues from police brutality, the welfare system, and race relations."

"Hip Hop has done more for race relations in this country than anything else," Simmons stated. Although rap has been seen for years as a predominantly black art form, the truth is that hip hop encompasses all races. It is a subculture that found its roots in the melting pot of America, New York, and it is within this melting pot that the hip hop community is composed of a variety of lifestyles and backgrounds. Rap was the barrier that brought the modern black face to white suburbia (Run-DMC on MTV). The hip hop culture can now be found in Europe, Asia, South America, and Africa as a way of life. Hip hop is a unification of people with a goal to be heard. In America it also becomes a way for young entrepreneurs to make a name for themselves.

One of the questions that constantly arose during the night from the audience was, "How can I get into the music business?" This was the moment the true Simmons character came into play. He first stated that, "Hip-Hop promotes the culture of being an entrepreneur." It is a way to be heard but over the recent years it has also become a business venture. Young people can now take their talents and make a living, or as Russell says, it answers the question, "How can I get a piece of the American Dream?"

Success in the business does not come easy. Simmons proceeded to tell the story of record executive Kevin Liles who started out as a promoter who moved to intervene. Liles worked so hard that the people in the Def Jam offices realized that they needed him on the team to make it through their daily operation. This story stresses the importance of one thing when working in the music business, "...be an entrepreneur, put your head down and work your trol."

Simmons also stressed that there is no "getting over" in the business. To be successful, you must be true, and believe, he stated, you must remain fair and ethical.

Empowerment was the key to his success, Russell reiterated throughout the night. "Believing in yourself is the biggest obstacle," Simmons said. This comes from a man who started out delivering his first 30 copies of Christmas Rappin' by Kurtis Blow to radio stations by hand. He and his partners "didn't know they weren't supposed to be able to do it." Simmons succeeded, and he paved the way and laid the blue print for other entrepreneurs to follow.

When discussing the topic of adversity, Simmons referred to God and stated, "God's testing you to see how bad you really want it."

Now that he is in a position to be heard Russell discussed how that empowerment has allowed him to make moves in politics. While Simmons said, "I'll never run," he has stepped up in making an effort for developing another form of voice amongst the people. He has taking his love for hip hop and connections and started the Hip Hop Action Summit Network. These efforts have already helped to register about 180,000 voters between Los Angeles, Philadelphia, and Houston. He plans for another summit in Boston around the same time as the Democratic convention, as well as something in the works for the Republicans convention during the summer. He believes the summit is the best way to educate young people about politics and the social layout of the country without forcing them into one political direction. The people's voice in government is another form of empowerment that so many citizens do not realize.

Theodore Roosevelt said, "Speak softly and carry a big stick," Russell Simmons is not a large man with a booming voice. He is humble man whose actions have spoke for him in ways that his voice may not always be able to. On February 16th however, Simmons put together the words to explain his actions to the audience. Words that sit in the mind and change the way people move when working. A standing ovation from the audience was minor thanks for the Russell and his time, but only time will tell what we do with Mr. Simmons' example and words.

Not your typical Spring Break

BY WHITNEY CRIGHTON
Arts/Graphics Editor

Spring Break may already be a part of this year's past, but the countdown for next year has just begun! If you did the typical fun-in-the-sun trip this year and want to do something a little different next year, you must start planning now.

There were numerous options offered by Johnson & Wales this year to steer students away from the standard spring-break trip to Cancun or Florida. The Christian Student Fellowship traveled to the Friendship House in the French Quarter of New Orleans to minister to the homeless in the city. Besides gaining inner city ministry experience, they learned a little bit of hospitality when cooking and serving meals. The group also met with The University of Southern Mississippi's Christian group to help them with resourcing and to learn how other fellowships function.

Another option for students this year was Dean Addison's challenge. Addison challenged students to remain drug and alcohol free during their spring break. He asked students to sign a contract to which these students abided by and completed their journals, they were treated to a lunch with the Dean.

Lastly, a group of students were all geared up to take a trip to Virginia for some community service, a group appropriately called Alternative Spring Break (ASB). Many students were disappointed when the trip was cancelled due to lack of interest. Students Jenna Sullivan and Kristin Olsen were very excited about attending the week long retreat to Virginia, but were disappointed when they found out the trip was cancelled.

Olsen stated, "I felt disappointed because it would have been a great experience. Then I decided we should get more people interested so that we could possibly do it next year." Her roommate Jenna also said she was disappointed, "We couldn't find enough people to go, but especially because it was for such a good cause. We would have helped a lot of people and it would have been a lot of fun," Instead, they decided to take a day trip to NYC with another friend to explore the tourist sites.

With all these alternatives in mind, start thinking about what you want to do for Spring Break next year. Do you want to be sunburned and peeling, or doing your community a good deed. Think about it and decide for yourself!
Controversial debating society visits Johnson & Wales this month

British style debate simmering could produce exciting evening

**By John Ortenzio**
Editor-in-Chief

On Thursday, March 25th at 7 p.m. in the Pepsi Forum, the Cambridge Union Society, a world famous and controversial debating team will visit Johnson & Wales to debate each other on the topic of whether we were safer during the Cold War. The debate will feature Johnson & Wales students Andrew Hyde and Yves Antignani, who will argue that we are safer today. Students Gwenn Stokes and Darragh Strattan will argue that we were safer before the Cold War. The topic comes amidst terror bombings overseas and increased security in the United States. After World War II, the United States, its allies and the Soviet Union, and their allies were involved in an intricate network based on the fight between democracy and communism. Nuclear threats were constant, as the United States and the Soviet Union created by the Soviet Union seriously and invested money, time and lives into protection of their citizens. The Cold War lasted for 45 years, ending with the collapse of the Soviet Union.

Founded in 1815 as a mixture of three college debating clubs: Trinity, St. John's and Gonville, and Caius Colleges, the Cambridge Union Society has thwarted attempts to close down as the debates were believed to be very troublesome. The Union uses the notorious "British Style Debate" format. When a member of a team is speaking, the opposing team has the ability to stand up and offer a point of information. The speaker can either reject or accept the point. If they refuse, the interjector must sit down. If they accept, the rebuttal should be brief. This adds an unpredictability to the debate, according to the Society.

Another aspect of the British style Debate is called the Floor Debate. After the speakers propose their arguments, any member of the audience has the ability to speak. The Society claims this allows spectators who feel strongly for a particular side to voice their opinions and add roundness to the views expressed. The Society has also been known to incorporate humor and insulting comments into their debates. "Cheap jibes and put-downs are totally acceptable, even encouraged, although the cleverer the insult, the more impact it often has," says the Society.

"The humor and insults is what makes the debate more theatrical in nature. The key is to use humor to make your point. When the Brits debate they use humor to their advantage," says Michelle Delaney, a member of the debating and creative activities, and the organizer of the event.

Delaney continues, "The audience may be laughing, but they also come away thinking differently about the subject matter." The Union consists of 4,500 current undergraduates and over 60,000 graduates worldwide. The Union has been addressed by nine Presidents of the United States and by every British Prime Minister. In addition, the Union has heard the likes of Ronald Reagan, the Dalai Lama, and Archbishop Desmond Tutu.

Mixed reactions on U-connects first tri

**By Dom Perez**
Assistant Editor-in-Chief

Students expressed mixed feelings about the online banner system U-connect.

Eligible for early registration, junior Larry Gear, senior's images to why scheduling has taken him longer than ever before.

"There's no one there to help you, the system is only good if you know what you're doing." According to Gear, he has attempted to make appointments with Student Academic Services but was denied.

"There are no meetings for the first three weeks of the trimester and the terminals in SAS are off".

Although it may be a gauntlet for some, many students have made a smooth transition according to an SAS representative.

Marie Bernard, director of student academic services insists that the banner-system is user-friendly, and said someone would be stationed at the U-connect terminals for the first week of the trimester. But the terminals are off and the lines are still regular.

According to SAS, there was no doubt that some students would have complaints. The implementation of the u-connect system was weighted any uncertainty. "It was time for SAS to go to the next level, and this technology helps us to do that. It demonstrates how SAS is continuously improving to serve the needs of the students. Across the board, students and staff agree that the best thing about U-connect is its immediacy. "You can access U-connect anytime, even in your pajamas from your dorm room. Both parents and students can access U-connect at the same time and make important decisions together," said Bernardo.

Although students can access financial information, Student Financial Services has seen no decrease in student visits due to issuing of book credits, and a slate of other concerns according to the SF work shop.

"There is an option that allows you to view your account balance and in the near future you can make secure payments using a credit card. There will also be a feature that allows you to pick your housing through Residential life," said Bernardo.

In a recent mock press conference hosted by a media relations class Bernardo explained some of the benefits the U-connect banner system has.

"There will be no more waiting in the Pepsi forum during add-drop time, it can all be done on U-connect."

Many of the students in attendance were keen on the idea of this new technology; they even asked the opportunity to test u-connect right there in the Pepsi forum. Students in attendance did agree that the U-connect was user-friendly, giving them the chance to see how it works. The students that could not attend such an in-depth informational session claim, "they really don't inform the students what u-connect is all about, how it works, and what you can and can't use it for." said student Nakasha Davis.

Students are currently in the process of scheduling for summer classes, and will utilize the u-connect system once again in April to schedule for the Fall.

Honoring J&W's founding women

**By Alechia Dow**
Staff Writer

Over spring break, The Providence City Hall took part in "A Celebration of Women's History," hosted by the honorable Mayor David Cicilline. The festivities were cultural, informative, certainly thought provoking, and gave women a sense of accomplishment in our education system and in life. It served two purposes: to recount the history of Johnson & Wales University through the two founding women, and to inform the audience of the Rhode Island Feminist Resources Network.

The documentary, produced by Associate Professor Marian Gagnon, was an account of the founding members of Johnson & Wales, but also a detailed, emotional autobiography of the two founding women. Gertrude Johnson and Mary Wales were close friends, and educators who founded a small business school years ago which is now the university we know today as "America’s Career University." They are credited for creating our school is reputed for: discipline, job placement, and a higher level of education.

Although the celebrations served its purpose, there were numerous issues raised at the evening. Not only was the public informed of the founding of Johnson & Wales University, they experienced viewing performances including the Fiddling Gals, the Drumisters, Angela Nash-Wade, and the Feminist Voices. It was an opportunity to incorporate a celebration of women in history with diverse female musical and poetic talent. The Fiddling Gals offered an amazing duct of fiddles, and other unique instruments which enveloped the audience. They were differentiated because they shared their life stories, and they were inspired by all of the women’s histories, not just two women. One of the members had learned how to play the Fiddle just a few years ago.

A large goal of the evening was to inform the public of the Rhode Island Feminist Resources Network, a Rhode Island based feminist organization cooperating and coordinating feminist organizations and activists. The Network announced their new online community at www.rifr.org. This is an organized site posting important dates of events and meetings, offering and sharing information, and providing others with chances to become involved in their community.

The evening was empowering while also having a more realistic view of the equal rights movement in not just Rhode Island but the world.

As Mayor David Cicilline commented, "In 1970, the Women's Rights Movement has come a long way, but still has a long way to go. Not until women can say that they receive the same amount of pay men for the same job, can we say that we are close."

Organizations such as the Rhode Island Feminist Resources Network, and even our own Women’s Center work to support the Women’s Equal Rights Movement which is currently providing a voice and aid for women and men. "A Celebration of Women’s History," was not just a celebration of the women of the past, but a celebration for the women of the future, while also providing more resources to assure a definite progression.
WHAT TYPE OF IMPACT WILL GAY MARRIAGE HAVE ON SOCIETY?

Roselin Pena - So. Marketing
“I’m for it. If straights can marry, why can’t gays?”

Patrice Saint Aubin - Sr. Marketing Comm.
“I think it will cause a lot of confusion in the church”

Harlam Rodriguez - Fr. Advertising Comm.
“It will have an evolution on the government. Some rights are denied, and if it’s passed it will be a more free nation.”

Casey Marcus - Fr. Fashion Merchandising
“I feel that it will open doors. We don’t live in a one-sided society.”

Brian Pennells - So. S.E.E.
“I think it should be legalized for the sake of entitlements and tax benefits.”

Chuck Allardice - Fr. Business
“I don’t think there will be an impact, but they will have more rights.”

Anna McCloskey - Fr. Fashion Merchandising
“Hopefully a positive one. I would like to see some laws changed.”

Steve Dean - Fr. Operations Mgmt.
“The impact could never be negative because it makes people equal. I think it should be allowed.”

Tony DeJesus - Sr. Engineering Design
“It’s going to make a big change in the community, but it’s not going to affect me.”

Tim Walker - Sr. Food Service Mgmt.
“I don’t think it will matter as long as people have an open mind.”

Greg McGuire - Jr. Hospitality
“It will make society more diverse.”

Micaela Burke - So. S.E.E.
“I don’t think it will have that much of an impact.”
DEAR EDITOR,

I am writing in regards to a letter published in the last issue. First and foremost we would like to ask that Mr. Czerwinski refrain from speaking on behalf of the Student Government Association, for he is not a member of this governing body. We stand appalled that he would take it upon himself to do just that, and we must clear up any confusion he may have caused.

Now, we don't quite understand the purpose of his bitter backlash and our question is, what will it accomplish towards his personal goals? The only thing he has accomplished with his libelous remarks is to repulse the members of our organization and participate himself in the deception of the student body. He has also tremendously underestimated the competency of Johnson & Wales students. As a member of the Johnson & Wales student body and a former member of our organization, the Student Government respects his opinions. We find it ironic that he frequently spewed the word corruption in his letter, when he has on numerous accounts been rightfully accused of such matters.

In all reality, the Student Government Association, as he should know as former Speaker, has the ability to choose our advisors at any given time, with a simple vote from SGA. We couldn't possibly have any better of an advisory team than we already do. The one he speaks of is knowledgeable, reliable and as passionate about our organization as our members are. How does an advisor "abuse power" when they are given no power to abuse?

Honestly, we couldn't accomplish much without her wisdom and expertise. This nonsensical babble personally offends the Executive Cabinet, the entire governing body (SGA), along with the J&W community. His false accusations are grossly obtuse and completely fictitious. Our advisor is an incredibly valued asset to our organization. When he was a member of this organization, our advisor attended the SGA retreat with him, deep in the woods of CT, eight months pregnant. If camping, in September, with thirty college students on the verge of labor is not dedication to our success; I really don't know what else is.

He spoke of the past three presidents. Well, President Hilliard has been Student Body President for the past two years and at no time during his presidency has he felt misguided or deceived. Why would any organization keep an advisor for seven years they believed to be unhelpful?

Currently the SGA has solved over thirty important campus concerns for students and has visited all residential dorm's to communicate with students directly. With the success of our first ever pep rally and numerous activities and programs forthcoming the need to 're-evaluate' our leadership role is quite unnecessary. If you take anything away from this response, Mr. Czerwinski, it should be that "People in glass houses shouldn't throw stones." For the Johnson & Wales community, the SGA unconditionally supports our advisor and appreciates her for all she has done and will do for our organization in the future.

Sincerely,
The Student Government Association 03-04

Adela Lavaina Tancayo-Sannella

Born: August 23, 1945
Died: January 30, 2004

Please accept my deep sense of gratitude for the many cards and letters from the staff and students of Johnson & Wales who expressed such eloquent sentiments for my wife, Adela Tancayo-Sannella. In reading the very personal feelings that were expressed I never realized how much the people of J&W truly loved Addie. She loved the excitement of teaching, the interaction with her students, and the very many personal relationships that she developed in her twenty-four years with the University.

Addie was dedicated to the University while still being able to express her individuality and her deep sense of Hawaiian culture. I will never forget the compassion, understanding and love that were shared by her J&W friends during her celebration of life, especially their ultimate understanding of Addie by wearing colorful Hawaiian shirts. I know that Addie is looking down on all of us. She is smiling and hoping that you all excel to the level of professionalism that you know she expects. Thank you.

DEAR EDITOR,

I was recently made aware of a particular article in the most recent issue of the Campus Herald about SGA Advisor Michelle Delaney and her supposed "corruption" of SGA. The accusations that were made by Beau Czerwinski have no base in reality whatsoever.

In several years of working with Michelle, I have never seen a more dedicated advisor to their students. She allows the members of SGA to make their own decisions, but in the process advises them on how to make the right decisions. Michelle even takes time away from her family to attend meetings, rallies, and other events to show that she supports the SGA and its actions.

To me, Michelle has always been a friend. Even though she was my SGA advisor, in a way, she was a personal advisor to myself & many others. Her guidance helped mold me into the person I am today. She always took time to meet with me on a professional level or just to shoot the breeze. Even now, when I make my yearly visit to Providence, Michelle is one of the first people I always make sure to visit.

Just because Beau lost election after election (no exaggeration folks!), it doesn't mean that there is someone corrupt behind it all. It just means that the students don't want him to represent them, plain and simple. Hundreds of students, faculty, staff and alumni can vouch for Michelle’s dedication, honesty and integrity. I only wish that more advisors were like her.

Sincerely,
Juan A. Soto '02
Former SGA Speaker of the Senate
Former Senior Class President

DEAR EDITOR,

I am writing regarding the baseless attacks that were in the last issue of the Campus Herald by Beau Czerwinski against the Advisor of the Student Government Association, Michelle Delaney. I find it absurd that the former Speaker of the Senate believes that the SGA Advisor is "misguides, deceives, manipulates, and blackballs students. " These accusations have no merit. As a former Speaker of the Senate myself, I have had first hand experience working with the SGA Advisor and I can only sing her praises. Not only does she listen to the students, she supports whatever decisions the members of SGA decide upon.

In regards to elections being "fixed" I laugh. This too is a baseless accusation. I personally have been involved in the tallying of votes for SGA. As a matter of fact, the only person that handled ballots last year was Czerwinski’s former running mate. I think someone is a little upset that he lost in three consecutive elections when he ran for an executive position in Student Government (Executive Vice President in 2001 and President in 2002 and 2003). In regards to the student government choosing their own advisor - they do have the power to do so! When the constitution was written by students, it was determined that the Director of Student Activities would be the Advisor of the Student Government Association. If any member of SGA had or has the desire to have a different person as their advisor an amendment to the SGA Constitution could have been presented and voted on.

Michelle Delaney is the epitome of what an advisor should be. Now that I have graduated, I look back and realize that Michelle is everything a student could want, hope, and dream for in an advisor.

Sincerely,
Michael A. Bosco '03
Former SGA Speaker of the Senate

email letters to
campus/herald@jwu.edu

Johnson & Wales students, faculty or staff wishing to submit guest commentary, letters to the editor and/or suggestions for a particular topic of discussion are welcome to email campus/herald@jwu.edu no later than the deadline date published on the page 16. Letters to the Editor must include the writer's name, address 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.
Volunteerism: To suffer or not to suffer?

By Amy A. Kirk
Fusion Center Community Service

I was recently visited by an enthusiastic, multi-talented, intelligent female student who, in addition to her four part time jobs (no kidding!), full class schedule (which included the pursuit of four concentrations beyond her major), and a few extracurricular activities, thought she "should" do some volunteer work.

She avoided the question and instead asked what kinds of volunteer opportunities there were in "soup kitchens" or "working with disabled kids." I asked if she had ever worked in either setting or with either population; she had not. I asked her if this kind of work was something she had always wanted to do, if she had a personal experience or interest in the above, or if she knew of any local organizations that offered such services. "No" to all of the above.

Finally I asked, "What do you do in your free time? Do you have any hobbies?" Yes; she painted, trekked miles to art supplies stores in search of new and interesting materials, and spent any free minute experimenting with her findings. She spent the next five minutes energetically explaining her latest paint project discovery. I suggested that perhaps she could volunteer her much-needed artistic talents at community centers, senior homes, and after-school programs. I had a list of several requests along these lines.

She made a face. "Oh, I don't want to do something that I would actually have fun at!" she replied.

"So... you want to suffer?" I half-joked.

"Yes, actually," she stated, blushing. "I've had a pretty easy life so far. I should do something... difficult!"

Okayaaaaaaay... let me get this straight. You work four jobs, have a full class load, can only volunteer on weekends, and love art... but when you offer a position you volunteer that fits your schedule and interests? I had suggested the "Free for All Saturdays" at the RISD museum for low income families... you decline because you are afraid it might be enjoyable?"

She laughed more freely now, and so did I.

"I know how you feel. There was a quote by Rilke that I had hanging above my desk throughout my college years: People have with the help of conventions and thousands of all their solutions toward the easy and toward the easiest side of the easy... we know little, but that we must begin doing and that it is a certainty that will not forsake us... that something is difficult must be a reason the more for us to do it." (www.visualpoem.com/riike.html).

I told her that I thought of that quote often, and her belief that doing good meant doing something difficult that only through doing something difficult could she contribute to society, be a better person, make a difference, learn, and become "mature", that only by putting herself through a possibly uncomfortable situation could she grow. In fact, I still believe this to be true overall: how else would we move ahead in our careers, fall in love, move away from home, progress as a society in general? But in the case of volunteering, I believe differently.

I explained to her that she had more to consider than her own service; she had to consider the recipients of her service. The agency, the youth and families, and other volunteers would benefit more from a knowledgeable and enthusiastic person than someone who was fulfilling her own self-imposed "duty of difficulty." In the end, we compromised. I gave her the numbers of local "soup kitchens" and agencies serving disabled children, as well as several numbers for artist-related programs that helped underserved communities in the Providence area. I told her to call all of them and visit each site, talk with the volunteer coordinators, and noticing where she felt welcome, comfortable, and engaged. After the visits, or perhaps even several sessions as a volunteer, she could let me know where she WANTED to return, and where she could see herself committing to service for several months. If she still felt "guilty" that she was "having fun" volunteering in art-related settings or situations, then perhaps she would end up volunteering at two places.

The important thing is that she now realized she had a choice. With so few things in our lives that we can actually choose, why not allow yourself the choice of where you want to volunteer your time and energy? Everyone was when volunteers show up excited, sincere, and even knowledgeable about the situation at hand.

What typically motivates people to volunteer? I believe the feeling that they "should" do something; this is valid and ultimately productive. But they should not feel that they "should not enjoy" their volunteer experience. There are plenty of other difficulties in life; we don't need to go seeking them out, although Rilke would tell us otherwise.

Note: A few days after writing this, I ran into the above mentioned student. She is pursuing work with a local organization that deals with disabled children, and seemed excited to get started. I have no doubt that her artistic view on life will serve her, and the children she ends up working with, very well.

To volunteer in an area of personal or professional interest, contact Amy Kirk at akirk@yours to set up an appointment or to join the Volunteer E-List.

A day of mourning

By Erin Madore
Culinary Editor

February 20, 2004 was a day full of sadness, grief, and an overwhelming amount of tears, as Providence remembered the tragedy of the Station Fire of Warwick, RI on its one year anniversary. The day, like many others, should have been avoided, as many tragedies that scar survivors and loved ones' hearts can be. However, the many that have been deeply affected do not look at the Station Fire as it was any other tragedy or accident that should have been prevented. Not having exist signs that worked or were blatantly visible, exceeding the capacity of the building by dozen, using dangerous pyrotechnics without authorization, and many other safety issues points toward the catastrophe being caused by manslaughter, not just an accident. These people that should be held responsible range from

Recipe: Grilled Cheese a la iron

Just because you live in a dorm doesn't mean you have to live off of Easy Mac and Ramen Noodles! Free gourmet cooking is just a step away. Here are five easy steps to making an excellent grilled cheese sandwich, no frying pan needed.

1. On your next trip to the dinning hall bring a few plastic sandwich bags with you. Order a sandwich from the deli bar but ask for two pieces of bread and 2 scoops of cheese. Give yourself time. If you're like tomatoes on your grilled cheese, ask for them on the side. Put the ingredients into separate zip lock bag and store them in your backpack. Once back in the dorm put them in the refrigerator.

2. Now it's time to use that iron your mom gave you but you've never used. Plug it in and set it to the "linen" setting. Allow the iron to get nice and hot before moving on.

3. Assemble your sandwich in the traditional manner. Bread, cheese, then bread. Wrap it in tin foil or a paper bag. Place it in the microwave and CAREFULLY upon your sandwich. Allow it to toast for three minutes. Flip the sandwich over and repeat. Unwrap and you have a tasty grilled cheese sandwich. Serve with a beverage from your roommates side of the Microfridge and you are ready to sit down to a great meal.

Be creative; add other ingredients that you can get for free from the cafeteria. Try a piece of fruit, condition, or bon appetite!

Next Issue: Quick and easy cleaning & more dorm recipes!
He was pierced through for our transgressions. He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by his scourging we are healed - Isaiah 53:5 (NASB).

You read this quote at the opening of The Passion. No doubt, you left the movie affected in some way: spiritually, emotionally, even physically troubled or numbed. Many questions may have floated through your mind during and after the movie. The main question that many of us ask is why? Why did this happen in history?

Isaiah the prophet lived and wrote in the 800s BC, seven years before the crucifixion of Jesus Christ. Isaiah foresees the future and declares that in a coming day a savior will be punished for us. The text is everyone, everyone can be healed in Christ, everyone can obtain well being in Christ, and everyone can be forgiven in Christ. This is the promise Isaiah gives and the hope he enjoys. Could Jesus be this messiah, the one to bring hope and healing? The answer to this question will be intensely personal for you. In College, you are being challenged academically, you are growing socially, and you are also developing spiritually. You should decide for yourself about Jesus Christ. Some historical points may help.

What you saw happen to Jesus on screen actually happened, with some artistic license. A close friend, Judas, betrayed Jesus for 30 pieces of silver and later hung himself. An even closer friend, Peter, who feared for his own life, abandoned Jesus. This man Peter left his closest friend when he sensed he was in personal danger. Yet, Peter became a premier leader of the sect called Christianity. In the future, when his life was threatened, Peter replied to the persecutors, "We must obey God rather than men. The God of our fathers raised Jesus" (Acts 5:29-30, NASB). Clearly, fear left Peter and he was filled with hope and trust.

Jesus was arrested and tried by a tyrant called Pontius Pilate. History is full of examples of his brutality. Jesus was scourged, sent to King Herod, apparently because Pilate wanted nothing to do with Jesus' condemnation, and returned to Pilate, only to be sentenced to death. His charge: King of the Jews. Jesus was executed on a cross, and died. He was guilty of nothing legal, yet full of blasphemy in the eyes of many. His ministry worked miracles and brought healing, but challenged culture in every way. Even today, to mention Jesus is a challenge to culture; everyone has a reaction to his name.

Jesus died on the cross without his legs broken. Normally, legs were broken so that the condemned would die quicker, by suffocation, as they could not push up to get a breath. Jesus died before this even happened. He was buried that same day.

The final 15 seconds of the movie, I believe, also happened. Most of the world would disagree with me on that point: did Jesus rise again? Too many factors cause me to say "yes," but those same factors cause many to say "no." I do not believe that all that happened to Jesus was coincidence. I do not believe that a prophet correctly prophesied the events of Jesus life 700 years in advance by chance. Nor do I believe Jesus was subject to mob rule, or a bloodthirsty tyrant (who couldn't condemn him right away anyway), or dishonoring friends, or a greedy disciple by chance. I believe God meant for Christ to die: Horrible? Yes? Hopeful? Even more so. By the death of one, many are saved. What happened to Peter? Before dying for his faith, he eventually wrote "Christ was raised from the dead with a mighty act of power, as you can see by the proofs given by all who have heard him. Acts 2:24, 32" (New International Version).

I believe God meant for Christ to die. Horrible? Yes. Hopeful? Even more so. By the death of one, many are saved.

I am grateful to the Herald for the opportunity to share my views with the Johnson & Wales community regarding the Gibson film, The Passion of the Christ. To begin with, I must state that I viewed this film through Jewish eyes, which is a different perspective than those of my Christian brothers and sisters.

I realize that Mel Gibson is a talented producer and has the right to freedom of expression. He is a man of faith who has taken upon himself to translate the truth of The Passion of the Christ as he believes it to have taken place. I feel that he has done it arrogantly and with insensitivity in his inability to understand the Jewish concerns in his insistence that he has found "the truth and there can be no other." As Jews, we also have a right to defend the truth as we understand it and our efforts to engage in such a dialogue should also be respected. In 1965, the Second Vatican Council issued its declaration on the Jews which in part read: "While Jewish authorities and those who followed their lead pressed for the death of Christ, still, what happened in His Passion cannot be charged against the Jews, without distinction, then alive, nor against the Jews of today. The Jews are not to be presented as rejected by God or accursed, as if this followed the Sacred Scripture. All should see it to that then the catechetical work or in the preaching of the word of God, they do not teach anything that does not conform to the truth of the Gospel and the spirit of Christ."

Mr. Gibson ignores these words. Is he anti-Semitic? I think not. Yet, his portrayal of the Jews in his film leaves room for doubt. And those who are prone to anti-Semitism will see this film to strengthen their beliefs. However, I also believe that most Christians who see this film will not have their already existing views adversely impacted by the film.

However, in Europe, Australia, and throughout the Middle East where anti-Semitism is dangerously on the rise, I am concerned about Gibson's film repercussions. This film will come and go. Mel Gibson has done all faith communities a favor by opening the channels of conversation regarding his film and the events portrayed. It is my fervent hope that these conversations have led all those involved to gain a better understanding of Judaism and Christianity as well as a new found respect.

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This paid program is open to all majors and college levels. Find out more and apply online at wdcollegeprogram.com.

Presentation attendance is required.

JOHNSON & WALES-PROVIDENCE
Tuesday, March 23, 2004; 5:00 pm
**NON-CULINARY STUDENTS**
APC--University Hall, First Floor
ROCCO DISPIRITO

Come hear Rocco Dispito, star of the hit NBC show "The Restaurant" talk about his experience in the business and answer your questions.

March 18, 2004
8:00 p.m.
Harboride Rec Center
Book signing to follow

Sponsored by Office of Student Activities

JOHNSON & WALES UNIVERSITY

Cambridge Union - Debating Society -
meets J&W students

Founded in 1815, the Cambridge Union is the oldest debating society in the world. Come and witness a debate, featuring J&W students and one of the most renowned debating societies.

Topic: "The house believes we were safer during the Cold War."

Thursday
March 25th
7pm
Pepsi Forum

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Visit the Johnson & Wales University Student Activities Web Site
http://www.jwu.edu/prov/stuac

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The Pulse of our Campus...

Get involved
Help make a change
Let your voice be heard
Run for office

Keep the pulse going...
Elections 2004

March 30, 2004 - Information Sessions
Citizens Bank Center for Student Involvement 6:30pm
Harboride Rec Center 8:30pm
BATTLE OF THE CAMPUS
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20 years of kicking butt

Do you have what it takes to defeat South Hall?
April 30, 2004
located at
Roger Williams Temple of Music
For more information contact
Polly Gross
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Office of Student Activities

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: 401-598-1186

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OSA

4th Annual Diversity Retreat

Dare to make a difference!

March 26-27, 2004
Camp Woodstock
Woodstock Valley, CT

Applications can be picked up at the front desk of the Citizens Bank Center of Student Involvement (CIBC), Multicultural Center, or Women’s Center. Contact Scott Lyons at 598-2804 for more information.

Although all are welcomed to register, only one member per club or organization are recommended. Additional numbers will be added to our wait list should space become available.

Sponsored by the Office of Student Activities, Multicultural Center, and Women’s Center

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OSA

PRESENTS

CREATING EXCELLENT ORGANIZATIONS

Reminder

Monday, March 22, 2004
5:30 – 6:30 p.m.
Pelot Forum- Plantations Hall

Celebrating Differences:
Making the most of diversity

"Confidence is the pillar of freedom and the enemy of growth." - John F. Kennedy

Some of the strongest organizations are held together nothing more than the respect of diverse views and backgrounds. Regardless of the history of a group, creating a healthy, successful organization requires understanding the dynamics of organizational culture and managing diversity. Don’t miss this opportunity to learn ways to influence understanding and appreciation of diversity into your organization.

Contact Scott Lyons in the Office of Student Activities with any questions pertaining to this workshop or the OEO Series at 598-2804 or slyonis@jwu.edu
The Merry Wives” make a mockery out of Mr. Shakespeare

Mathew J. Medeiros
Arts & Entertainment Editor

Trinity Rep takes the Shakespearean smash hit, “The Merry Wives of Windsor” and adds their own modern spice to it. With a flashy stage setup and familiar tunes, this theater company gives a thumbs up on an overall great performance. The actors stayed true to the whimsical dialogue and kept that Shakespeare vibe that most fans have come to know. However, the modern twist keeps the play alive and allows for most any scholar to follow the plot.

It opens with the Grammy winning “Hey You” by Outkast and even ends with the Miscellaneous “Cats Just in Here For Fun” by Cyndi Lauper. Everything in between was nothing short of great tunes and satirical Shakespeare humor. Watch for the hilarious “Because I Got High” number which has added lyrics to suit the play.

The action takes place at the apartment complex called the Windsor. The main character, Sir John Falstaff, lives upstairs along with his gang of misfits and indulges in all of life’s pleasures in full excess. Downstairs lives the more conservative couple, the Fords and the Pages, whom the wives become the object of Falstaff’s desires. While Falstaff engages in writing such sinful affections, he is unaware of Mr. Ford’s scheme to get back at him. Also, the wives themselves have come up with a diabolical plan which in the end gives Sir Falstaff what he undoubtedly deserves.

Missus Anne Page, the daughter of the Page couple, has a desired affection for Mr. Fenton, but her father wishes her to wed a clumsy young fool and her mother favors a foolish old French doctor.

This modern version of Shakespeare definitely can hold its own, and we owe it to the brilliant acting and magnificent directing. The jazzy scenery of constant purring and humorous numbers like Aiken’s “Invisible” were an added bonus. So if your looking for something different to do any night of the week, then “The Merry Wives of Windsor” is your sure fire best bet. Also, look for other great plays Trinity Rep has to offer such as the star crossed, “West Side Story” coming in April.

50 First Dates provides off-beat, sweet love story

Movies that have a Valentine’s Day release almost always deal with the timeless Hollywood subject of love. In 50 First Dates there is no exception, besides the fact that it is an Adam Sandler movie. So that means a few things, there will be slapstick humor, there will be some hilarious jokes, and most of all there will be some singing.

Sandler hooks up with The Wedding Singer co star Drew Barrymore to once again bring us a tale of another offbeat, yet sweet love story. Sandler plays the convincing role of Harry, a vet working at an Ocean Park in Hawaii. His life long dream is to sail into the arctic regions of the world and study the underwater activities of walruses. The awkward part about Sandler’s character is that he spends his nights as a womanizer staying with a variety of ladies only for about a week at a time. Much to the dismay of his native islander friend Rob Schneider (who plays a hilarious father and best friend figure in this movie), Sandler figures out that he tired of the life of a player.

Barrymore plays sweet, funny, and talented Lucy who is Sandler’s love interest. They magically meet in a restaurant whose specialty is SPAM. They hit it off and have a great day joking and talking, and hope to see each other the next day. The only problem is that Barrymore doesn’t remember a thing come the next morning; she thinks Henry is a psycho. We then learn that Lucy was in an accident a few years earlier, and each night her memory is wiped clean. She continuously lives the same day over and over again, think Bill Murray in Groundhog’s Day, but less funny. The audience around her constantly bend themselves out of shape to accommodate Lucy. Her father and her stereo-bound idiot brother, played by Sean Astin of Lord of the Rings, are the biggest culprits in keeping Lucy’s life the same. Sandler sets off on various antics to meet and get to know Lucy everyday. Against the wishes of family and friends Lucy makes Lucy fall in love with him. A very sweet idea for a film but it gets a little redundant.

Dan Aykroyd plays a forgettable role as Lucy’s doctor who constantly reminds the audience that there is no cure, which is kind of depressing. The film is a nice love story with some real nice points, like making every kiss as memorable as the first, but the love gets lost in the attempt for laughs. Sandler and Barrymore have the chemistry, but the movie just couldn’t cut it. 2.5 out of 5

50 First Dates provides off-beat, sweet love story

By Tyrone Hall
Staff-Writer

The shop’ is open for business for a second installment in the Barbershop franchise. The first film was a comical look at how barbershop equally black barbershops can get some time. The actors played familiar faces in everyday man’s barbershop. The second film Back in Business Drives to build on the first films surprising success and create another classic.

Ice Cube as Calvin once again plays the role of a young entrepreneur trying to run his family business. This time the competition isn’t a smooth talking con man, but capitalism and big business. The new business is the much hyped Nappy Cuts. So goes the plot of the story as Ice Cube tries to modernize the shop to keep up with Nappy Cuts. As Cube makes changes to stay in business, the rest of the crew sort out there own problems. Terry, rapper Eve, is coming around off the hurt of dealing with her two timing boyfriend from the first movie, only to find herself slipping for another employee. Dinka is in love trouble again after an incident with Ricky. Token white boy Ies is dealing with an inflated ego now that he is doing the

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‘The Sopranos’ returns and viewers are remarmed to the mob

By FRAZIER MOORE
AP Tennis Writer

NEW YORK (AP) — "The Sopranos" is back, and all is well with the world. The TV drama every other drama series is measured against is returning to face the ultimate challenge: getting measured against its own past.

Great news! It measures up especially after last season, which didn’t.

Last season, "The Sopranos" was gripped by tension. Week after week, the pressure built. As if resigned to inevitable doom, mobster Tony Soprano and every one around him and, to a large extent, the series sank into a funk.

Sure, there were moments of explosive (if temporary) release. But just two of the 13 episodes delivered a solid dramatic payoff: when Tony offered Ralphie and then offered his head, and in the finale when Tony waged war with his wife, Carmela, and she threw him out of his house.

That was way back yonder in December 2002. Now, as "The Sopranos" begins its fifth season Sunday on the U.S. HBO cable TV network, it seems headed on a different, more rewarding track. ( Spoiler warning: "Sopranos" fans who want a pristine viewing experience should stop reading here.)

Make no mistake, any hour of "The Sopranos" beats an hour of nearly anything else on film. But the four new episodes made available for review do more than introduce fresh turmoil into Tony's life. They introduce a welcome new theme enhancing last year's gloom: a sense of general befuddlement.

Tony (series star James Gandolfini), his wife (Edie Falco), and other key characters have lost their bearings. Too much has changed, too much is uncertain. Can they regain their footing before it’s too late? That seems to be this season’s prevailing question.

One cause of shattered equilibrium is the arrival of several new mobsters who, jailed during the crackdown on organized crime in the 1980s, are out after serving their time.

"Class of 2004," Uncle Junior (Dominic Chianese) sums up sourly "old rats on a new ship."

What will be the impact of these new "rats" on "The Sopranos"?

"We could be looking at a period of potentially violent power struggles," declares a Mafia expert on a TV interview show Tony is watching to which Tony grumbles, "They gotta paint everything the worst, these TV news people."

It isn’t long before former mob boss Fechta La Manna (Robert Loggia) is telling Tony, "Now that I’m out, I’d like to get back in the game."

Tony warily agrees, but adds, "I don’t want you stepping on anybody’s toes."

"Me?" oozees Fechta in his gravelly voice, "I’m Fred Antaree!"

Also back on the streets (in the second episode) is a cousin, Tony Blundetto (played by Steve Buscemi), whom Soprano wants back in the family business.

No thanks, says "Tony B." Once a rising star in the mob, he now intends to go straight.

He wants to be a massage therapist, and he doesn’t mean running a massage parlor. In the meantime, he takes a job with a linen supply firm whose accounts include the Bada Bing. He’s literally handling Tony’s dirty laundry. Will he be able to resist Tony’s enticements to handle more?

The life of Tony’s nephew Christopher (Michael Imperioli) hangs in the balance: He’s kicked horsie and drugs. But how long can he hold out?

And Christopher’s fiancee Adriana (Drea de Matteo) remains caught between a rock and a hard place: The FBI is forcing her to inform on Christopher and the rest of the mob. How long can she reconcile her two conflicting lives, nor to mention her guilt?

Even Tony’s psychiatrist, Dr. Melfi (Lorraine Bracco), is confronting new issues, thanks to Tony, her longtime client who now wants to be more.

Sunday’s episode began with a scene recalling previous season openers: the morning newspaper in the Soprano driveway. But Tony, no longer living there, isn’t fetching it.

A bit later, the series adds to its gallery of odd and powerful images with a glimpse of raw potential violence that is all the more unexpected for its having no connection with organized crime.

Message: More than ever before, everything is at risk, and danger could be lurking anywhere.

No wonder Tony, who now bunks in, of all places, the shabby house of his desppicable late mother drifts back home on any pretext. There he scraps with Carmela, barks at sullen son A.J. (Robert Iler), chugs orange juice out of the canister as if he still ruled the roost, and pretends none of the fault is his.

It’s all part of a scramble for some sense of normality, for getting back a world that’s familiar and reliable. Happily for viewers, the search on "The Sopranos" this season could come with many new pitfalls.

Make no mistake, any hour of "The Sopranos" beats an hour of nearly anything else on film.
Culinary

Chef Abdullah competes for pastry chef of the year

BY ERIN MADORE
Culinary Editor

With only three more days to go, Johnson & Wales is eagerly awaiting the International Restaurant and Food Service Show of New York being held on Sunday, March 14th, as one of our local Chefs will be competing for the title "Pastry Chef of the Year."

Chef Sadrudin Abdullah, a teacher that came to Johnson & Wales nine years ago to further his Pastry Degree, has quickly moved up in the culinary world. He went from being Chef Crawford's assistant to his present teaching position, which he has been at for six years now. Since he teaches a variety of classes, such as Classical French Pastries, Introduction to Cake Decorating, and Advanced Pastry, it allows a great deal of students to prosper from his natural talent, developed skills, and great teaching methods. Many students say that being in Chef Abdullah's class, or even his presence, is a very rewarding and exciting experience, as he possesses such a strong passion for the baking world and teaching.

However, for the past few months his passion and attention out of school has been completely directed towards the 15th Annual US Pastry Competition, being held during the International Restaurant and Food Service Show.

On Sunday there will be twenty-one leading culinary experts from North America competing in what is considered America's most prestigious pastry event. There are three categories which each chef will be competing in for the title "Pastry Chef of the Year," cash prizes up to $5,000.00, endorsements, and pride. The categories that will be judged are a show pastry that is made of half chocolate and half sugar, two cakes, and one plated dessert. You can expect the chefs to illustrate revolutionary desserts and unique artistic show pieces, based around this year's theme—tasty tales.

Chef Abdullah automatically thought of basing his theme around Cinderella since he could use horses in the show piece, which is his specialty. All of the pieces are linked to the dramatic story of Cinderella; such as, his plated dessert having a chocolate high heel as the focal point, and the show piece has a beautiful carriage being drawn by the most astounding sugar horses.

Chef Abdullah feels confident about his pieces, mostly because of the time and effort he was able to put into them with help from Johnson & Wales students. He thanks everyone for all of their hard work and support, giving a bit of advice to all students looking into making a name for themselves, "Get in the kitchen, and stay in the kitchen."

A Mardi Gras celebration

BY ERIN MADORE
Culinary Editor

The smell of cotton candy and popcorn filled the air at the Hospitality Center as Johnson & Wales celebrated Mardi Gras or "Fat Tuesday," the day before Lent in the Christian calendar. Therefore, it is normally a tradition to eat up any of the rich food in the house before the beginning of the forty days of Lenten abstinence when you are being absolved from your sins, hence its Creole-French name Mardi Gras or "Fat Tuesday." Most foods to avoid during Lent include flour, fats, and eggs—all of the ingredients in pancakes, which is why many people eat pancakes on Fat Tuesday.

Going along with the celebration of Mardi Gras, some of Johnson & Wales residence halls had small parties; such as, at South Hall, the resident assistants put on a pancake and cereal hour, and the Hospitality Center served fried foods and cotton candy. However, if you are spending Mardi Gras at home or in the dorm, a great alternative to the normal pancake is a French Crepe. The recipe that is sure to wow any visitors at your own Mardi Gras party or for any occasion, comes from the Food Network and can have meats, vegetables, fruit or any other fillings added to the recipe. No matter what is on the menu though, Fat Tuesday is not a day to pass up, as it is a great reason to eat good food while being in the presence of good friends.

Crepes

Recipe-Courtesy of Gourmet Magazine

Yield: About 20 crepes

The smell of cotton candy and popcorn filled the air at Hospitality as Johnson & Wales celebrated Mardi Gras or "Fat Tuesday."

Crepe Batter:
1 cup all-purpose flour
1/2 cup plus 2 tablespoons water
1/2 cup milk
3 large eggs
2 tablespoons unsalted butter, melted and cooled
1/2 teaspoon salt

In a blender of food processor blend the flour, 1/2 cup plus 2 tablespoons water, the milk, the eggs, the butter, and the salt for 5 seconds. Turn off the motor, with a rubber spatula scrape down the sides of the container, and blend the batter for 20 seconds more. Transfer the batter to a bowl and let it stand, covered, for 1 hour. (The batter may be made up to 1 day in advance and kept covered and chilled)

To Make Crepes: Meled unsalted butter for brushing the pan Crepe batter (recipe above)
Heat a crepe pan or non-stick skillet measuring 6 to 7 inches across the bottom over moderate heat until it is hot. Brush the pan lightly with the butter, heat the pan until it is hot but now smoking, and remove it from the heat. Stir the butter, half fill a 1/4 cup measure with it, and pour the butter into the pan. Tilt and rotate the pan quickly to cover the bottom with a thin layer of batter and then turn the pan to the heat, loosen the edge of the crepe until the underside is browned lightly. Turn the crepe, brown the other side lightly and then transfer the crepe to a plate. Make crepes with remaining batter in the same manner—brushing with butter as necessary. (The crepes may be made in advance, stacked tightly wrapped in plastic wrap, and chilled for up to 3 days or frozen.)

Dorm room cooking done the fun way

BY ERIN MADORE
Culinary Editor

If you think that five star cuisines can only be found in downtown Providence or on Federal Hill then you have been mistaken. If you are short on money or want to dine in and still have the superior or good food you can find in many Providence restaurants there is no need to fear.

Dining in your dorm room can seem quite like a challenge since the school's policies limit what you can use for equipment; however, do not allow that to stop you. Here is a quick and easy way to make a full course meal that you can make and enjoy in the company of your own home.

To properly begin a meal one must always start with an appetizer to set the mood and help tide over appetites until the main course. This is an easy one for the thrifty student, as a bag of Tostitos and a can of salsa will at least be less than five dollars.

Another great way to start a meal is with a salad, which you can start off with a bunch of fresh lettuce and vegetables if you only want to spend a small amount of money.

For the main course you will be making Iron Grilled Cheese, you can find the recipe on page 7. This is a great entree that is easy to make, tastes great, goes with anything and can satisfy almost everyone's hunger. To end the meal a great idea is a quick and simple pudding that needs only a couple of ingredients and some type of whip. If you want to try something that is a little more challenging and tastier, a no bake cheesecake would be the best choice. Super market normally carry a few different types of no-bake cheesecake that comes in a box and are easy to make in your dorm rooms while still greatly satisfying your sweet tooth. There are also many other easy and no-bake desserts, entrees & appetizers that you could make in your dorm rooms.

Dorm dining can be a fun and exciting experience while giving students more choices and freedom in their food options. However, it is very important to always follow the dorm room rules, and if you are not sure about a piece of equipment or cooking method always check with your resident advisor before you use them. This is especially concerning anything that could endanger yourself or anyone else in the building. Although, do not allow your lack of equipment and small living quarters to stop you from having home cooked meals!
Whites-only scholarship awakens normally sleepy college campus

By MICHAEL MELLO
Associated Press Writer

BRISTOL, R.I. (AP) On the campus of a small liberal arts school unaccustomed to student activism, Roger Williams University junior Jason Mattera and his band of College Republicans revel in their ability to stand out.

No topic, from gay marriage to feminism, has been off limits since Mattera organized the conservative group his freshman year.

But a whites-only scholarship that required applicants to "confirm whiteness" awoke the normally sleepy coastal campus, eliciting criticism from minority students and from the chairman of the Republican National Committee who suspended the group's right to use the party's symbols.

School President Roy Nirschel also criticized the scholarship. Last month he cut short a trip to Vietnam to begin what he called "a healing process" that included forming a commission on civil discourse.

Yet Mattera, rated the nation's top conservative student activist by one group, remains unbowed. He said the debate over free speech and affirmative action was just what he wanted. And he promises more.

"We did our job," said Mattera, 20, of Brooklyn, N.Y. "This is what college is all about, challenging the status quo.

The 35-member group first clashed with university administration last year over a series of monthly newsletter articles. The articles accused homosexuals of squeaking free speech by pushing for hate-crimes legislation and alleged that a well-known gay-rights group indoctrinates students into homophobia sex.

The administration froze the College Republicans' money for two days because Nirschel saw the articles as "gay bashing." He said he received threatening letters claiming he was suppressing the group.

Then another article critical of Kwanzaa, which celebrates the history and heritage of Africa, sparked a complaint by a multicultural student group.

Before the Student Senate had a chance to deal with that issue, the College Republicans came up with the whites-only scholarship.

The application for the $250 award required an essay on "why you are proud of your white heritage" and a recent picture to "confirm whiteness."

"Evidence of bleaching will disqualify applicants," read the application.

Mattera, who is of Puerto Rican descent, said the scholarship was a parody of minority scholarships. Mattera himself was awarded a $5,000 scholarship from the Hispanic College Fund, he said.

"Those who come from white (descent) are left to find scholarships on their own," Mattera said.

Mattera said the whites-only scholarship generated national publicity, which angered university officials and many students who worried their school was being labeled racist. Minorities make up less than 10 percent of the 3,400 full-time undergraduates.

Some minorities on campus, like Maria Ahmed, a 20-year-old junior from Providence, felt targeted.

"At first it was about the newspaper, just about every issue they were bashing some small minority group," said Ahmed, whose parents were born in Nigeria. "It's hard being a minority on campus, and it felt like (they) were directly talking about you."

The scholarship was criticized by the state Republican Party and Ed Gillespie, chairman of the Republican National Committee. In a Feb. 17 letter to Mattera, Gillespie said the scholarship conveys a "message of exclusion" that doesn't represent the party's values. He suspended the group's right to use the party's symbols.

Nirschel, who's eager to attract more minority students and faculty members, called the scholarship "repugnant" and convened a town meeting on campus he said attracted more than 500 people.

The meeting, he said, was the first of its kind in the university's history.

His commission includes faculty and student members and has already decided to organize a debate team and create a journal of civil discourse.

"This has caused me to reevaluate our efforts to make the campus open," he said.

Mattera, however, received plenty of support too. The scholarship was raised from $250 to $250 due to increased donations from the group received.

The American Civil Liberties Union backed the group's right to free speech after the Student Senate considered taking away its funding. Once the scholarship was awarded to Adam Noah, a 21-year-old junior from Weymouth, Mass. The

Senate set aside the issue.

And some students liked the idea of a whites-only scholarship.

"Nothing gets to me more than affirmative action," said Jamie Paterson, 19, a sophomore from Marblehead, Mass.

"People want handouts."

Ron Robinson, president of the Young America's Foundation, said Mattera is the conservative Virginia-based group's top-rated activist in country.

"He's a very gutsy young man... it really takes an adversarial atmosphere for a person's leadership ability to come to the fore," Robinson said.

Despite initial plans to make the scholarship annual, Mattera said it won't be offered next year.

"We'll continue to fight affirmative action... but I think I made the point," he said.

The whites-only scholarship may end up doing more than advancing Mattera's conservative agenda, however.

After getting criticized for accepting the scholarship, Noah pledged to donate the money to a fund benefiting victims' families and survivors of The Station nightclub fire. Last year's blaze at West Warwick nightclub killed 100 people and injured some 200 others.

Noah said he also collected more than $750 in campus donations for the fund.

"I walk around campus with a 64-ounce jug and people put money in, I take it to class and sit on my desk," he said.

He originally planned to buy books with the scholarship money, but Noah now wants "something good" to come from it.

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Questions?
String of explosions kills 131 in Spanish train system, days ahead of election

MADRID, Spain (AP) Powerful explosions rocked three Madrid train stations Thursday just three days before Spain's general elections, killing 131 rush-hour commuters and wounding more than 400 in what officials called the deadliest attack ever by the Basque separatist group ETA.

"This is a massacre," government spokesman Eduardo Zaplana said.

In the first attack of the year blamed on ETA, bombs exploded around 7:30 a.m. local time in a commuter train arriving at Atocha station, a bustling hub for subway, commuter and long-distance trains in Spain's capital.

Blasts also rocked trains or platforms at two stations on a commuter line leading to Atocha. The government said there were four blasts altogether.

People in tears streamed away from the station as rescue workers carried bodies covered in sheets of gold fabric. People with bloodied faces sat on curbs, using cellphones to tell loved ones they were alive. Hospitals appealed for blood donations. Buses had to be pressed into service as ambulances.

The attacks traumatized Spain on the eve of Sunday's general election.

The campaign was largely dominated by separatist tensions in regions like the Basque country, with both the ruling conservative Popular Party and the opposition Socialists ruling out talks with ETA.

Haiti's new prime minister begins cobbled together a government

PORT-AU-PRINCE, Haiti (AP) Haiti's new prime minister sought to unite a divided, desperate population as he began cobbled together a government. U.S. Marines, meanwhile, stepped up their mission to stop violence in the Caribbean nation.

Gerard Latortue, who returned to his homeland from Florida on Wednesday, was chosen by a committee earlier this week to fill a void left after former President Jean-Bertrand Aristide fled the country on Feb. 29 amid international pressure and a bloody rebellion.

The nation's 8 million remains torn between those who want a new govern- ment and those demanding Aristide's return.

Latortue, a 69-year-old former U.N. official and foreign minister, said his top priorities were security, justice, decentralization of power and organizing elections. "I came here with my mind open to work with everyone in Haiti," he said. "I'm not a member of any political party."

Two Iraqi women working for U.S.-led coalition killed in Basra

BAGHDAD, Iraq (AP) Gunmen killed two Iraqi women working in a laundry for the U.S.-led coalition, a day after the slaying of two American coalition officials and their translator by assassins disguised as police, officials said Thursday.

The two women, who were sisters, were driving home from a fax in the southern city of Basra late Wednesday when gunmen stopped the vehicle and opened fire on them, a coalition official said.

The women worked in a laundry for the U.S. company Kellogg Brown & Root, which has a contract to provide logistical services for the coalition and military, an official at the British Ministry of Defense said.

The motive for the attack was not immediately known. Guerrillas have targeted Iraqis working with the U.S.-led occupation. Also, Basra, which was patrolled by the British military, has seen a number of killings blamed on Shiite militias enforcing Islamic law.

Meanwhile, L. Paul Bremer, the top administrator in Iraq, has requested that the FBI investigate the slayings of the Americans late Tuesday on a road outside the town of Hillah, 35 miles south of Baghdad, said Dan Senor, spokesman for the U.S.-led coalition.

Kerry spends campaign day on Capitol Hill; GOP wants apology

WASHINGTON (AP) Democratic presidential candidate John Kerry was looking to shore up his support among congressional Democrats and bring another former rival into the fold. Republicans were looking for something from Kerry, too, an apology for comments they criticized as "unbecoming of a candidate for the presidency."

Kerry, a Massachusetts senator, was headed to separate meetings Thursday on Capitol Hill with House and Senate Democrats, and members of the black and Hispanic caucuses, two other Democratic groups.

He also was meeting with North Carolina Sen. John Edwards, a colleague and former presidential rival.

Edwards aide said he planned to bring to 100 of his top fund-raising backers to the meeting in what was described as a passing of the torch to Kerry, the Democratic presidential nominee-in-waiting.

The get-together with Edwards comes a day after Kerry's 45-minute session with former Vermont Gov. Howard Dean. Both sides described it as upbeat and said it would lead to an eventual Dean endorsement of Kerry.

Freed British Guantanamo detainees consider legal action against U.S.

LONDON Five men who were quickly freed in Britain after more than two years in U.S. military detention at Guantanamo Bay relied on the spotlight Thursday, while their representatives condemned their treatment by the United States.

British police had arrested four of the men immediately when they returned to Britain Tuesday on suspicion of terrorism offenses, but released them late Wednesday without charge.

A fifth man had not been arrested when the group arrived, and was freed within hours after being questioned.

"It is what we expected to happen," said Steven Watt, a British lawyer with the U.S. based Center for Constitutional Rights, who represented two of the arrested men, Asif Iqbal and Shahzad Rasul.

"I think what happened in terms of them arriving at a military base in custody was just window dressing for the benefit of the U.S. government," Watt added.

Iqbal, 22, Rauf, 26, Rubal Ahmed, 22, and Tarek Dergoul, 26, were given police escorts to undisclosed locations of their choice when they were released from a high security prison in west London following their interrogation by anti-terrorist officers.

House moves to ban lawsuits blaming obesity crisis on the fast food industry

WASHINGTON (AP) House Republicans seeking to curb another potential source of lawsuits by lawyers decided that eating hankering for "biggie" portions shouldn't be allowed to blame their weight on fast-food chains and restaurants.

The House voted 276-139 on Wednesday to ban class action lawsuits that contest food companies' and restaurants' marketing to children.

The House voted 276-139 on Wednesday to ban class action lawsuits that contest food companies' and restaurants' marketing to children.

The move was part of a larger push to pass a suspension of the judicial panel that since March 18 on CBS. Viacom is CBS parent corporation.

Bertuzzi apologizes to Moore, NHL to issue suspension

TORONTO The night before learning how long he'll be suspended by the NHL, an emotional Todd Bertuzzi apologized Wednesday for what Colorado's Steve Moore said was an intentional hurting of him.

"I feel awful for what transpired," he said.

Bertuzzi, an All-Star forward, will finish out the length of his suspension Thursday morning after an hour-long hearing at the NHL office in Toronto on Wednesday. Bertuzzi slashed Moore in the side of the head late in Monday night's 9-2 victory by the Avalanche. He hit Moore from behind and drove his head into the ice. Moore landed face-first with the 245-pound Bertuzzi on top of him and lay in pool of blood for several minutes before he was taken off the ice.

Moore is out for the season with a broken neck. He also sustained a concussion and deep cuts on his face, and remains hospitalized in Vancouver.

Angry viewers help push EchoStar, Viacom to resolve dispute, restore channels

DENVER (AP) After a two-day blackout that brought the wrath of datathieves and satellite dish owners by the thousands, EchoStar Communications Corp. and Viacom Inc. reached a deal that restored several popular channels, such as CBS and Nickelodeon to the DISH Network.

The two sides reached a deal early Thursday. Within 20 minutes of the new agreement, channels, including VH1, Comedy Central and BET, were back on DISH. EchoStar spokesman Marc Lompin said, EchoStar had "heard from its customers early Tuesday in a dispute over fees. Up to 9 million DISH satellite television viewers were affected.

The dispute also left as many as 2 million DISH viewers without CBS shows when EchoStar pulled the network's programming in cities including New York, New Orleans, Chicago, Philadelphia, San Francisco, Miami, Boston, Denver, Minneapolis and Dallas.

DISH subscribers in those cities were threatened with the loss of the upcoming NCAA men's basketball tournament, which begins March 18 on CBS. Viacom is CBS parent corporation.

"These comments are for Steve. I had intended of hurting you," Bertuzzi said Wednesday night, reading a statement before the Canucks played the Minnesota Wild.

Bertuzzi added, "I'm asking for forgiveness here. I was out of control on the ice.

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Celebrate Women's History Month!

"The Dream"
By Corrie Martin
Director, Women's Center

I happened on that snow day back in February as I sat at my kitchen table, sipping tea and looking out the window at the falling snow. I had been thinking about the month of March, the imminence of spring and upcoming Women's History Month activities, when a great wave of peacefulness settled over me. I soon fell into a deep sleep and had the strangest dream.

In the dream, I was a parent being taken along on a campus tour of J&W with my teenage son. David, our tour guide, was an International Business major and very proud of the school's reputation. "Johnson and Wales is a leading institution of higher education in the business, hospitality, culinary, technology and equine fields," he smiled, "there's no better place for a first-rate career education." With a sweep of his hand, he drew our attention to the large courtyard behind us. "Gaige Commons," he explained, "is the center of our downcampus community."

Someone in the crowd had done his homework and piped up, "Oh! Is that named for Audrey Gaige, who was pivotal to the growth of the university through the late 1940s onward?"

Dave was pleased that his group had done some research. "Yes, that's right! Audrey and Morris Gaige, together with Vilma and Ed Triangelo, purchased the school from its founders in 1947."

Another visitor added, "I read in the President's Report that they got the money to buy the school from Audrey's and Vilma's mothers."

"Oh yes. Audrey's mother even mortgaged her house to make the investment possible. We think it's important to remember that as an example of how women have always been involved in business, even back then when there was even more discrimination against women in the workforce. You know the workplace has never just been the proverbial 'man's world.' Women have been a part of every aspect of the growth and development of this business and we have always fought hard for their right to participate fully. The famous women's rights meeting in Seneca Falls in 1848 set forth two historic goals: gaining women the right to vote AND employment opportunities."

David continued, "Dr. Vilma Triangelo also has the distinction of being a student of the school's two founders-Gertrude T. Johnson and Mary T. Wales-and one of their first employees after she graduated in 1936. She learned every detail of the business and of the school's operation from Gertrude and Mary themselves. No wonder the two women asked her to take over when they decided it was time for them to retire."

Our tour guide grew wistful. "I've often wondered if J&W could be considered one of the first institutions of its kind for women's higher education in the country-something like the Colorado Women's College (CWC), founded in 1890, when higher education was thought desirable to the delicate minds of young women. (Fittingly, CWC was acquired by J&W and is now the home of our J&W Denver Campus.) In 1914, at a time when women were still barred from voting, Gertrude and Mary founded their new school here in Providence with the mission of preparing young women for jobs in business. That original vision would come to have a special distinction in history. Today, J&W is a leading institution for women in business, graduating top women CEOs, policy makers, entrepreneurs, chefs and restaurateurs, and more. These professionals credit their J&W education and experience for giving them the skills and confidence to conquer their fields."

"Well, I like to think that Gertrude Johnson and Mary Wales knew the historical significance of what they had done by leaving paying positions at Bryant Business School to start their own enterprise. Today, American women own more than 9 million businesses generating over 3.5 trillion dollars in annual sales, employing more than 27 million people, and representing 40 percent of businesses operating in the United States. J&W is part of this great movement of enterprising women."

"Gertrude and Mary themselves set an example of what women could accomplish in the business world. Perhaps they even had a vision of a future Donald Trump saying on national TV, 'I may be the first Jewish man again!' Today, we continue the legacy of women's leadership both as a leading institution in women's business education and in our institutional make-up. Long before Brown University made headlines for appointing its first female president, J&W led the way with Debra C. Gray as Nofolk Campus President in 1993. Mimi Runey will be Charleston Campus President in July of 2004. We also have three women who are University Vice Presidents: Donna Yena, Judith Johnson, and Robin Krocowsky. Loren Chant and Veera Sarawgi are Vice Presidents of the North Miami Campus and Providence Campus respectively. Students are likely to have the most contact with Deans such as Helena Rodrigues, the first Dean of University Libraries, Maureen Dumas, Dean of Admissions, Erin Fitzgerald, Dean of International Center, Angela Renaud, Dean of College of Arts & Sciences, and Caroline Cooper, former Dean of the Hospitality College. Or, they might work or intern for Kathy Kavanagh, General Manager of the J&W Inn, or meet with Carole Bernardo, Director of Residential Life."

As our tour guide continued talking about the many directors, managers and departments headed by women, I closed my eye, my son grabbed my hand and said, "I have to come to J&W, Mom. I really want to be the best leader I can be in today's business world. I need to be where the women are!"

I awoke at that moment, and felt slightly relieved to realize that I wasn't actually a parent facing those challenging moments yet. But, I also felt energized and refreshed, eager for the snow to fall and to be able to go back to work at the real J&W, thanks to a big dream of two enterprising women who left us a powerful legacy.

Women's History Month Events On-Campus

- Women's History Month: Inspiring Women Poster Contest. Come to the Women's Center to view the beautiful, awe-inspiring art work created by members of our own J&W community in celebration of Women's History Month! Original works will be on display honoring inspirational women in our lives!
- The Experiential Museum: Throughout the month, the Women's Center will be sponsoring "Rooms of Their Own." A special experiential "museum" in the Women's Center Lounge. Each week throughout the month of March, the lounge will be transformed into a different interactive exhibit that explores and celebrates a particular theme through sight, sound, props and more.
- Women's History Month: Honoring Sororities and Beyond...
- Women's History Month: Women through the Decades
- Women's History Month: "Women: The Emerging Political Force"

Women's History Month: "The History of J&W Sororities and Beyond..."

March 15-19 "The History of J&W Sororities and Beyond..."
- March 22-26 Women through the Decades
- March 29-Apr 2 "Women: The Emerging Political Force"

March 17 A discussion with NARAL and Planned Parenthood RI about the upcoming march on Washington to Save Women's Lives. Learn about the current erosion of women's reproductive rights and what you can do about it! 6:30 pm at the Women's Center
- March 18 An intimate conversation with Gail Collins, first woman editor of the New York Times Editorial Page. Author of "America's Women, 400 Years of Dolls, Drudges, Helpmates and Heroes" (Morrow, 2003). Co-sponsored by the Rhode Island Council for the Humanities and CCRRI 8pm at the Women's Center
- March 23 I'm Scared (PART II)" Forum with the NAACP Women's Month Committee. Society teaches women to be afraid to walk the streets at night, to speak their minds, and to be their own selves. Can we learn to turn our fears into strengths? Discussion and workshop at the Multicultural Center, 8pm Women's Center
- March 24 Take Back the Night J&W Community March and gathering. 8pm at the Gaige Commons. Co-sponsored by the Office of Student Activities and J&W Sororities