Students visit part-time job fair for employment, while seniors prepare to network at Career Conference

By Alexis Jungdahl
Assistant Editor-in-Chief

Fifty-seven employers attended the Career Development hosted part-time job fair on Saturday, September 14 in the Pepsi Forum. J&W students, armed with resumes and business attire, hoped to find employment with one of the many employers at this year's fair. Highlighted companies included The Residence Inn at the Marriott, McCormick and Schmick, and Technology Temporary Services.

"The Part-Time Job Fair is an important event here at the University because about 80 percent of our student body works at least 10 hours a week to support their self financially while attending classes," said Celeste Brantolino, Director of Career Development & Alumni Relations.

* See Conference, Page 2 *
Conference: Fifty seven businesses visit campus for job-fair

*Continued from front page*

The part-time job fair was started in 1997 and has grown steadily since then.

"Each year, the support grows both internally and externally," said Brantolino. "We did a huge marketing push at Fall Check-In to ensure a high-level of student awareness of this event...we welcomed 448 students at business and technology and 523 at food service and hospitality, with a total of 971 students combined. Last year we tracked a figure which was at around 650 total stu-

**Part-Time**

**Job Fair Employers**

**Business**

- AAA Southern New England
- Bank of America/Fleet Boston
- Bank of South America/RI
- Bank of Southern MA & RI
- Bank of Southern MA & RI
- Bank of Southern MA & RI
- Bank of Southern MA & RI
- Bank of Southern MA & RI
- Bank of Southern MA & RI
- Bank of Southern MA & RI

**Hospitatilty**

- 99 Restaurant & Pub
- Anton Airline Inc.
- Black Bear Restaurant
- Brown University
- Brown University
- Brown University
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"This year's fair saw an increase in both employers and student participation. According to Brantolino, 60 employers signed up and 57 attended, including 24 representing business and technology and 33 with hospitality and food service companies. Last year there were a total of 44 employers.

The 30 percent increase in employment opportunities and 34 percent increase in the number of students attending the fair made this a success to many.

The diverse selection of companies in attendance left many students with the feeling that this year was an improvement over last years, and were confident in finding employment opportunities.

Steven Florida, Director of Career Events, was most satisfied with the reactions J&W received from the visiting companies. "The feedback was amazing - they were impressed."

For those students still in the job market, employers suggested important qualities to develop. Linda Japhet of Williams Sonoma knew what she was looking for in potential candidates. "People who are outgoing, energetic, and passionate about working with food. Reliable and punctual too," she said.

John Wilbur of Cumberland Farms said he was satisfied with the students he met at the fair. "We found a lot. Not one that we would turn down without further investigation," Wilbur said.

Several employers stressed the importance of appearance. They felt body jewelry, tee shirts, bare midriffs, and sneakers had no place in the work environment. Students were encouraged to present the most professional appearance as possible.

Wilbur offered one last piece of wisdom for student seeking employment. "Have confidence in yourself. Be able to convey anything you put in front of you."

The University will welcome over 125 national employers on October 7th to the annual Career Conference.

"Everyone, from freshmen to seniors who are in need of internships, cooperative education, part time and full-time opportunities with world-class organizations who desire to recruit and hire from the Johnson & Wales," concluded Brantolino.
Community prepares for medieval family weekend

Over 400 families expected to visit the Providence Campus for weekend

By John Ostenko
Editor-in-Chief

The community will welcome over 400 families to campus on Friday, October 8 for a medieval themed family weekend. Registration and welcome reception mascot will launch the start of what will be an evening filled with large scale events aimed at creating school spirit on Friday. According to Student Activities officials the weekend will enable parents to familiarize themselves with their student’s educational lives.

“We have a formula that works for family weekend,” said Scott Lyons, assistant director of Student Activities. The Welcome reception, Homecoming Parade, Barbecue and Casino night have all been successful in the past and officials have consistently implemented these events year after year.

“That’s pretty much the formula that works well,” said Lyons. “It’s what our parents enjoy. They have an opportunity to interact with their students. The majority of the parents who are in attendance at family weekend are for first year students so we try to avoid having a repeat of opportunities and options offered weeks prior to check-in.”

The opening reception on Friday evening will serve as an opportunity for faculty and staff to communicate with students and families. An assortment of hors d’oeuvres will be provided by student chefs at the Johnson & Wales Inn.

A homecoming parade will follow-up the reception the next morning. The parade will feature a variety of clubs, organizations, and residence halls showing off their hand made floats. A homecoming king and queen will be honored Saturday as well.

“We have a privilege to honor some outstanding student leaders so we solicit self nominations for homecoming king and queen,” said Lyons. “It’s an opportunity to recognize students for different reasons as far as involvement in different areas within the University community. A casino night with live music, dancing and a chance to win great prizes will close the day on Saturday evening. Parents will have the opportunity to try their luck at Black Jack, Roulette, Caribbean Stud Poker and more.

The final day of the weekend, Sunday, will consist of a ‘Voyage to King Richard’s Faire,’ a President’s breakfast featuring President of the Providence Campus Dr. Irving Schneider, and other “nobles” of the Providence Campus, as the family weekend website states. A Parent Ambassadors Working for Students (PAWS) meeting will follow.

“Typically we usually have well over 400 families in attendance,” stated Lyons. “We’re expecting a lot of people around for the weekend. Some of them take advantage of the events that we have and many families come just to spend the weekend in town, there are a lot of other items going on. Saturday night is the final waterfront in Providence.”

According to Lyons there are a number of people in the community who make this event possible. From facilities and grounds to safety and security to the mail center, everyone plays a role in creating a sense of community amongst the University for the weekend.

ATTEND THE COLLEGIATE LEADERSHIP ACADEMY IN NYC WITH THE NSO LEADERSHIP ALLIANCE!

Attendees will get a presentation and behind-the-scenes tour of Madison Square Garden, networking opportunities, leadership activities presented by FinishLine and a day at the International Hotel/Motel & Restaurant Show.

The trip is $200 for NSO Members and $250 for non-members. Cost includes conference registration, transportation, hotel accommodations, and entrance fees for the IH/M&R Show.

A deposit of $100 can be made payable to National Student Organizations and delivered to Mike Bosco in room 419 of the Kinsley Building no later than October 1st.

For more information, contact Mike Bosco at mbosco@jwu.edu or at (401) 598-4915.
Granting the wishes of those in need
Hospitality college participates in marathon to benefit Make-a-Wish

By Ginger Vieira
Staff Writer

Approximately 100 students from the Hospitality College woke early Sunday morning, September 19, for a Walk-A-Thon fundraiser to support the Make-A-Wish Foundation at Lincoln Woods Park. Professors Covino, Silva and Bowman all spent a great deal of time organizing the walk-a-thon. As they handed out blue tee-shirts to all the participants you could see the enthusiasm they shared for the program and were especially pleased with how many kids attended the event.

The Make-A-Wish Foundation was founded in 1980. It is the largest not-for-profit organization in the world. Through fund raising and dedication, the foundation has helped make over 115,000 kids wishes come true.

The program’s purpose is to grant the wishes of children between the ages of three to seventeen years old who have a terminal or life-threatening illness. Illnesses such as Leukemia, various types of Cancer, Muscular Dystrophy, severe Anemia, Asthma and Epilepsy are among the many illnesses the kids involved with the foundation live with every day.

“A young girl with Epilepsy recently wished for the opportunity to meet with Vice President Cheney to talk about environmental issues,” explained Professor Silva. The most popular wishes are for a trip to Disney World. Other wishes include meeting Mel Gibson, attending the Grammy’s, having a tree house or going on a shopping spree. Through the hard work of many people, many of these wishes come true.

Raising over one thousand dollars, the freshmen and transfer students of the Hospitality College made an effort towards this cause. Although some of the students were receiving credit in their classes for participating, they also truly believed it was important to help.

“It’s a great program to participate in. Giuliana Velasco expressed as to why she was there. Giuliana’s friend, Marilyn McGrath, stated that her parents were on the board of the Make A Wish Foundation and she wanted to support the cause. When asking other students what motivated them to wake up so early on their weekend morning, the answer was “they wanted to help.”

Above: Students board the bus to depart to Lincoln Park on Sunday morning. The Hospitality College raised over one thousand dollars for the Make-A-Wish Foundation. Below: Students involved in the walk-a-thon pose for a group picture.

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On Historic Federal Hill

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Ask about our Daily Specials and our NEW Teeth Whitening System!

$1 OFF ALL LOTIONS
One dollar off regular price of all lotions in stock.
Coupon must be presented to receive discount.
Voter registration drive gears students for election

University groups combine pizza and music to promote registration

By April Pavis
Staff Writer

The Student Government Association (SGA) combined pizza and music to promote voter registration. The Voters Registration drive and Pizza Challenge was held on September 15 with the goal that students would start thinking about and registering for the upcoming November 2 election.

The hip-hop tracks played by DJ Fred Da Great attracted students to venture out of their residence halls and onto Gaede Commons that evening. The DJ and his entourage campaigned for the drive for three hours, frequently prasing the SGA for sponsoring such a necessary drive. After DJ Da Great persuaded numerous students to visit the Commons a Hot 106.3 street team promoter, Jasin Silva, took over. While handing out t-shirts, CD's, and other station gear, Silva and his team talked about the importance of voting.

"We at Hot 106.3 know our fan base consists of young adults. That group is what will make the difference in this election," said Silva.

A Pizza Challenge was held on the commons that night between four Providence shops, Domino's, Ronzio's, Boulevard, and Hope Street pizza. Two hundred students were given blue cards signifying their involvement in the challenge. Each student received one slice of pizza from each of the booths and were asked to vote on their favorite pie.

"Boulevard Pizza blew the competition out of the water," said SGA President Kevin Pons. The company came fully equipped with a mini-grill to heat each pizza slice individually and was far beyond the expectations of the students. As winners of the challenge, Boulevard Pizza received free on-air advertising from Hot 106.3 as well as respect from the entire student body.

The warm pizza wasn't the only thing attracting interested students. Students were invited to register in the state of Rhode Island or were given information on how to register in their home state.

Freshman Kellee Robinson registered to vote back home in Florida "to make sure Bush stays in office." Not all registering students felt the same as Robinson in her choice for president, but many agreed that this election was far too important to miss.

"I feel like you can't complain if you're not willing to help make a difference," stated freshman Sarah Cortazzo.

SGA's Brian Cottman, a Special Events Senator, was assisting in running the event and told students that, "One vote does count. Voting is a freedom we have and need to use."

Over 600 students heard SGA's Pons and many others already knew the importance of a vote and registered at the school's drive. As a thank-you for all participating students the SGA raffled off various prizes, including MTV Choose or Lose t-shirts and Hot 106.3 merchandise.

The sisters of Delta Phi Epsilon under stood the value of the event and volunteered their time that evening.

President Kamili Jones stated, "It's important to get active because many laws affect our age group."

Alumni Relations club members attend ed the event, also. Club member Steven Florio volunteered at the drive to explain to undergraduate students what the alumni club offered to students and to also support the importance of registering to vote.

November 2 is the official Election Day, but absentee ballots must be mailed in earlier than November. Go to www.justvote.org to request an absentee ballot for your state and to read the Top 10 ways voting affects our lives.

J&W Women's Center

Dedicated to serving and empowering women.

Depression Screening
Thursday October 7
1-4pm in The Women's Center

Talk on Reflexology & Holistic Medicine
Tuesday Oct. 12
3pm in the Multicultural Center
Given by J&W Mathematics
Professor Premjit Singh

Book Club
Beginning today
Sept. 29th @ 6:00

Creative Writing group "F.L.O.G."
Beginning Thurs. Oct. 7 @ 4pm
The Women's Center

Drop in Hours
M,W, TH: 9am-7:30pm
Tuesday: 11:00am-7:30pm
Friday: 9am-4pm

The "Spoken Word" Poetry group
Beginning Wed. Oct. 6 @ 7:00
2nd floor of the library

Public Speaking Club
Every Thursday @ 6pm
The Women's Center

Location
3rd Floor CBCSI Building
232 Weybosset Street
Telephone: 598-1138
**Falling victim to the freshmen 15**

BY ERIN MADORE
Culinary Editor

WARNING: Since September 4, 2004 a ravenous monster has been spotted lurking on campuses across America, preying on young freshman students, causing them to gain fifteen pounds in their first trimester alone. Without much of a preference, this monster does not care what clothing you wear, where you are from, how much money you have, what glasses you take or what career you are pursuing; instead, it unleashes its fury on any student that does not practice healthy eating and fitness habits.

Okay...I can not give you any evidence that shows this monster is real; however, all the evidence you need is right in front of you - it's how you look, feel, how your clothing fits and what the scale says. Many consider that freshman year is the toughest year of a student's college life, as it is the first time most students are away from home and facing all the challenges of the real world on their own. One of these challenges - not always considered top priority, although it should be - is struggling against weight gain and developing unhealthy eating and fitness habits.

Staying healthy and developing good habits should definitely be near the top of every student's list of priorities; however, as a sophomore I realize all to well that class, homework, work, clubs, friends, significant others, and family can easily come in the way of finding time to even work out three times a week.

I am a student that procrastinates, forgets about things, and sometimes says, "Just screw it. I'm going to bed." However, as a year older and maybe (just maybe) a little wiser, I am also a student that wishes she worked out more last year, and tried harder to eat a real meal instead of just pizza every night. Because, just like all of you, every morning I look at myself in the mirror and wish that the little rolls on my side and around my butt would just magically go away. With that, I am announcing that I can stay fit this year, so can you.

After a little research I realized the eating and exercising aspects are not hard at all, but the hardest part is having the time, strength and will power to succeed. So, with these somewhat easy, helpful tips, I hope you can find some strength, focus, and time to actually put effort into your body. In the end you will not only feel but look better but you will actually do better in school and your life.

First, the food you eat is the most important aspect: therefore, it is the first thing that many students need to change. Now, I understand that this is the first time you are away from home; however, that excuse is going to get old quickly. So, instead of continually telling yourself that the reason you are eating four pieces of pizza with a glass of Coke and two cones of soft serve is because you've never been away from home, do something about your nutritional habits.

1. Make a conscious effort to eat healthy. (I know, not as easy as it sounds.)
2. Control portion sizes - you can always go back up for more if you are hungry.
3. Eat breakfast like a king, Lunch like a prince, and Dinner like a pauper.
4. Carbohydrates are not the devil! Every year or two, researchers and Nutritionists come out with a new food group that people should steer clear of completely. However, trying to cut out an entire food group (or most of it) is never a good idea, and instead eating a BALANCED meal is the best idea.
5. Try incorporating lots of colors into your food from fruits and vegetables - they are also great sources of vitamins, nutrients and energy!
6. Choose healthy snacks that are small, crunchy and not loaded with calories.
7. Skip the condiments. Especially mayonnaise, which is very fattening.
8. Do not forget that alcohol contains calories that add up quickly.
9. Once in awhile indulge! Chocolate is a great treat, especially after a huge test!

Even though I sometimes want to eat fast food even a few times each week not only adds up to quite a bit of pocket change, but is also very bad for your health. As a busy student I understand that if you are really busy and have no time, fast food seems like the only alternative left. Although, just because you are at a fast food restaurant does not mean you cannot have a somewhat healthy meal.

1. McDonald's: Grilled Chicken Deluxe (without the fattening mayo) is only 5 grams of fat, and with Red French dressing and low fat milk only 12 grams!
2. Burger King: BK Broiler Chicken Salad is only 10 grams of fat or 5 grams without the chicken.
3. Wendy's: Baked potato, but hold back on all of the butter and sour cream.
4. Dunkin Donut's: Most low-fat muffins have just a gram and a half of fat each.
5. In the end it is the little things that matter right? So, here are some small, very easy tips to help make your fitness stand last longer.

- Walk. No, not from Harborside to Downtown, but instead of spending 4 minutes trying to find the closest parking spot, park further away and walk to your classes, the mall, or wherever you may be going.
- Take time to actually go to one of the main dining halls for a real dinner instead of automatically running to Dunkin Donut's for a bagel sandwich so you can eat on the go. Also, if you eat in the dining room you're bound to meet more people.
- Drink lots and lots of water! We have told you time and time again, drink water!
- So I know that you are thinking "She can write all of this stuff down, but how easy is it to pull through?" Well, it is not easy at all. I struggle in class trying not to eat pounds of chocolate everyday, and after class and work there is no way that I want to go to the gym and run a few miles. But I will try, because I realize that staying healthy does not only effect the size clothing I wear, but how I feel, my self esteem, how I concentrate during and after class, my stress level, and overall my whole life. I do not expect anyone to change their lifestyles after reading this, instead I hope that it reached out to just a couple people so that when they are in the dining hall maybe they will pass up the pizza once in awhile for a sandwich or a salad, because in the end only you can decide what is good for you.

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**PROJECT REWARDS**

Earn REWARDS for cutting down your cigarette smoking:

May be eligible to participate in a research study if you are:

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- between the ages of 18 - 24
- enrolled in college

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- Earn cash bonuses for keeping all of your appointments!
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For more information, please contact Polly at 444-1814 or e-mail us at REWARDS@Brown.edu
Indulge in fine desserts at Pastiche’s

Snug cafe offers premium after dinner snacks

BY ALECHIA DOW
Staff Writer

For all Pastry lovers and connoisseurs; one of the most popular and well-reputed pastry establishments is Pastiche Fine Desserts and Café. Located on Federal Hill, snugly and almost inconveniently, the establishment offers a wide range of traditional and modern desserts that anyone can enjoy. Sophisticated as well as trendy, Pastiche is the place to go after dinner, for a casual snack, or for chatting with friends over a cup of tea.

The most important attribute: dessert at its best. Every item is made “in-house,” from scratch by a small group of dedicated bakers. This means that everything is homemade, fresh, and a product of unique Pastiche, a complete rare treat not offered by most establishments serving dessert.

That said, the desserts speak very well for the business. From the traditional Fruit tarts, cheesecake of many flavors, Coconut Chocolate Chip Angel Food Cake, and Strawberry Mousse Cake among many others, it offers so much that anyone could find something to their liking. So well reputed they are for desserts, Johnson & Wales University usually sends some pastry students to Pastiche to get a “feel” for the products that pastry students are going to learn and produce.

Pastiche, although tucked away in a back alley on Federal Hill (which offers primarily Italian cuisine throughout), has the style of an elegant European Café. It is welcoming, with murals of landscapes, soft lighting, dessert displays, and small cozy tables, with a staff who are pleasant and knowledgeable. So take in account, that not only is it a treat to sit in this lovely establishment, but the treat most of all is the dessert you choose for very considerate prices. So, head on out to Pastiche Fine Desserts now, disregard any previous articles on good health and eating seen on this page. Indulge yourself in fine desserts at the very special Pastiche Café.
## Office of Student Activities

**OFFICE OF**

401.598.1195

**Downtown**

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**Campus Calendar**

**October 1-9**

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<th>Sunday</th>
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<td>Order of Omega Induction, PF, 2 p.m.</td>
<td>Greek Roundtable, UPR 5 p.m.</td>
<td>Tuesday Night Truth, HRC 9-11 p.m.</td>
<td>TEL, HRC, SGA Election Day</td>
<td>Blood Drive, OG 10 a.m. - 4 p.m.</td>
<td>Jewish Shabbat Service, CBCS 5 p.m.</td>
<td>Homecoming Parade, Shipyard Blvd, 11a.m.</td>
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<tr>
<td>Matinee, Stepford Wives, HRC, 3 p.m.</td>
<td>SGA Meeting, APR, 5 p.m.</td>
<td>Tuesday Night Truth, HRC 9-11 p.m.</td>
<td>SGA Election Day</td>
<td>SGA Election Reception, CBCS 5 p.m.</td>
<td>Family Weekend Welcome Reception, J&amp;W Inn, 7 p.m.</td>
<td>Culinary Demonstrations 1 p.m.</td>
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<td>SGA Meeting, APR, 5 p.m.</td>
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**Creating Excellent Organizations Series**

**2004-2005**

- Challenge yourself to examine roles and responsibilities
- Develop contacts with other student leaders, administration, faculty, and staff
- Learn creative ways to add some spice back to your organization
- Identify ways to better manage your precious time

<table>
<thead>
<tr>
<th>Dates</th>
<th>Topics</th>
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<tr>
<td>October 18, 2004</td>
<td>Recruitment, Retain, Revitalize</td>
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<td>November 8, 2004</td>
<td>Time Management Essentials</td>
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<td>December 6, 2004*</td>
<td>Creative Problem Solving</td>
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<td>January 10, 2005</td>
<td>Fundraising: Putting the money where your mouth is</td>
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<td>February 7, 2005</td>
<td>Diversity Unfolded: Celebrate Difference</td>
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<td>March 21, 2005</td>
<td>Power PR Strategies</td>
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<td>April 11, 2005</td>
<td>The Empowered Organization</td>
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Workshops are held in the Pepsi Forum on the dates above, from 2:30 p.m. - 6:30 p.m.

*November 4th workshop to be held in the Harborside Recreation Center Student Activities Lounge on the 2nd Floor

Any Johnson & Wales student leader is welcome to join our CEO Certificate Recognition program.

**Personal Leadership Certification:** Attended all 8 workshops

**Organization Leadership Certification:** Attended all 4 workshops Minimum of 2 members must attend all of the 8 workshops in order to qualify for the certificate.

Contact Scott Lyons at 598.2804 or slyons@jwu.edu for more info!
STUDENT ACTIVITIES

401.598.1093
Harborside

"This Week In Greek"

Greek of the Week
She has been a member of Alpha Sigma Tau since the winter of 2002 and now serves as the overseer of their chapter. She is from Clinton, CT and is a hospitality major. Along with Greek life, she is a part-time housekeeper, full-time student, and a women's volleyball player. This is her fourth season in volleyball and she plays as a setter.

Being in Greek life has helped her to learn how to manage her time well and she wants to show that there is more to being in a sorority than the parties and wearing Greek letters. It has exposed her to different people and has given her a better understanding of herself. She is an excellent asset to the Greek community. The Greek of the Week is Stephanie Clopper.

Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>Greek Trivia Day</td>
<td>Oct 1</td>
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<td>Dance in Round's Room</td>
<td>Oct 2</td>
<td>6pm - 8pm</td>
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<td>EPC Wiffleball Tournament</td>
<td>Oct 22</td>
<td>3pm</td>
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<td>EPC Greenpeace</td>
<td>Oct 25</td>
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<tr>
<td>SORC Meet the Greeks, Papal Forum</td>
<td>Oct 29</td>
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Did You Know?
Did you know that every President of the United States since Truman except for 2 were part of Greek Fraternities?

And...
Did you know that Ronald Reagan was a member of the Fraternity Tau Kappa Epsilon, one of the fraternities at Johnson & Wales University?

J&W 2004 MEDIEVAL MADNESS!
FAMILY WEEKEND & HOMECOMING

VOLUNTEERS NEEDED

Family Weekend & Homecoming
October 8-10, 2004

Flexible schedules available

Contact Scott Lyons at x2804 or slyons@jwu.edu for more info today!

ALL PRAISE THE MAJESTIES

J&W Homecoming King & Queen 2004 Nominations

Winners will be featured in the Homecoming Parade and will receive a $250 scholarship to the Barnes & Noble University Bookstore.

Pick up your nomination packet at the Office of Student Activities today! Self nominations are acceptable. Deadline, October 1, 2004.

Contact x1093 or srm486@students.jwu.edu for more info.

October 7, 2004
& October 10, 2004

Spiderman 2

Harborside Recreation Center
9pm
3pm on Sunday
As November 2 quickly approaches, the question of who to vote for haunts all of those who are registered to vote.

Bush...Kerry...Bush! No one knows who will do a better job, but that is the choice you must take when it comes to politics and life. This is probably one of the most important elections to cast your vote in, and if you pass up the opportunity to vote, you are passing up the opportunity to use your freedom as an American.

When I try to decide whom to vote for, neither of the candidates follows my beliefs completely. They shouldn't because they are standing up for what they believe. You do not vote just because you like a candidate, you must pick the candidate that you feel best expresses who you are. If you are unsure about what each candidate stands for, do a little research, or just continue to read.

I am a strong supporter of George W. Bush, the man who brought our country out of a Recession caused by the former President. I hope everyone realizes, that usually the economy that we see in the first couple of years of Bush's presidency was a reflection of Clinton. Change does not happen over night, so over time you see what mistakes or successful changes the previous president has made. Bushes tax cuts have had a huge impact on America. Yes, the rich do receive a tax cut, but those less fortunate pay no taxes.

When it comes to abortion, Bush feels that America should make room for the unborn child. Personally for me, abortion is a huge topic. Kerry says that partial abortion undermines a woman's right to choose, but what about the unborn child? When does his or her rights begin? When it has a heart or when he or she turns 18 years of age and are officially legal? Bush says that Good people can disagree, but value life and what it has to offer.

The one thing I disagree with Bush on are his gay rights beliefs. I am not a homosexual, but I feel if we have freedom, let us embrace our freedom. He is against gay marriage, but is not getting rid of the thought entirely. He has left it up to the states to decide whether or not to allow marriage between same sexes to happen.

There are two other MAJOR topics that should be talked about, War and Health Care. If you would find that Kerry has more personal records from the early 1990's which show him donating zero dollars a couple of times and then0 rolls over $1,000-$1,400. If you realize how much money Kerry has just himself, excluding his wife, it's a bit depressing. Bush on the other hand always has records to show, and when you take a look at his donations, its $50,000. Take that, as you will. I do not want to continue to bring up smaller things that do not relate to the country directly, but I do want you to realize that it's more than just the issues at hand, or being a liberal or conservative. You have to look further into each candidate.

What I want most of this article is to get you to vote. Either I have motivated you to register because I made you mad along the way and you want to prove a point to me by voting for Kerry or I have persuaded you to vote for Bush. As long as you vote, I feel I have done my job with this article, and if you just so happen to vote for Bush, I won't be upset! Exercise your freedom and vote. There is still plenty of time to send away for an absentee ballot and send it back in. You are not legal to do some things, but you are legal to vote. SO DO IT!
It's a toss up

By Sara Schoenholz
Staff Writer

"In the 2000 presidential election, 40 mil- lion people ages 18 to 30 were eligible to vote. Only 18 million actually did," - Debra Bell.

There are many reasons why young people don't want to vote; Most find politics boring or corrupt, while others just don't have the time.

Debra Bell, a 23-year-old Pennsylvania, said, "MTV has tried to rock the vote. But MTV can't even get us to pay for music, so how do they expect us to get out their vot-ing?" An answer to Debra's question is regist- ter. In order to get politicians to care about our issues and concerns you have to vote. Politicians ignore our concerns simply because we don't voice them. By not voting, you're choosing to be ignored. Until we show the candidates that we care, no candidates we care about will win. The candidates know how important our society is, but what they don't realize is how we, the young voters, can affect the final outcome.

Don't accept the media's biased view that all politicians are corrupt and that the only way to make a difference is to go outside of the system. Reflect on the issues yourself. Consider what each politician could do for you over the next four years.

For example, on Bush's website, http://www.georgewbush.com, he promises the world that he will increase school funds for drug testing to help students against peer pressure. My question is why will funds and drug tests help kids not give in to pressure? That will just make kids make worse drugs in school. We'll not abolish drugs all togeth- er, will it? And, if so, how?

Bush also tells us that he intends to keep the U.S. safe and secure by encouraging our mil itary to do their best. He encourages us, potential voters, by telling us "historical gains" made by this war, (wasn't the war sup- posedly over a while ago?) Nowhere on this website does Bush mention the potential for another draft to come into effect, however, we all know it is a possibility. Most J&W stu- dents I've spoken with are totally against this so-called draft. No one really thinks it will come into effect and no one seems to care.

One morning, on NPR in Rhode Island, I heard a story of a boy who asked his friend to shoot him in the leg, to paralyze him, so he would not have to go into war. His friend shot him and now he is paralyzed for life. Why are such extreme measures taken just to avoid the possibility of death at war? What would you do? How far would you go? Men ages 18 and older here in the U.S. are required by law to apply for "selective service," what if women had to?

As soon as I hit enter on John Kerry's web- site, (http://www.johnkerry.com) I was asked to join the campaign. A little bit pushy? Maybe, maybe not. Kerry seems hell-bent on strengthening today's military, because "tomorrow's military must be better still- stronger, faster, better armed, and never again stretched so thin." However, he does not state how he intends on creating this super-strong military.

Now since you're reading this, no doubt you're a J&W student, faculty member or family member or friend of a J&W student. Whoever you are, you know that many of J&W students struggle with the cost of this great university. Even with all the financial assistance we've obtained through loans and scholarships and grants, some of us are still struggling. Kerry claims that he will "offer a fully refundable College Opportunity Tax Credit on up to $4,000 of tuition for every year of college and offer aid to states that keep tuitions down.

When asked why he wasn't registered to vote, Keith James, a freshman here at J&W answered, "they both suck and they won't do anything good. I think we need someone that we can put all our trust in. We've been over so many different events; even this election that I think it's going to miss. Their heads [the candidates] are going to get too big and they won't be able to accomplish what they set out to do." My roommates are registered to vote, but they're not planning on voting, because they disagree with where the candidates stand. One of my roommates does not like either candidate's standing and doesn't think her vote will matter. It is exactly this way of thinking that keeps the candidates from lis- tening to people our age!

If the 22 million eligible voters had voted in the 2000 presidential election, then this year politicians would be giving us more notice because they would realize that our votes could make a major difference. Every time you say, "my vote doesn't count," you are one of the millions of others in the same mind set. Seek out the differences between each candi- date and choose who is the greatest of them all for the privilege to be your president. The few minutes you take out of your schedule could impact your life for years to come. Even if your candidate does not win, you won't have to suffer with the regret of what could have been for four years.

It's just vote

By Angelica LeBelle
Guest Writer

Johnson & Wales University is sur- rounded by city life and other colleges and universities. As students, we are exposed to political tidings on a daily basis. Many friends fervently express their opinions in slight hopes of get- ting people to join them. Most of the people on campus get their current events from their friends and family rather than reliable sources. Evidently, time has become such a commodity that the on-goings of the world they thrive in have been bumped way down on the priorities list.

Talking politics isn't a problem. Talking politics to people who don't have substantial information to sup- port their opinions is the issue. It's all the talking and none of the walking. It's amazing, the amount of people who do not vote, but at the same time have so much to say when it comes to politics. So many people have opin- ions and theories and ideas galore. They have feelings and thoughts on political subjects that they, most of the time, share freely. They stand in the streets passing out flyers expressing their views. They walk around with clip boards trying to acquire signatures to stand up for their beliefs. These people run with tangents in the class- room or at work to glorify their opin- ion in front of any audience that will receive them. But, in the end, ask them if they actually vote. The answers are surprising.

Anyone can regurgitate hearsay and try to mask it as a product of their own thoughts. It takes a true opinion-hold- er to make the difference by voting. In a nutshell, "put up or shut up," seems to cover all the bases. How does one have the right to scold or praise the way things are if they don't exercise their right to change them or keep them that way? They don't.

Many people like to give excuses, or reasons, for their non-voter status.

Put up or shut up. A bit rough around the edges, but straight to the point no less. If there is some- thing to say, say it, officially. Don't go on and on about how you hate this and or you love that without substantially backing it up on paper.
SPEAK OUT!

The interactive, 'Speak Out' section of The Campus Herald is meant to provide the University community with a professional forum to voice their ideas and opinions. To submit a question for 'Speak Out' please email campusherald@jwu.edu.

Liz McKeon - Fr. Hotel Management
"Offer more clubs that interest everybody."

Alex Yung - Fr. SEE
"Let people know what's going on. Promote activities by having posters with glitter on them."

Jenna Robinson - So. Fashion
"Have a dance team. It brings diverse people together and brings people out to watch."

John Brennan - Fr. SEE
"Give credit for attending three or more clubs, academic credit."

John Mundell - So. Marketing
- Give them bribes like money and VIP passes to clubs.

Kevin Mezza - Fr. Criminal Justice
"Fundraisers with food and music."

Jessica Nye - So. S.E.E.
"Advertise more so people outside the groups know what's going on."

Gina Gonsalves - So. Fashion
"Hold more student activity nights."

TEMPORARY PARKING RESTRICTIONS

Due to events for Family Weekend and Homecoming, parking will be constricted on the Harborside Campus. We will be closing the Main Harborside Academic Center Parking Lot on Tuesday evening. All vehicles must be removed from the Main Parking Lot (adjacent to the HAC BLDG and RECREATION CENTER) by 10:00 p.m. Tuesday, October 5, 2004.

Students may park in the following areas:
1. North Lot (Behind the Recreational Center and David Friedman Center)
2. Commuter Lot (At Harborside Blvd and Shipyard Street. Parcel 9 on the map)
3. South Lot (On Harborside Blvd across from the HAC BLDG. Parcel 5 on the map)

Staff and Faculty who do not park in the West Lot are encouraged to park in the Annex Lot (Between the HAC BLDG and PARAMOUNT BLDG. Parcel 4 on the map).

Vehicles that are not removed from the Main HAC Parking Lot by 2:00 a.m. Thursday, October 6, 2004 will be towed at the owner's expense.
U. S. Strikes Fallujah; Four Marines Killed

BAGHDAD, Iraq (AP) U.S. warplanes, tanks and artillery units struck the insurgent stronghold of Fallujah on Saturday, killing at least eight people and wounding 15 in a day that saw ensuring violence across the country and the U.S. military announced the deaths of four Marines. The Marines were killed in three separate incidents Friday while conducting security operations in Anbar province, the military said. No further details were provided.

In Baghdad, gunm en opened fire on a vehicle carrying Iraqi National Guard applicants, killing six people, police said.

The slayings were part of a militant campaign targeting Iraqi security forces and recruits in a bid to thwart U.S.-backed efforts to build an Iraqi force capable of taking over security from American troops.

Police Lt. Omar Ahmed said the group had just left a national guard recruiting center where they had signed up to join the force in the west Baghdad neighborhood of Al-Jamiyah when the attack occurred.

Underscoring just how dependent the government still is on outside help, interim Prime Minister Ayad Allawi urged the international community to set aside its differences over the legality of the invasion to oust Saddam Hussein and "stand fast by Iraq.

Calif. OKs Toughest Auto Emissions Rules

LOS ANGELES (AP) California has adopted the world's first rules to reduce greenhouse emissions for autos, taking what supporters see as a dramatic step toward cleaning up the environment but also raising costs for drivers.

The rules may lead to sweeping changes in vehicles nationwide, especially if other states opt to follow California's example. New York has already said it will follow the regulations, and several other states are expected to do the same.

Under the regulations, unanimously approved Friday by the California Air Resources Board, the auto industry must cut exhaust from California's cars and light trucks by 25 percent and from larger trucks and sport utility vehicles by 18 percent.

"In the short term we probably won't see much effect because global warming is a very long-term problem," said Terry Tamminen, secretary of the California Environmental Protection Agency.

"People won't see immediate benefits from this but they need to understand that their children will."

Auto industry officials argued vehemently against the regulations on three points: that the board did not have the authority to adopt the regulations, that they could not be met by current technology, and that they unfairly targeted California, which produces less than 1 percent of the world's greenhouse gases.

Bush Twists Kerry's Words on Iraq

WACO, Texas (AP) President Bush opened several new scathing lines of attack against Democrat John Kerry, charges that twisted his rival's words on Iraq and made Kerry seem supportive of deposed dictator Saddam Hussein.

It was not unlike the spin that Kerry and his forces sometimes place on Bush's words.

Campaining by bus through hotly contested Wisconsin on Friday, Bush sought to counter recently sharpened criticism by Kerry about his Iraq policies.

He stated flatly that Kerry had said earlier in the week "he would prefer the dictatorship of Saddam Hussein to the situation in Iraq today." The line drew gasps of surprise from Bush's audience in a Racine, Wis., park. "It just strangely disagrees," the president said.

But Kerry never said that. In a speech at New York University on Monday, he called Saddam "a brutal dictator who deserves his own special place in hell." He added, "The satisfaction we take in his downfall does not hide this fact: We have traded a dictator for a chaos that has left America less secure."

Thousands in Fla. Told to Flee Hurricane

FORT PIERCE, Fla. (AP) Hurricane Jeanne forced the evacuations of more than 80,000 residents Saturday as it bore down on Florida with winds near 105 mph and threatened to strengthen into a major storm.

If it hits Florida's Atlantic Coast on Sunday as predicted, it would be the fourth hurricane to slam the state this season, a scenario unmatched in more than a century. It would be a Category 3 storm with winds of at least 111 mph if it gains strength as predicted.

Jeanne, churning across the Bahamas, was poised to slam some of the same areas hit by the earlier storms, potentially transforming still-unrelieved piles of debris into deadly missiles.

"This is all we have left," said Pam Carter, a Fort Pierce homeowner. Saturday was glanced at a heap of smashed furniture in front of her stripped Fort Pierce condominium. The debris pile left by Hurricane Frances matched her own height. "When this other hurricane comes, this pile is going to be knocking down the rest of it." No state has been struck by four hurricanes in one season since Texas in 1886.

Jeanne could turn into the latest in a devastating chain of hurricanes that have ravaged southwest Florida (Charley), the state's misdirection (Frances) and Florida's Panhandle (Ivan). Combined, the storms have caused billions of dollars of damage and at least 70 deaths in Florida.

Iraqi PM Asks U.N. for Aid With Elections

UNITED NATIONS (AP) Iraq's interim prime minister appealed for a major infusion of foreign troops and international aid to help his country hold elections by January, saying a failure to achieve democracy would be a victory for terrorism.

Standing before the leaders of many nations that opposed the U.S.-led war in Iraq, Ayad Allawi on Friday urged the international community to set aside its differences over the legality of the invasion to oust Saddam Hussein and "stand fast by Iraq."

"We need to broaden the base of troop-contributing countries to (the multinational force) so that we would stand more determined and be better equipped to confront terrorism," he said in his first appearance before the U.N. General Assembly.

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Second Place $500 Scholarship applicable 04-05
Third Place $250 Bookstore Gift Certificate

The winning essay will be selected by a panel of faculty from Arts & Sciences. Winners will be contacted directly on Wednesday, October 6. All submissions must include your name, e-mail address, and local or cell phone number.

RULES

1. Essay must be no longer than 500 words.
2. Composition must be type written, double-spaced, with a font size of 12.
3. Entries can be submitted to Professor Donna Thomason, Rm. 814, John Hasen White Center no later than 9 P.M. on October 1.

Email nhardendorf@jwu with questions.

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**Hugh laughs from a tiny crowd**

Small turnout doesn’t discourage Wednesday Night Live comedians

BY GINGER VIERA  
Staff Writer

There is no explanation for why so few students arrived at the Multi Cultural Center Wednesday night, September 15, to see standout comics Rob Steen and Larry Myles. Despite the small crowd, Steen and Myles gave an incredibly hilarious show.

Between jokes about Steen’s Irish heritage and various “potty” jokes, as he refers to them, you might wonder why more students didn’t show up for this. Students may have not heard there was a performance or perhaps found themselves up in their eyes in homework. Steen is well known for his ability to interact with the audience, which everyone at the show was quite aware of by the end of his routine. He performs at an incredibly rapid pace, barely allowing you to breathe between gusts of laughter.

No matter what the topic was, he never failed to keep the audience roaring with laughter. He’s a professional and it shows. However, making people laugh hasn’t been his whole life. He attended the University of Massachusetts at Amherst where he majored in Criminal Justice. Steen then spent four years working as a police officer.

Since becoming a comic, Steen has appeared on David Letterman’s show 4 times and keeps himself busy with over 350 shows a year. For a long time, he has been helping other comics get their start as well.

Steen is Myles’ agent and it’s obvious Steen knows talent when he sees it. Myles’ approach to standup was much different than Steen’s, but undeniably just as funny. Myles’ jokes were aimed not only at his own Italian heritage, but at almost everyone else’s culture as well. Again, absolutely hilarious.

Like Steen, Myles hasn’t been a comic from the beginning. He taught martial arts for much of his adult life and has a black belt himself. Myles still makes it to the gym for his workouts, but he finds writing to be a most enjoyable. “I don’t want to be a celebrity,” he mentioned several times, “but I love doing this.”

The day before his performance, Myles returned form Kuwait. He spent ten days there performing for the troops, and the experience left a lasting impression on him.

“I was doing three shows a day, living off Red Bull and espresso,” he said with absolute enthusiasm. “There are a lot of people there who really appreciate what we’re doing. The news portrays a very negative side of it, but we’re really doing a lot of great things over there.”

Myles was even invited to help hand out toy dolls to the kids with the soldiers. He explained how much medical assistance the soldiers have provided for the people there and how thankful they are. “If you tell them you’re American, they’ll pick you up on their shoulders and carry you around,” he said.

“Oh my way to J & W. I got lost and had to ask for directions. I asked these two guys who were clearly from the Middle East. When I told them I’d just returned for Kuwait they both hugged me and thanked me profusely,” he said.

Myles’ experience in Kuwait left such a huge impact on him that he’s decided to write a book about it titled, Two Clicks From Teeteret. Teeteret being a city in Kuwait.

It’s really unfortunate more students didn’t make it to the Multi Cultural Center that night as Steen and Myles had those who attended laughing throughout the night.

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**Even Today, There's much to learn from Huxley's Brave New World**

BY CHRISTINA ROBERTS  
Staff Writer

The English novelist and essayist Aldous Huxley is most known today for his novel Brave New World; but Huxley is also a distinguished member of the scientific and literary world. He attended Oxford University, and gained much respect with the publication of his first novel, Crome Yellow, in 1921. Huxley, who was born on July 26, 1894 and died on November 22, 1963, lived during a monumental historic time period. Bearing witness to such events, including the start of World War I, the roaring 1920’s in the US, which was followed by The Great Depression, all these events played a role in making him such a well versed writer.

In his novel Brave New World, Huxley illustrates a futuristic world only to be classified as a negative utopia. The society in which Huxley describes is one that is controlled in every aspect. The traditional ideas of family, religion, and free thought have all been done away with. Children are no longer born but instead they are created in scientific laboratories, marriage is not allowed, and the idea that every member of society belongs to each other; and yet at the same time there are no commitments to anyone. The society that Huxley creates is a comfortable society in that the members never have to feel pain, suffering, anguish, sorrow, without sickness and without grief, but the negative side of this is that it is able to breed out the cruel feelings in life, people must also live without the truly wonderful emotions in life, such as love, joy, happiness, and bliss.

The conflict in the story arises when “John Savage” is introduced into this type of society. John is a member of the savages who live their lives as modern day people do, with families, and emotion, and religion and free thought. Though Savage the reader is able to see how incredibly important it is to have both the joyful and the mournful aspects of life. In a conversation between Savage and The Controller, Savage states, “I don’t want comfort. I want God, I want poetry, I want real danger, I want freedom, I want goodness, I want sin” (Brave New World). Savage wants the right to have sickness, old age, and pain and suffering, just so he may also have all the many wonders of life. There is so much of Huxley’s story that can be applied to everyone’s life.

The book is also great in that it is fairly easy to read; weather you love to read or find it a chore I believe everyone will find Brave New World entertaining and insightful. Bear in mind that if you don’t enjoy science fiction the first fifty pages are a little technical and scientific, but from that point on the novel takes on a really humanistic point of view, which is captivating. I highly enjoyed Brave New World and encourage people to check it out.

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Beneath the radar

A&E Staff Picks

CD

THE BEAUTIFUL TALIB STRUGGLE KWELI

Talib Kweli. Some people may know him already, but let’s admit this man doesn’t get the respect that he truly deserves. He even gets props from everybody’s momma’s favorite rapper, Kanye West. With his fourth album release, The Beautiful Struggle, Kweli is looking for the acknowledgement he deserves. Keep your ear for album; the word on the underground is that it is a classic.

BOOK

Jonathan Strange & Mr. Norrell

Harry Potter didn’t become one of the most popular novel characters ever off children alone. Older people were reading it, even if they don’t want to admit it. This novel by Susanna Clarke had a more grown up appeal that weaves English history into the plot line. Full of magic, humor, and suspense it is a nice break from the ever popular, The Davinci Code.

DVD

“A long time ago, in a galaxy far far away...” Star Wars won the hearts of sci-fi fans and moviegoers alike. With it’s release on DVD September 21st, this classic epic will be told for generations to come.

Zox returns home to perform at Fleet Skating Center

Zox is one of the cities most talked about bands, having started in the basement of a Brown University dorm.

BY PATRICK DVY

Staff Writer

In a day full of music under the tent at the Fleet Skating Center, one of the city’s most talked about bands Zox played to a fairly large and diverse crowd. Following Ska legends The Skatalites, Zox played to a crowd with ages ranging from thirteen to sixty. Zox started in the basement of a Brown University dorm, and has since developed a full time touring act.

To describe Zox “think Sublime meets The Cure meets The Police meets Beethoven’s A sound like little you’ve ever heard... soaring and triumphant” (www.zoxband.com).

Their performance on Saturday, September 11th was nothing short of soaring and triumphant, having played just hours earlier at Salve Regina University in Newport.

While they were on the road to Providence the Herald I was able to have a brief conversation with the bands singer Eli Miller.

ELI MILLER: Well, the band as a whole has been playing for about three years or so.

By the way, the band is called Zox.

CAMPUS HERALD: How many years have you guys been playing together?


CAMPUS HERALD: What’s the most interesting thing a fan has done at a show?

ELI MILLER: WOW! Tough question. Well at our shows we give out these little yellow smiley face stickers with the bands logo on it. We have had people cover themselves head to toe with these things.

CAMPUS HERALD: Have any of your female fans ever tossed their undergarments onto the stage?

ELI MILLER: Yes, they have. Actually, some of the males have too. (laughs)

CAMPUS HERALD: What are your thoughts on musicians getting into politics?

ELI MILLER: I think its really cool to see how many have come out. Our songs aren’t political but we have done work with getting people registered to vote. At our shows we encourage them to get out and vote.

One of the things that makes Zox different from their contemporaries is a choice of instrument, the violin. They way in which they have accompanied such an instrument into their rock, reggae sound is brilliant, and the power in which they play their music makes Zox an act not to be missed.

So be sure to check out their next performance at Lupo’s on Saturday, October 9 for only 10 bucks.
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LIBRA (September 23 to October 22)
Trying to make peace among quarreling
family members, friends or colleagues
can be tough. Expect some resistance,
maybe even some expressions of resent-
ment. But stay with it.

SCORPIO (October 23 to November
21) Changing your mind doesn't have to
be a problem once you realize that you
might have good and sufficient cause to
do so. Make your explanations clear and
complete. Good luck.

SAGITTARIUS (November 22 to
December 21) An unkept promise can be
irksome and easily raise the Archer's ire.
But instead of getting into a confronta-
tion, take time to check why someone
you relied on came up short.

CAPRICORN (December 22 to
January 19) A new workplace distrac-
tion creates an unnecessary delay. The
sooner you deal with it, the better for all
concerned. A personal matter should also
be attended to as soon as possible.

AQUARIUS (January 20 to February
18) Once again, the Aquarian's gift for
applying both practical and creative
methods to resolve a situation makes all
the difference. Personal relationships
thrive during the weekend.

PISCES (February 19 to March 20)
A relationship appears to be losing its once-
strong appeal for reasons that might be
different from what you think. An open
and honest talk could lead to some sur-
prising revelations.

BORN THIS WEEK: Your life is bound
by your belief that character counts more
than anything else.

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