Convocation 2006: Faculty Welcome Class of 2010

By Jason S. Williams
Editor-in-Chief

The Convocation Ceremony for the 2006-07 academic school year was held on Sunday, September 3, at 11:00 AM in the auditorium of the Providence Performing Arts Center (PPAC).

The Master of Ceremonies, Assistant Provost Veera Sarawgi, opened the ceremony, introducing the distinguished members of the faculty sitting on the stage. The estimated attendance for the ceremony was just over 3,000 students, parents, and faculty.

Following the National Anthem, sung by Julie Zechmeister, President of the Providence Campus, Dr. Irving Schneider ’66, continued the ceremony welcoming and urging students to take their education seriously. "Today, you begin controlling your own destiny," said Dr. Schneider. "Don’t let fear of the unknown hold you back."

Dr. Clifton Boyle, Vice President of Academic Affairs, welcomed the attendees on behalf of the faculty.

Student Body President Jonathan Stephen Dean ’07 spoke on behalf of the Student Government Association (SGA). "We’re in love with learning," he said, giving advice to the incoming class.

Dean went on to challenge students to get involved on campus in order to make a difference. The Keynote speaker for the evening was College of Hospitality Associate Professor Peter Zaccchelli, recent recipient of the Faculty of the Year award. Zaccchelli discussed the need for integrity in today’s world, saying how students deal with the cultural shift they face will tell a great deal about them. Integrity, contribution, and adherence to reality are 3 vital concepts for developing one’s self for life after college. “Everything you do here,” he said, “prepares you for the real world.” The ceremony concluded just before 11:45 AM.

Students, Faculty Celebrate Harborside Village

Official Ribbon-Cutting

BY JASON S. WILLIAMS
Editor-in-Chief

The official ribbon-cutting ceremony for the recently finished Harborside Village took place Friday, August 24, at 11:00 AM. Students, faculty, and alumni gathered together to celebrate the completion and official handing-over of the property from North Carolina-based Spectrum Properties, which oversees the development and construction of the Village since the initial planning began in 2003.

Providence Campus Vice President Akhil Gupta opened the ceremony, followed by Providence Campus President Dr. Irving Schneider ’66. "Harborside Village is really about the students," said Dr. Schneider during his address. "This is quite the injection of 144 new students. Without a question, we’ve benefited from the presence of Spectrum Properties Residential, Inc.

The project was developed and overseen by Spectrum Properties, who began planning and development in 2003. Spectrum Properties oversaw the construction and development of the Village since the initial planning began in 2003. Nearly 4 years were spent from the time of development to completion. The buildings arelettered A through M, with the notable absence of letter I."

Fire departments aren’t too fond of buildings lettered I, simply on account of the possible mix up with the number 1, according to John Gray, President of Spectrum Properties, Residential, Inc.

The project was developed and overseen by Spectrum Properties, who has partnered with J&W in the past on such projects as the City View Towers at the Charlotte, North Carolina campus, along with various other residential properties. "Spectrum really values its relationship with Johnson & Wales," said Gray. Students began moving into the buildings on Sunday, September 3.

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Safety & Security Talks to Parents and Students in the Yena Center

BY JASON S. WILLIAMS
Editor-in-Chief

Major Quinn, Director of Campus Safety & Security (S&S), spoke to a crowd of anxious students and concerned parents in the Yena Center on Saturday, September 2. After dealing with some morning traffic problems, Quinn began his presentation about campus safety around 12:45 PM.

Lacking any visual aids, he was forced to do his presentation by memory, which discussed who students should contact in case of an emergency or around campus, where to go to express concerns or report crimes, and what to do in order to prevent parking violations.

S&S patrols campus at "all hours of the day," said Quinn, trying to alleviate any parental concerns. Safety & Security officers are not sworn in, and accordingly they do not enforce the state or federal laws, but will not hesitate to call in law enforcement if the need arise. "We rather be nice guys and gals," he said.

Quinn also discussed how to interact with the community during the school year, on or off campus, saying students should engage the community as if it were their own, calling for personal responsibility when exploring the city.

The presentation concluded with a question and answer session, where one curious parent asked which places around the city students should avoid. Quinn suggested students walk in groups and in well lit areas, regardless of location.

The Small Business Development Center is Rhode Island’s Best Fit Resource Network


The Small Business Development Center at Johnson & Wales University provides entrepreneurs with the best fit resources to create and transform their businesses.

For more than 23 years, The Small Business Development Center has helped entrepreneurs all over the State to create and transform their businesses through a wide range of services designed to fit every need. Clients come to The Small Business Development Center to benefit from no cost counseling and online training, low cost seminars and access to the resource network which includes Congress, SBA, the private sector, state government, and Johnson & Wales University.

As the host for The Small Business Development Center, Johnson & Wales University is highly committed to the SBDC and works closely with its members to guarantee that new and existing businesses get the best fit guidance for their success.

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Police raid 2 parties, arrest 7 J&W students

The raids were an attempt to nip in the bud illegal or abusive alcohol consumption, a Johnson & Wales official says.

By Gregory Smith
Providence Journal Staff Writer

PROVIDENCE — In joint raids with Johnson & Wales University, the police broke up two large off-campus parties over the Labor Day weekend and arrested seven J&W students on alcohol-related charges.

The action was initiated by the university, whose officials learned that students were being invited to two parties Saturday and Sunday in the Smith Hill neighborhood, one of which was sponsored by the Zeta Beta Tau fraternity, according to the police.

Three police officers working undercover posed as partygoers, paid admission and documented the activity in the houses, said Lt. Michael Correia, commander of police District 7.

So the first raid occurred Saturday, the first day that students were able to check into their dormitories for the school year. J&W officials learned that residents of 167 Orms St., which the police described as the site of the largest fraternity parties, were driving students to that address for a party.

At about 11 p.m., the police and two or three university security officers, accompanied by Everett Brooks, university director of community relations, gathered near 167 Orms. Two undercover officers went behind the house, saw what appeared to be numerous underage drinkers outside, went to the rear door and were greeted by Kenneth J. Evers Jr., 20, of 14 Bennett Ave., Cranston, a J&W student who was wearing a ZBT T-shirt.

The police said that their undercover officers each paid $10 admission to Evers, who marked their hands with a red marker, and went inside. They showed their marked hands to another student, Daniel Makowski, 19, of Cottekill, N.Y., who handed each of them a can of beer.

"All three floors and the basement were going," crowded with young people drinking and listening to music, said Correia, who estimated the crowd at 300-400. The basement, first and second floors were largely unfurnished, he noted.

Uniformed police officers moved in and the crowd outdoors quickly dispersed. Inside, students who were wearing ZBT T-shirts pulled them off in an attempt to hide their affiliation, the police said. Officers also noted that the front door was blocked on the inside by a couch and a motorcycle, jeopardizing partygoers' safety in a fire.

Evers and Makowski were arrested and charged with selling alcohol without a license, according to Correia. Michael Herz, 18, of Wethersfield, Conn., was arrested and charged with being a minor in possession of alcohol.

All three were issued summonses to appear in District Court and were released at the scene.

Correia said he will look into the possibility of referring the owner and listed occupants of 167 Orms St. to the nuisance task force overseen by the attorney general's office. The task force has the power to take landlords and tenants to court in order to have fines imposed and to force evictions and the cleanup and rehabilitation of problem properties.

On Sunday night, according to the police, university officials confirmed that another party was scheduled, this time at 618 Smith St. Early Monday, just after midnight, two undercover officers paid $5 admission, had their hands marked and were given cups, then went inside. They were served beer from a keg at a bar in the basement, they said.

Again, when uniformed officers showed up, people drinking in the rear yard dropped their cups and left. A crowd of 200 to 300 had gathered, Correia estimated. The front door was barricaded inside by a coffee table, dresser and chairs.

Alan J. Soden Jr., 20, of Howell, N.J.; Kevin T. Quinn, 21, of Patchogue, N.Y.; Bernard Jean-Pierre, 21, of Randolph, Mass.; and Louis G. Biscotti, 21, of Caldwell, N.J., were arrested and charged with selling alcohol without a license. They were released at the scene with summons to appear in District Court.

Miriam Weinstein, J&W spokeswoman, said the students will be subject to the university disciplinary process because the alleged misbehavior would be a violation of the student code of conduct.

Students are not allowed to possess alcohol on campus — even those who have reached the legal drinking age of 21 — except at sanctioned university events. Students living off-campus, according to the code of conduct, are required to obey the law.

Michael Quinn, director of safety and security for J&W's Providence campus and a former state police major, said the operations were an attempt to nip in the bud illegal or abusive alcohol consumption.

"At the beginning of the school year, some people — unfortunately, upperclassmen who live off campus — may advertise these parties," he said. "Some of our new students may be enticed to misbehave."

Zeta Beta Tau formerly was sanctioned as a fraternity by J&W, but no longer, according to Quinn. He said ZBT letters were displayed at the Orms Street house and other Greek letters at the Smith Street house, and the university is looking into whether either house is the property of a fraternity.

In a related matter, the university persuaded the city Board of Licenses to deny expansion-of-permises and extended-hours permits to Sidebar & Grille, 127 Dorrance St., downtown, for a parking lot party with entertainment last Sunday night.

Artin H. Colohan, proprietor of Sidebar and former chief of staff to imprisoned former Mayor Vincent A. Cianci Jr., had asked for permission to stay open until 4 a.m. Monday for a fundraiser for Nickerson Community Center.

In спrаiring with university representatives at a public hearing Wednesday, Colohan had complained that he has had trouble with J&W students coming to his tavern drunk.

The board voted Friday to deny his applications. Richard H. Aitchison, city license administrator, said board members were concerned that the hour would be too late and the event too noisy that public safety would be jeopardized and that newly arrived students at a nearby J&W dorm and their parents would be disturbed.

"I'M PLEDGING Sippa Coffee."

At least there's one place you know you'll get in, and that's Honey Donuts! $1 off a purchase of $2 or more.
Comedian D.L. Hughley Entertains Students in the PPAC

BY JASON S. WILLIAMS
Editor-in-Chief

Comedian D.L. Hughley visited the Providence Performing Arts Center (PPAC) on Friday, September 3 for his stand up act, free to all Johnson & Wales students. Before visiting J&W, he had been to Harvard, University of Texas, and Michigan, among others.

Following an introduction by Anthony Naiman ’09, Hughley took the stage around 8:15PM, in front of a packed house. Hughley, number 54 on Comedy Central’s list of the 100 Greatest Stand-ups of All Time, was the star of The Hughley’s, a sitcom which ran from 1998 to 2002. He was a star in Spike Lee’s The Original Kings of Comedy, has been featured on The Fresh Prince of Bel-Air, and Comedy Central’s The Daily Show and Premium Blend.

During his act, Hughley discussed the current state of airport security, border patrol, and the Korean missile scare which happened over the summer. He also tackled Rhode Island clichés such as the infamous town of Quahog, Rhode Island from Fox’s Family Guy series. He went on to talk about his schooling, or lack thereof, growing up in Los Angeles. “I had to cheat to get a D,” he said, laughing.

After a 15-20 minute introduction, Hughley then began to question members of the audience sitting near the stage. Addressing everything from the audience member’s stance, to their home town or state, to their choice of major, he went from one side of the stage to the other, talking to nearly every student in the front row.

“What’s there to learn?” he said, when one student responded that they were a Baking & Pastry Arts major, “You need 4 years to learn how to make an oven?”

Hughley spent a particularly long time talking to Baking & Pastry Arts major Robert Kline ’14 about his time thus far in college. For being such a good sport about the whole thing, Hughley invited Kline backstage after the show and offered to buy his books for the first-semester classes.

“This is amazing,” said Kline in awe, while hanging out with Hughley backstage. “Nothing like this has ever happened to me.” Hughley shot back jokingly, “It’s just for the first semester. You’ll have to figure it out for yourself for the rest of the year.” Kline also received a ride back to West Hall in Hughley’s limo.

The Campus Herald had the opportunity to sit down backstage with Hughley and his managers after the show for an improv interview. What was supposed to be a 5-minute interview turned into a 30-minute conversation about everything from The Campus Herald Ad Manager Paul Gordon’s first-year college experiences to Hughley’s own anticipations about his children attending college. His daughter, aged 18, just entered Smith College, a private liberal arts college for women located in Northampton, Massachusetts. His son, aged 17, is a senior in high school.

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OUT OF MONEY?
NEED A JOB?

PART-TIME
JOB FAIR

September 22
10:00am—1:00pm
Delaney Gym
Harborside

Hosted by The Career Development Office
Questions? Call 401-598-1070 (Downcity) or 401-598-4611 (Harborside)
J&W Uses EPA Grants to Subsidize Improvement Costs

J&W will use government grants to help in the construction of the Harborside sport complex in the years to come.

By Patrick Dyl
Assistant Editor-in-Chief

In May of 2005 and again in 2006, Johnson & Wales received several grants from the Environmental Protection Agency (EPA) to clean up and develop several Brownfield properties adjacent to the Harborside Campus. A Brownfield is defined by the EPA as the “real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of a hazardous substance, pollutant, or contaminant.” On January 11, 2002, President George W. Bush signed into law the “Small Business Liability Relief and Brownfields Revitalization Act”. Under the Brownfields Law, the EPA provides financial assistance to eligible applicants through four competitive grant programs. During the law’s signing in Pennsylvania, Bush said, “All of us have a responsibility to be the stewards of our land. When we use the land, we must do so wisely and responsibly, balancing the needs of the environment with the best interests of those who live and work on the land. The law I sign today addresses the problem of land which has already been developed, and then abandoned. American cities have many such eyesores, anywhere from 500,000 to a million Brownfields are across our nation. These areas once supported manufacturing and commerce, and now lie empty, adding nothing of value to the community, and sometimes only causing problems.”

The Brownfields which now belong to Johnson & Wales are known as Parcel 7, which is located across Shipyard Street from the Harborside Campus, and Parcels 9 & 10, which are across Harborside Boulevard.

Parcel 7 was formerly a train maintenance pit, and the University has held off on full redevelopment until further fundraising is completed. A $200,000 Hazardous Substances Cleanup Grant was awarded to the University to work on reclaiming Parcel 7. Grant funds will be used for reclamation of contaminated soil in the former train maintenance pit area of the 14.7-acre parcel. The property has been used for plating, repairing, and washing passenger trains. According to information from the EPA, soil contaminants on the parcel include arsenic, lead, and polycyclic aromatic hydrocarbons.

In 2006, the University received an additional $196,000 grant from the Natural Resources Conservation Service to improve wildlife habitats along the coastline and create an Urban Coastal Greenway. Current plans call for the Urban Coastal Greenway to be constructed along the shoreline of Narragansett Bay and will have a fifty foot easement which will allow the public access to the water. The University plans to construct a walking trail as well as public parking areas specifically designed for public use. The funds from the EPA, as well as the Resources Conservation Service, will be used to clean up and “cap” the area, and restore and establish wildlife habitats. The remaining portions of the property will remain fenced off until such time that the University raises funds to construct its planned collegiate sports complex. Once the complex is completed, the recreation fields will be made available to city recreational and organizational leagues. The University has already made significant improvements to the Harborside campus, which includes the installation of new water and sewer lines, lighting, side-walks and the repaving of Harborside Boulevard. The most noticeable addition to the Harborside campus is the Harborside Village apartment complex, which utilized funds from the EPA to reclaim the Brownfield.

According to a statement from a University representative, “The University is excited to work with the EPA and the Rhode Island Department of Environmental Management, and is dedicated to bringing these valuable former industrial sites into active reuse.”

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L-shape I’m the new guy. The weird one. Attention-seeking. A bit... crazy. I’m L for long, L for lovely. L for L-Diablo. You know who loves me? Technology companies, mobile phones, anyone who thinks, like, different. Because I own the whole page without needing one of those, you know, ads from the ‘square’ community. You’re reading down, dum-dum, thinking I’m only on one side of the paper, then BAM! I’m over the other side. I’m everywhere. Isn’t that amazing? Look, look, what am I now? I’m a golf club. Now I’m the tail of an airplane. I’m a palm tree and a long sandy beach. I’m a new apartment block. Try me-I’m just so comfortable with my shape. Power of the Press
10 Habits of Decidedly Defective People
Part Two of a Nine-Part Series

By Doug Giles
CLASSINC.COM
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FOR PEOPLE WHO ARE FINDING IT difficult to ruin their lives, let me help you with 10 sure-fire ways to ram your chances of success solidly into a brick wall. Having covered point one, Be a Slacker, in my last column, I want to continue to build on that foundation and further help the haggard pull down any chance of achievement in any aspect of his life. And now we have 7 fluffy little feel-good debilitating ditties, but rather secrets...keys to developing The Disaster Master Mind.

Yes, far from being unsubstantiated little quips for the uncommitted, these 10 Habits of Decidedly Defective People, namely...

1. Be a slacker.
2. Blame others.
3. Embrace hopelessness.
4. Follow others mindlessly.
5. Be a wet blanket.
6. Hang out with morons.
7. Be a self-absorbed me-monkey.
8. Stand for nothing.
9. Have an "it's not my job" mentality.
10. Quit when the going gets tough.

And just like our road-tested verities for the unsuccessful,

If you believe and obey the above, like a obedient. The Disaster Master Mind will begin to grow and start the process of eradicating any chance for greatness in you and will eventually propel you...astronomically—into the great compact heap of humanity.

Before we plow on, remember: ruining your life is easy. Get it out of your mind.

created called “Make Sunday Sept 10 ‘NO FACEBOOK DAY’—Join the movement.”) (Discussion so far as to declining Facebook holidays (Facebook reminds you). The recent addition of the “news feed” and “mini-feed” mechanisms were a bit too much, even for the most dedicated Facebook stalkers. News feeds, for those of you who haven’t checked your Facebook account in a while, give each user with an update of the most recent activities of their Facebook friends, while mini-feeds do the same for individual friends when you click on their profile. Not a problem, as long as you can control who sees what’s on your news feeds and mini-feeds. The issue is the fact that there was no mechanism on the priva- cy page for you to control the information that got out on the feeds. Was it really necessary for someone to know who post- ed a comment about Mary’s Wall yesterday? So angry Facebook-ers took action against the moderators and creator by creating groups and signing petitions against the new feed features (there was even a group

suffering of those in our own nation (Hurricane Katrina victims) as well as international members of our community (refugees on the Sudan-Chad border). What we don’t know is how to be young. We don’t know how to work; whether the issues in Israel and Lebanon or the number of AP exams we take. The Millennials have never had the chance to be ignorant children, which in turn makes us reluctant to grow up. Facebook, in some ways, brings that sense of youth back. The website is a completely innocent way to connect with friends, make some new ones, and help make high school and college “the best years of our lives” (the way that everyone says that they should be) with links to parties and school and community events.

While there are many groups like “DARFUR” in the Facebook community that tackle a greater world issue, I think that they completely obstruct the path that they themselves are trying to make. There is simply too much difference that a single person can make in the world. While someone is online perusing Facebook groups, they’re not exactly making a difference, are they? Who, knows, really? I think that Ben Parr of Northwestern University, the creator of the “Subsidize Facebook” story (Official Petition to Facebook) group did 10 Habits of Decidedly Defective People Part Two of a Nine-Part Series

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Indiana Representative Mark Souder authored a 1998 amendment to the Higher Education Act, which passed in 1968. The Souder-Amendment denies any student with any prior drug conviction the access to government-backed financial aid. Federally-supported financial aid programs provide an estimated $40 billion to 7 million students annually.

THE LEFT:

A DRUG PROVISION WAS ADDED TO the Higher Education Act (HEA) in 1998 with little, if any, known debate that continued to have harmful repercussions to

By Patrick Dyl
Assistant Editor-in-Chief

this day. The amendment was included by a Republican member of the committee, there was no recorded vote on the amendment, and many members of Congress, as well as school administrators, had no idea drug abuse is a crime, they have no idea of the effects it would have. The drug provision was added as 'Question 31' to the Free Application for Federal Student Aid (FAFSA), and once the student has ever been convicted of a drug crime (over the age of 18) and if the answer is 'Yes' or the question is left blank, the student is denied aid. According to Students for a Sensible Drug Policy (SSDP), since 'Question 31' has been added to the FAFSA application, over 170,000 students have been denied federal student aid.

The HEA was created in order to help more students come up with the money required to attend the nation's many colleges and universities. However, this same law is now being used to strip students of their only means of affording an education, forcing them into a life of underachievement and even prison. Due to the discriminatory practices of the police, and our judicial system, many low income students are forced to leave the institutes of higher education that they have struggled so hard to attend. The drug provision violates the principle of privacy individuals twice for a crime that was committed in the past (the first punishment being given by the judicial system), it also puts them at risk for another infection of the law. Studies have shown that those who receive a higher education are less likely to commit another crime. Before the drug provision was enacted, judges already possessed the authority to revoke federal student aid from those convicted of felony drug offenses. The law made it inappropriate for a student to attend college if it were appropriate punishment, and school administrators had the option of their own form of disciplinary action against students who had violated the law, however, now, that power is lost in a draconian piece of legislation, which was passed with no vote, no support from the very people who run our country. Many organizations have called for the full repeal of the Drug Provision, including the National Education Association, the National Association of Student Financial Aid Administrators, and the Association for Addiction Professionals, the NAACP, and the United States Student Association. In January of 2005, the committee on financial aid, commissioned by Congress, called the drug provision "irrelevant" to determining eligibility for financial aid. The committee further recommended that the question be removed from the FAFSA form. I have personally used the argument that those with convictions are not worthy of federal assistance to pay for their education. What abuse, in better options, and those who are all able to receive federal money for education. What about those who are guilty of other minor infractions, should they be able to receive some government cash so they can better their lives? Higher education leads students down the road to success, and money is the fuel for the car. Even public libraries and universities can run into the tens of thousands of dollars after even two years of education, and as the cost of education continues to rise, those who are able to pay for it decrease. Without a college education, young adults are forced to enter the job market with few, if any, skills, leading them to underemployment or even worse, unemployment. Underemployment and unemployment are very dangerous situations for people, especially the lack of health care options and suitable living conditions. The HEA ends up hurting the very people it was intended to help. The drug provision is a bad policy that has made students receiving financial aid through the federal government and found guilty of drug charges lose the privilege of receiving further money from the government. This type of policy should be further extended to include all individuals and organizations receiving money from the federal government. Tax payers should be forced to support the illegal activities of students or others. Students make a conscious decision to attend certain educational institutions. When enrolling, they agree to follow rules set forth by the college or university and accept punishment for certain infractions. If students do not agree with these rules or the disciplinary consequences imposed by the college, they should enroll at another school which less stringent rules. Colleges and Universities are responsible for ensuring the safety and security of their students. This responsibility includes protecting students from others, as well as from themselves. The use of drugs on campus compromises the university's ability to maintain a safe environment for students, faculty, and staff, and fulfill their educational mission. Furthermore, the institution must work to preserve its image and reputation. The likelihood of incidents occurring increases with the use of drugs on campus. Such incidents can bring about unfavorable media attention, cause students to lose focus of their studies, and harm the reputation of the school.

By Kevin Longo
Ideas & Opinions Editor

"Tax payers shouldn't be forced to support the illegal activities of students or others."

THE RIGHT:

"Left vs. Right" is an attempt to give our readers the viewpoints from the Liberal and Conservative sides on a given topic. This feature will be included in every Campus Herald issue.

Legal Jargon: The opinions contained in the Ideas & Opinions section of The Campus Herald do not necessarily reflect the opinions of Johnson & Wales University or The Campus Herald newspaper. Accordingly, The Campus Herald does not endorse or condemn any opinions expressed in the Ideas & Opinions section. The official position of the Editorial Board of The Campus Herald is that we hold no position.
Movie Review: *Crank* Delivers Like Few Others

**BY TIM COLLETTO**  
*Staff Writer*

Jason Statham is the new Samuel L. Jackson. While he still may have a long way to go, if you’re a fan of *Pulp Fiction*, *Reservoir Dogs*, or *Grand Theft Auto*, this movie and Statham will rise above and beyond your expectations. Rookie directors/screenwriters Mark Neveldine and Brian Taylor don’t hold back on the action, crime, violence, blood, sex, drugs, language, or any form of sensitivity throughout the entire film. This is *Grand Theft Auto* on the Big Screen.

Chev Chelios (Jason Statham) wakes up to find he’s been injected with a “Beijing Cocktail,” a poison that slows the heart down in about an hour’s time unless the victim stays extremely active. Chev knows he’s going to die, so he makes it his goal to kill the one who did this to him, Ricky Verosa (Jose Pablo Cantillo, *The Manchurian Candidate*). Since he is going to die anyway, he’s got a “screw the world, no holds barred” attitude when it comes to his actions. I mean, if you had one hour to live and wanted revenge, wouldn’t you do the same? This leads Chev to do some things you can’t begin to imagine, which include stealing cars, robbing stores, injecting and snorting drugs, running people over, hacking up gangsters, and having sex in public. Enough said.

This movie stands above most other action movies I have seen, with its one-of-a-kind cinematography, plot, stunt-coordination, and action scenes. The directors do an amazing job by giving the effect that you are on the adventure next to Chelios, and you’ll constantly find yourself saying “I can’t believe that just happened.” Mark Neveldine and Brian Taylor used techniques such as first person point of view, split screens, slow and fast motion, CGI graphics, solarization (a special effect to make color changes by reducing the colors from 16 million to 10-100 in discrete steps), giving the overall effect that the viewers in the audience are poisoned and going along for the ride.

While portions of the plot are a bit over-the-top and far fetched, other strengths of the movie make up for it. This movie is obviously geared toward the younger adult male who enjoys the adrenaline rush. The movie itself almost looks like a video game, yet feels real at the same time. While most people condemn this type of behavior, you will find yourself sinfully entertained to the point of wanting more.

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When All Else Fails...

**COMIC STRIP BY ROBERT RIKER ’07**

*10:05 pm*  
**Dude, come out with us tonight!*  

*10:15 pm*  

**I don’t know, last time the cops were pis—eh, why not?**

**I am Bro-Man!**  

**With great support comes great responsibility!**

> hic

**Who took off my pants off?**

> hic!

**WOOOOOOL!**

**11:00 pm**

**So, what did #5 have?**

*Weak.*

**Get this: 3 cherry spritzers.*

---

**Quote of the Issue**

“Journalism consists largely in saying ‘Lord James is dead’ to people who never knew Lord James was alive.”

- Gilbert Keith Chesterton  
1874 - 1936
The History of WaterFire

WaterFire Rhode Island, the award-winning sculpture by Barnaby Evans installed on the three rivers of downtown Providence, has been praised by Rhode Island residents and international visitors alike as a powerful work of art and a moving symbol of Providence's renaissance.

WaterFire's sparkling bonfires, the fragrant scent of aromatic wood smoke, the flickering firelight on the arched bridges, the silhouettes of the fiercers passing by the flames, the torch-lit vessels traveling down the river, and the enchanting music from across the world all engage the senses and emotions of those who stroll the paths and bridges of Waterplace Park. WaterFire has captured the imagination of many thousands of people, bringing life to downtown, and continues to revitalize the city.

Citied by the Providence Journal in 1997 as "the most popular work of art created in the capital city's 365-year history," WaterFire continues to grow and gain in popularity. Barnaby Evans created First Fire in 1994 as a commission to celebrate the tenth anniversary of First Night Providence. In June 1996, Evans created Second Fire for the International Sculpture Conference where it became the gathering place for thousands of participants from all over the world. Astute art supporters convinced Evans to create an ongoing fire installation and started a grass-roots effort to establish WaterFire as a non-profit arts organization. With the support of hundreds of dedicated volunteers, generous donations from many individuals, contributions from corporate leaders and support from the City and State, WaterFire's flickering flames now regularly return to illuminate downtown Providence.

In 1997, WaterFire Providence expanded to 42 braziers, and attracted an estimated attendance of 350,000 people during thirteen lightings. Evans received the Renaissance Award from the City of Providence for his work as an artist and his role in revitalizing downtown Providence.

In response to growing attendance, WaterFire expanded in size to 81 braziers in 1998; and 97 braziers in 1999. The 1999 season culminated in a special WaterFire lighting for the December 31 millennium celebrations. WaterFire's 2000 season was our biggest so far -- more than thirty sponsors helped host 25 lightings during a season that ran from March to October.

Hundreds of volunteers have devoted many thousands of hours to create WaterFire for the enjoyment of the public. The broad support for WaterFire Providence and its power to attract millions of visitors are eloquent testimony to the power of public art and to its capacity to restore our urban and social landscape.

Worth A Look

A&E Staff Picks

PERFORMERS

J. Williams Band

If you enjoy relaxing once in awhile to mellow acoustic guitar and smooth vocals, give the J. Williams Band a listen. The group will be visiting Tazza in the upcoming weeks.

www.myspace.com/jwilliamsband
www.jwilliamsmusic.com

ALBUM

Kings of Convenience
Riot on an Empty Street

This group is from the wrong era. Reminiscent of such legendary bands as Simon & Garfunkle and Pink Floyd, the Kings have a unique sound that is methodically peaceful and lyrics that are subtly ironic.

www.KingsOfConvenience.com

Thursday, Sept. 14th @ The Living Room

Saturday

Matinee

Leah

8 dollars

The Design

The Stargazing

with

Helens

www.myspace.com/thegradual

www.myspace.com/thegradual
Office of Student Activities
401.598.1195

Spend a weekend, Wildcat style!
October 6-8, 2006

- Welcome Reception
- Homecoming Parade
- Vegas Classic Barbecue
- Culinary Demonstrations
- Casino Night, President's Breakfast, Beauty & the Beast, mingling and much, much more!

For tickets & other information:
Call the Student Activities Office at 401-598-1195 or drop us an email at familyweekends@jwu.edu

Ticket Information:
Come purchase discount tickets to Broadway shows held at the Providence Performing Arts Center, movie tickets to Providence Place Cinemas 16, and tickets to attend university sponsored trips, concerts, and more! Only $7

Box Office
Buy your tickets here!

Office of Student Orientation
Joanne West
(401) 598-2548

Johnson & Wales NEW Student Orientation
Want to earn $100? Design the front of our t-shirt!!
In the summer of 2007, JWU will be hosting multiple two day orientation sessions for incoming first year students. We're looking for fresh design ideas! Any design entered on the front of every T-shirt given to new students and Orientation Leaders will win a prize of $50 dollar bill. The winners will be announced during the last session of Orientation.

Design must include any of the following:
- Providence
- College & Malls
- Student Orientation 2007
- "Welcome to College Life in a College Town"

Design must be submitted preferably on CD (paper accepted) with the information below attached.

Name:
Phone Number:
E-mail Address:

Design submissions due by November 1. Please submit designs to Orientation in the front desk of CPR, 401-598-2548. The winners will be announced during the last session of Orientation.

2006-2007 Broadway Shows

- September 4, 2006
- October 4, 2006
- October 6, 2006
- January 17, 2007
- January 31, 2007

Discount tickets sold for only $20 per person.
Limit 2 tickets per person.
TUESDAY OCT. 17TH
EDUCATIONAL FAIR @ GAEBE COMMONS
4:30 - 7:00 PM
Enjoy an educational evening with displays from various groups
on campus covering three specific areas related to the effects
of alcohol. Booths will share information about the risks of alcohol
consumption, prevention methods, and after effects. One cash prize
$250 will be awarded to the best booth and $100 each in 5 other
categories. Safety and Security will be on site using improved Vision
Goggles to show students what it’s like to walk the line when your
Blood Alcohol Content rises to unsafe levels.
To reserve a booth contact the Office of Student Activities at x1195.

MONDAY OCT. 16TH
“BE SMART” BINGO @ HRC 2ND FLOOR RM 8
TEST YOUR BINGO SKILLS
WHILE LEARNING INTERESTING FACTS AND STATS
ABOUT ALCOHOL
SPONSORED BY

WEDNESDAY OCT. 18TH
MIKE GREEN LECTURE @ PEPSI FORUM
7:30 PM
Over the past 18 years, Mike Green has presented on more than
2000 campuses nationwide in his efforts to make drug and alcohol
awareness and education an integral part of every student’s life.
His background as an athlete, coach, and educator, gives him the
knowledge to connect with today’s youth. His firsthand experience
as a recovering alcoholic gives him the credibility to honestly advise
the dangers that drugs and alcohol pose for every student. He
has made it his life’s work to help young people avoid the pitfalls
of abuse, and because Mike Green is an inspiring and dynamic speaker,
students not only sit up and listen, they buy what he is selling.

THURSDAY OCT. 19TH
DEAD FOR A DAY
A special remembrance of those whose lives
have been negatively impacted by alcohol.
Selected students will be participating in this
impactful program taking place during the
day.
LIGHT THE NIGHT CEREMONY
GAEBE COMMONS, 7:30pm
This special ceremony will be a chance
for those who participated in the day’s
events and others on campus who have
been affected by alcohol in any way to
reflect on their experiences. The entire
UWM community is invited to attend this
important event as we reflect on the true
impact of alcohol on our individual lives,
our community, and all those we know.

ESSAY CONTEST
What does “binge-drinking” mean to you?
In this year’s Alcohol Awareness Week essay
contest, we will be asking writers to share
their own definitions of high-risk drinking
and their observations of student-enerated
prevention strategies. How do college
students work together to keep each other
safe and what can we do as a campus
community to minimize alcohol-related
harm?
To enter the essay contest, you must read
the entire essay topic as well as the rules
and submission requirements at www.jsu.
edu/prov/osa
Entries must be received by Tuesday, October
10 by email to susan.larson@jsu.edu.
Winners will receive a $100 gift certificate to
the Providence Plaza Mall. The winners will
be notified on Wednesday, October 11.
For more information, call Health Education
at 401.598.2023
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@wm.edu.

Danielle Lutz '08
Food Service Mgmt. /Entrepreneurship

"It's getting the off campus experience with all the on campus benefits."

Lucie Sargent '08
Hospitality Management

"It's the convenience of being on campus without the restrictions from the dorms."

Joseph Embry '07
Culinary

"My classes are at spitting distance. I don't have to wake up early and travel to campus."

Julie Goodison '08
Sports & Entertainment Event Mgmt.

"There's no financial pressure now to pay bills. Everything's included."

Drew Herrman '09
Culinary

"I'm only here for one trimester so I couldn't sign a twelve month lease in an apartment."

Why did you choose to move to Harborside Village, as opposed to living off campus, as most upperclassmen do?

Novel Langron '08
Culinary

"I transferred from Miami, so I wanted the same type of living that's offered there. It's freedom and privacy at the same time."

Vaughn Hylton '07
Food Service Mgmt.

"I was looking for an apartment. It fell through last minute, so, now I'm here."

James A. Weathers '08
Accounting

"For the convenience of being on campus with an apartment style living."

Mileek Bell '07
Food Marketing

"Less Bills! Not as much stress on myself during my senior year."

Lindsay Bond '08
Culinary Nutrition

"It's closer and more convenient. I don't need to pay rent and utilities every month."
Women’s Volleyball host Wildcat Invitational

Compiled by Dan Booth & Jason S. Williams

An athletic carnival was held on the Harborside Green Space on Friday, September 8 at 3:00PM to round up support for the women’s volleyball team which was hosting the JWU Wildcat Invitational tournament in Delaney Gym at 4:00PM.

Planning for the carnival began months ago when the Student Athletic Advisory Committee (SAAC), and representatives from the Office of Student Activities (OSA), The Campus Herald (TCH), and the Student Government Association (SGA) gathered together to figure out a way to increase school spirit on campus.

"We wanted to increase the awareness of all the different teams," said Betsy Loomis ’07, President of the SAAC.

Following the carnival, everyone was asked to come to the gym to support the women’s volleyball team during their matches.

J&W Director of Athletics John Parente opened the tournament, thanking all the visiting teams and the audience for attending.

The Wildcats faced Babson College at the opening of the tournament, eventually winning the match 3-1 (14-30, 32-30, 30-21, 30-24). The women showed visible signs of disappointment after the opening game, losing 14-30, but began to come back, taking an early lead during the 2nd game and never letting up. Middle Back Kellie Pflunder ’07 had 25 kills and 5 digs during the game, while Setter Audra Vaccari ’08 had 48 set assists and 9 digs.

The Wildcats faced Eastern Nazarene later that night, winning 3-0 (30-25, 32-30, 30-25). Johnson & Wales finished 2-0 on the day, Babson finished 0-1, and Eastern Nazarene 0-2.

The tournament concluded on Saturday, with JWU junior captain Audra Vaccari ’08 named to the all-tournament team after leading the Wildcats to a fourth-place finish. Otterbein went on to win the championship with a 4-0 record.

Have an interest in sports? Want a solid addition to your college resume? Become a sports writer - join the J&W Campus Herald.

Contact campusherald@jwu.edu or call (401) 598-2867
WILDCAT SOCCER

JWU Men’s Soccer Downs Emerson, 5-1

BY DAN BOOTH
Director of Athletic Communications

It was all JWU in the second half as Sousa gave the team a 3-1 lead at the 77:00 mark when he headed in a cross from Phillips. Junior Michael Glinecki (Baltimore, Md.) put JWU ahead, 4-1 at 80:59 before Sousa tallied his second goal of the game to cap the scoring at 5-1 at 86:43.

Senior Brenton Blanchard (Saline, Mich.) made three saves in the victory for Johnson & Wales while sophomore Jonas Imbert (Taunton, Mass.) had three stops in the setback for Emerson.

With the win Johnson & Wales improves to 13-3-1-0 in the GNAC while Emerson is now 13-1-1-0 in league play. The Wildcats will return to action on Wednesday, September 13th when they travel to Framingham State for a non-conference contest at 4:00 p.m.

Women’s Soccer Plays 13-Ranked Wheaton College

By Dan Booth
Director of Athletic Communications

The Johnson & Wales women’s soccer squad opened the 2006 campaign with a 7-0 loss on the road against No. 13 Wheaton at Mirrione Stadium on Sunday afternoon.

Sophomore Angelamaria Visconi (Newton, Mass.) recorded a hat trick for Wheaton College in the victory. Visconi earned an assist on the game’s first goal from freshman Kathleen Carroll (New Paltz, N.Y.) at 4:50 and, not even a minute later, used a header from junior co-captain Erin Davis (Easton, Conn.) to give Wheaton a quick 2-0 lead.

Junior co-captain Jenna Stiegler (Madison, Wis.) made it a 3-0 game after scoring in a crowd following a corner kick, while classmate Katelyn Brack (Lake Oswego, Ore.) finished the first-half scoring with a 20-yard boot over the head of freshman goalkeeper Kate Nast (Quakertown, Pa.) in the 44th minute. The hosts kept possession in the Wildcats side of the field for the majority of the half while holding a 20-0 advantage in shots.

Visconi provided the Blue and White with two straight goals during a 5:48 span to begin the second half, including a perfectly-placed shot in the upper left corner of the net for a 4-0 Wheaton advantage. Freshman Rosie Levy (Torrance, Calif.) assisted on both of Visconi’s tallies, and Carroll completed the scoring in the 70th minute on a helper from sophomore Bailey Edwards (Austin, Texas). Nast accounted for 14 saves in defeat, as Wheaton held a 46-3 advantage in shots in the victory.

Johnson & Wales is now 9-0-1 on the year while Wheaton improves to 2-0 on the year.

Johnston & Wales Women’s Soccer Drops 3-1 Decision Against Rhode Island College

By Dan Booth
Director of Athletic Communications

The Johnston & Wales women’s soccer squad dropped a 3-1 decision against intra-state rival Rhode Island College in a non-conference contest at Pierce Stadium on Tuesday afternoon.

Rhode Island got on the board first when sophomore Kayla Fleming (Pawtucket, R.I.) blasted in a shot from 18 yards out to give the Anchorwomen a 1-0 lead at the 29:18 mark. Johnson & Wales responded at the 39:45 mark when freshman Jennifer Paquita (North Attleboro, Mass.) put in a shot from 30 yards out to knot the game at 1-1. The two teams headed into halftime tied at one goal apiece.

The visiting Anchorwomen took the lead midway through the second half when a goal by senior Erika Haaland (North Dartmouth, Mass.) put the team up 2-1 with 20 minutes left in the contest. RIC’s junior Lindsay Laurie (Warwick, R.I.) added an insurance goal at the 88:15 mark as the Anchorwomen took the 3-1 victory.

Freshman Kate Nast (Quakertown, Pa.) made 10 stops in the setback for JWU while sophomore Kristie Pyzyński (Bristol, Conn.) made four stops in the victory for the Anchorwomen.

Johnson & Wales is now 0-2 on the year while RIC improves to 2-0-2 on the year. The Wildcats will return to action on Thursday, September 7th when they travel to Framingham State for a non-conference contest at 4:00 p.m.
JWU Men's Soccer Falls To Clark, 2-0

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales University men's soccer team dropped a 2-0 non-conference contest against Clark on Wednesday evening.

The two teams battled through a scoreless first half before Clark got on the board in the opening stages of the second half. Mike Trobagis put in a corner kick from Shawn Barr to give Clark the 1-0 lead at the 47:12 mark. The Cougars, who had a 13-2 advantage in shots in the victory, added an insurance goal by Micholas Voiyiatis at 65:24 on route to the 2-0 victory.

Senior Brenton Blanchard (Saline, Mich.) made six saves in the loss for Johnson & Wales while Matt Talbot posted a shutout with two stops in the victory for Clark.

With the loss Johnson & Wales falls to 0-3 while Clark improves to 2-0 on the year. The Wildcats will return to action on Sunday, September 10th when they take on Emerson in the Great Northeast Athletic Conference opener. The game will take place at 1:00 at the CCCI Lincoln campus.

Olivia Molhant '09 serves during one of her matches against Curry. September 5, 2006. Photographer: Benjamin Saltz '08.

JWU Women's Tennis Defeats Curry, 5-1

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales women's tennis team opened the 2006 season with a 5-1 victory against Curry in a non-conference contest at the Moses Brown courts on Tuesday afternoon, September 5.

Olivia Molhant '09 posted an impressive 6-1, 6-0 victory at No. 1 singles to pace Johnson & Wales. The Wildcats took five of the six singles matches while the doubles matches were not played.

With the win, Johnson & Wales improves to 1-0 on the season while Curry falls to 0-1 on the year. The Wildcats will return to action on Saturday, September 9th when they host Pine Manor in a Great Northeast Athletic Conference contest at 12:00 p.m.


Project REWARDS

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A research project sponsored by Brown University and the National Institute on Drug Abuse.

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www.budoj.com or www.kaloma.org

Welcome Back Students!!
On behalf of the CommUNITY Alliance, welcome to the 2006-7 school year. We hope that you classes have gone well for the first week.

We Invite You To Join Us:
OUT IN THE PARK
Six Flags New England
Sunday Sep 17 2006
Car Pool Available, leaving HarborSide at 9 am
For more information and to RSVP
Call: 401-598-1138
To Sign Up For Group Email :
http://groups.yahoo.com/groups/jwue3

JOHNSON & WALES COMMUNITY ALLIANCE
Sailing Team Receives new Boats

By Jason S. Williams
Editor-in-Chief

The Johnson & Wales sailing team received 6 brand new boats and sails at the opening of the 2006 – 07 school year. With a recent move in facilities for the team, from the Edgewood Yacht Club to the recently developed Save the Bay location on Fields Point, the team is confident about its competitive future.

The new boats, classified as FJs, have been a personal goal for sailing team head coach Alan Penney. "This is the first time we’ve ever had new boats," says Penney. The team has had to purchase used boats in the past from the Brown and Providence College sailing teams.

The team competed in their first regatta of the year on Saturday, September 9 at Roger Williams University. The team did the "best we’ve done in a long time," said Penney. Betsy Loonis ’07, Rachel Leonard ’09, Sam Talbot ’10, and Patrick Murphy ’09 competed in Saturday’s regatta.

One of the highlights of the year for the team is the annual trip to White Plains, New York, to compete in the Storm Trysail Club’s Intercollegiate Offshore Regatta, hosted by the renowned Larchmont Yacht Club.

This year’s regatta will take place on the weekend of October 6-8 (be on the lookout for a special Larchmont feature). The team has been invited to return this year, once again, to sail an Express 37 named Draco. While at Larchmont, the team will be sailing with Brown, Coast Guard, Navy, and over twenty other colleges and universities.
Wheaton College Dining Services

We are seeking creative, hard working food service professionals to help build the dining programs at Wheaton College. Experience is required.

Wheaton College is a quick 20 minute drive from the Johnson & Wales campus. This is the perfect opportunity for you to hone your culinary skills while getting your foot in the door with one of the leading Food Service Contractors in the industry.

Please call me at
(508) 286-8209
to set up an interview

John Bragel
Class of 88, 90 & 92

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220 Weybosset St. Providence next to PPAC
Bring In Your Laptop - FREE WiFi

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Truffles in Manjimup

Imagine a back-roads mechanic with a balding mullet, greasy hat, a Steve Irwin accent, and a $15,000 dog named Lizzy. This is Al, and he hunts truffles.

By NATE MARTELL
Staff Writer

By trade, Al is a vegetable farmer and sells to the South Western Australia market. He grows lipsticks in a quinsept. A quinsept is a crop of Manjimup, Pemberton, a place famous for its specialty wines and foodstuffs. Many products from this region can be found on menus all over Australia, but especially in Perth. Al pulled out about 13 kgs of black truffles from the earth that year. In 2006, he boastfully estimates that he will collect nearly 100 kgs, and at 2,000-2,500 AUD per kilo, or 2.2 pounds, business is looking very profitable.

Manjimup truffles are becoming popular across West Australia and will soon be available across the country. With inverse seasons to the United States, Al has an opportunity to sell fresh truffles to top restaurants when they are no longer available from Europe.

When asked if he had any problem with poachers in the area, Al said simply, “We had one once, now he walks with a limp.” Al invested in an electric fence that will send a message to his cell phone if the current is ever disturbed. If all else fails he has a loyal 6½ foot “brick wall” named Tim that will step in if called upon.

Al’s treacle hunting dog was trained by the Sydney International Airport in the same manner that teaches dogs to seek out agricultural products, drugs, and explosives. By now, Lizzy is chubby and wheezes heavily after running no more than 20 yards, but on a good day, she can make Al around 2,000 Australian dollars (AUD) in 20 minutes if there is a steady breeze (it increases the range of Lizzy’s smell).

For every treacle she uncovers, Lizzy earns one bacon treat and when the work is over, extra tennis ball for Lizzy.

Things Are Getting Hot Down at Harborside

Faculty and staff welcome new students to one of the world’s most prestigious culinary schools

By JOHN O’CONNELL
Staff Writer

As you drive through Cranston R.L, you don’t really expect this small town to be home to one of the world’s most prestigious schools for the science of Culinary Arts. Tucked away near the harbor, sits what many professionals of the industry and enthusiasts alike consider one of the many wonders of the culinary world. The place I speak of has been the training grounds for many great chefs. Notable alumni such as Emeril Lagasse and Tyler Florence, just to name a couple, have gone through the rigorous process that today’s chefs and Pastry Chefs in training must endure.

“This world of culinary arts,” said Anthony Bourdain in his best-selling book Kitchen Confidential, “is like the military.” Chef Kevin Duffy, a thirty-year veteran of the culinary field and current Dean of the College of Culinary Arts, says, “That’s how it was when I first started, but things have changed. People want respect. To get respect, you must show respect. It’s too long ago for getting in your face and screaming.” Many people have seen Gordon Ramsey get in peoples’ face and scream on the hit reality TV show Hell’s Kitchen on Fox. “That’s not what it’s like in today’s culinary world. If I am yelling out an order, I expect a ‘Yes Chef’ in response.”

Here at Johnson & Wales University, the students at the College of Culinary Arts must adhere to very strict dress and grooming guidelines. For all students enrolled in the Culinary program, including pastry students, jackets must be completely white and pressed with the familiar JWU crest on the back. Pants must be spotless and pressed, and shoes shined. Men may not have any facial hair and for women, hair must be able to be tucked under the hat. No perfume or nail polish, and fingernails must be trimmed short. For some people, that is too much work. “It’s something that has to be done. It’s getting you ready for the professionalism of the industry,” said Sean O’Hara, “I’m a chef, and although it is a little extra time if it gets my uniform nice. With a nice uniform, I won’t slack off in class,” he added.

“It’s the number one standard here at Johnson & Wales,” said Chef Kevin Duffy, Dean of culinary education in the College of Culinary Arts. “It shows the industry that Johnson & Wales students come out prepared.”

“Would you like to eat at a place where the kitchen staff looks filthy, Chef jackets dirty?” asked Duffy. “If you see a clean kitchen staff, everything will keep, that means the kitchen is clean and sanitized.” The uniform policy helps teach discipline, not just here at school, but for the workforce, industry and also for life he said. “This Uniform policy starts from day one and helps show the industry that Johnson & Wales students are, and will always be, the most professional members of the industry.”

The staff and faculty are anxious and ready to start another school year down at the harbor. This year should prove to be another successful year. Many faculty members have their own personal expectations for this upcoming year, which began bright and early for some students on September 5.

Dean Duffy expects the faculty to understand that the students are different then they were five to ten years ago. They are more technologically savvy. In today’s industry, technology plays a major role. Duffy expects the students to understand the policies, and to also show respect to the faculty and their peers and to work and study hard.

But with the start of school comes the fear of taking certain classes. Many incoming freshmen have heard the horror stories of Meat Cutting with Chef Fuch’s and his very strict uniform code. But there are also the ones who are looking forward to classes such as O’Hara, who said he is really looking forward to Traditional European and Meat Cutting but not so sure about Nutrition.

Duffy gave a few words of advice to students and people interested in pursuing a career in culinary arts: do research; not everyone is going to be a celebrity chef like Emeril. The food industry can be one that proves most rewarding because of the camaraderie of the fellow cooks.

Duffy also recalled in days of training when one of his instructors told him, “If you find the right profession, you’ll never have to work a day in your life.” He also encourages students to get involved by joining clubs and take opportunities when they come, because you may regret not taking a chance. Work hard and be humble when you walk into the class. Learn something from these great chefs. Listen to what they have to say. Take in their knowledge and apply it to your career. But most importantly, show respect to everyone.

The Campus Herald
College freshmen can avoid the 'Freshman 15'

By Elizabeth Somers, R.D.
WebMD.com
Reprinted with permission.

One of Diane Wang's chief fears about going to college this month is gaining weight, or what some call the 'Freshman 15.' The 17-year-old San Franciscan isn't alone, as thousands of high school graduates head for colleges this fall to juggle a heavy academic load, a new social life and a college cafeteria with its smorgasbord of light and not-so-light foods.

The stress of handling rigorous studies and being away from parents for the first time, in an environment with unlimited access to food, can quickly result in weight gain. And if freshmen use food to soothe emotional needs instead of hunger, putting on 15 pounds is quite possible.

Fortunately, the skills for managing weight are no secret - it's just a matter of eating less. If you're serious about attaining or maintaining a realistic weight, then 'commitment' must become your middle name.

It's all in the planning

Nowhere does the saying "failing to plan is planning to fail" apply more than with weight management. People who successfully manage their weight have learned how to set realistic expectations and limits on themselves - a particular challenge for young college students who deal with so much for the first time.

Managing weight involves planning meals and exercising regularly - as well as anticipating high-stress situations that may trigger overeating, such as a tight class schedule, eating in the dormitory dining hall, or feeling scared or bored. If you notice yourself overeating in the dining hall, for example, plan to serve yourself moderate portions of foods and don't go back for seconds. On top of that, have a plan for when you can drop off your plans. Leave little to chance.

Diane, who will attend the University of California at Berkeley, says she's already strategizing to maintain her weight. The former high school raver says she'll try to continue moving to stay in shape and she'll avoid eating out, a usual cause of weight gain for her.

Keep a record

Monitor your progress by keeping a food journal. Record what, how much, when and where you eat, as well as your hunger level and mood before and after the meal. From your food records, you'll identify situations that trigger inappropriate eating. Write them down and develop plans for handling them. Review your plans as needed.

Record keeping boosts self-awareness, keeps you focused on your goals, provides invaluable feedback and is the critical first step in designing a strategy.

Most important, develop the habit of checking your feelings at least five times a day by asking yourself how you feel and what you need. If you're hungry, eat. If you're not hungry, don't eat. Food isn't the answer to stress, loneliness, boredom or fatigue. Find a nonfood way to solve these issues, such as calling a friend to talk when you're lonely, exercising during your boredom-prone time of day or taking a nap when you're tired.

Exercise and choose food wisely

Keep moving. Those who avoid the Freshman 15 exercise regularly. Also, combine daily activity with low-fat, high-fiber foods from the dairy dining hall or student union. That means loading your plate with vegetables, fruits, whole grains, beans and extra-lean meat. Be sure your daily diet includes two to three servings of nonfat milk products. At the salad bar, load up on lettuce, tomatoes and other vegetables, but go light on the dressings, pasta or potato salads and avocados. Avoid casseroles, meat with sauces and gravies, butter on bread, cheese dishes and high-calorie desserts.

Be realistic

Finally, never say "never" or "always." People who successfully manage their weight give themselves permission to be imperfect. They allow themselves treats. Labeling foods "bad" or "forbidden" only makes those foods more desirable, and when your resistance breaks down you'll overeat the very foods you worked so hard to avoid.

The secret is to forgive yourself for one misplaced exercise session or eating one piece of chocolate. Don't let your failures undo all your efforts. If you go overboard, pick yourself up and start over again at the next meal or the next day.

College freshmen can avoid the 'Freshman 15'

MENINGITIS CLINIC
Free vaccines for students

Monday, September 18: 16:00-2pm at Downers Grove Health Services
Xavier Residence Hall Basement

Tuesday, September 19: 16:00-2pm at Harborside Health Services
1st Floor Student Services Complex

"Recent studies show that certain college students, particularly freshmen living in dormitories, have a sixfold increased risk for meningitis. Cases of meningitis among teens and young adults, 15-24 years of age, the age of most college students, have the bacteria that cause meningitis in the United States."

American College Health Association

J&W Health Services strongly recommends that students receive the vaccine. Students can receive free vaccine by coming to one of the Meningitis Clinics. For more information, contact Health Services.

Johnson & Wales University Health Services
Contact Information
www.jwu.edu/prs/stu/hs.htm

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