

The Campus Herald

The Student-Run Newspaper of Johnson & Wales University

Vol. XXVII, No. 2

Providence, R.I.

Wednesday, September 12, 2006

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 11:00AM 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 Zechner, President of the Providence Campus, Dr. Irving Schneider '66, continued the ceremony wel-

coming 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). "Have passion for 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 Zacchilli, recent recipient of the Faculty of the Year award. Zacchilli discussed the need for integrity in today's world, saying how students deal with the cultural shift they are about to 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 11:45AM.



Dr. Irving Schneider '66 speaks to students during the 2006 Convocation Ceremony. Photographer: Jason S. Williams '07.

Students, Faculty Celebrate Harborside Village Official Ribbon-Cutting

Spectrum Properties Relinquishes Control of the Harborside Village to Johnson & Wales



Top, Dr. Schneider '66 (C), standing between (L) Dr. John Bowen and (R) Merlin DeConti, cuts the ribbon. Bottom, Dr. Schneider delivering his address to the crowd. Photographer: Jason S. Williams '07.

By Jason S. Williams
Editor-in-Chief

The official ribbon-cutting ceremony for the recently finished Harborside Village took place Friday, August 24, at 11:00AM. Students, faculty, and alumni gathered together to celebrate the completion and official handing-over of the property from North Carolina-based Spectrum Properties, which oversaw 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. With 144 suites, the Harborside Village will be able to house up to 576 students. "Everyone is going to want to be here," said Merlin DeConti, senior vice president, facilities management, Johnson & Wales, and president of Griffin Realty, Inc., who spoke after Dr. Schneider. The Village will continue to be a dry campus.

Planning for the Harborside Village took "months and months of effort," said DeConti. Nearly 4 years were spent from the time of development to completion.

The buildings are lettered "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.

Index:

Campus News.....	1-5
Ideas & Opinions.....	6-7
Arts & Entertainment.....	8-9
Speak Out!.....	12
Sports.....	13-16
Health.....	18
Culinary.....	19

THE CAMPUS HERALD

ADVISOR Tanya McGinn Paolo
EDITOR-IN-CHIEF Jason S. Williams
401.598.2867

EDITORIAL

Assistant Editor-in-Chief Patrick Dyl
Arts & Entertainment Editor Alexis Jungdahl
Ideas & Opinions Editor Kevin Longo
Speak Out! Editor Caitlin Narkawicz
Photography Editor Benjamin Sukle

STAFF WRITERS

Tim Colletto
Doug Garrison
Josh Manley
Nate Martell
Cara McAvoy
John O'Connell, Jr.
Steven Pessolano
Tristian Thomas-Allen
Jessilyn Wojcik

STAFF PHOTOGRAPHERS

Dustin Genereux
Owen Pitz

CARTOONIST

Robert Riker

ADVERTISING MANAGER

Paul Gordon
401.598.1489

The Campus Herald invites Letters to the Editor and guest commentary from students, faculty, and staff, as well as non-University community members.

Letters to the Editor must include the writer's name and phone number. We ask that faculty and staff list the department in which they work. Letters should be no longer than 250 words in length. *The Campus Herald* reserves the right to edit all articles for space and accuracy. Please submit articles by mail, fax, or in person to *The Campus Herald* no later than 4:00 PM on the deadline date.

Staff editorials, Letters to the Editor, and guest commentary represent the opinions and viewpoints of the individual writer, not necessarily those held by *The Campus Herald* or Johnson & Wales University. *The Campus Herald* does not knowingly accept advertisements and/or articles that violate Title VII of the Civil Rights Act of 1964. Nor does it publish material that violates university, county, state or federal laws.

Newstips and Story Ideas

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

CONTACT INFORMATION

Main 401.598.2867
Advertising 401.598.1489
Fax 401.598.1171
E-mail campusherald@jwu.edu

NEWSROOM

CBCSI Building, 3rd Floor
232 Weybosset Street
Providence, R.I. 02903

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 12:45PM.

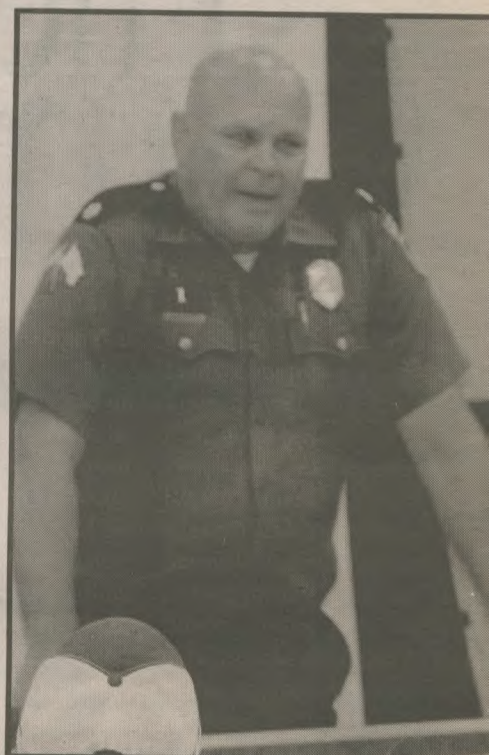
Lacking any visual aids, he was forced to do his presentation by memory, which discussed who students should contact in case of an emergency on or around campus, where to go to express concerns or report crimes, and what to do in order to prevent parking violations.

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 do not enforce the state or federal laws, but will not hesitate to call in law enforcement should 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.



Major Quinn on September 2 talking to parents and students in the Presentation room of the Yena Center. Photographer: Paul Gordon '09.

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

Official Press Release.

The Small Business Development Center at Johnson & Wales University provides entrepreneurs with 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.

Small Business Development Center
270 Weybosset Street
4th Floor
Providence, RI, 02903

Metro Providence: Sixcia Devine,
Regional Director.
Taco Center at Johnson & Wales
University.
10 Abbott Park Place,
Providence, RI 02903.
Phone 401-263-5123
Fax 401-598- 2722
sixcia.devine@jwu.edu

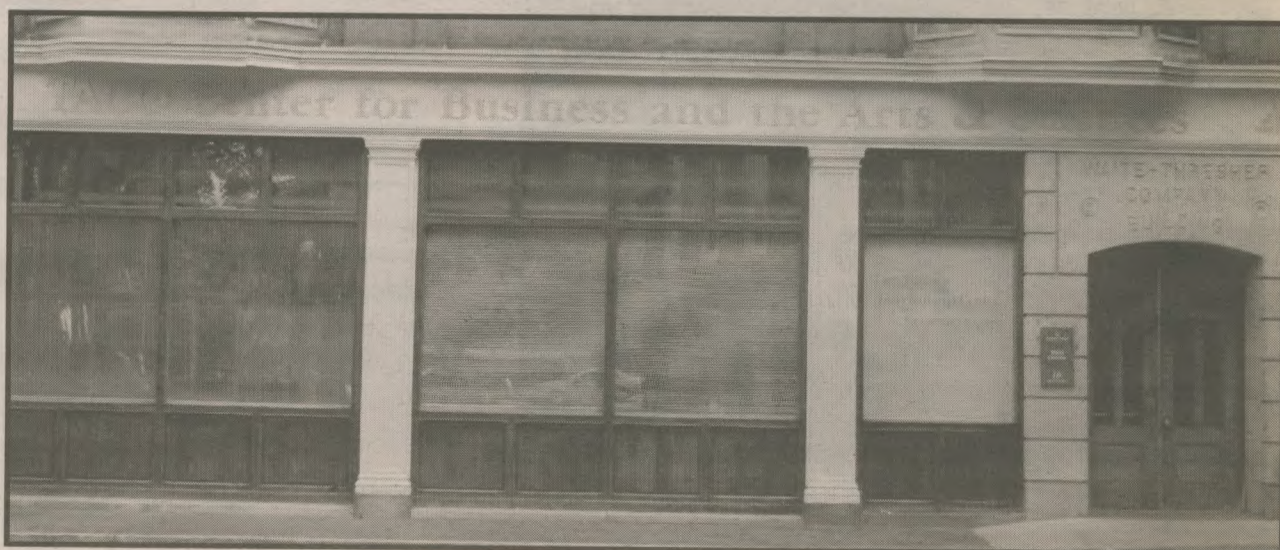
Pawtucket and Central Falls:
Adriana I. Dawson,
Regional Director.
268 Main Street
Pawtucket, RI 02860.
Phone 401-263-5127
Fax 401-598- 2722
adriana.dawson@jwu.edu

Newport/East Bay: Larry Gadsby,
Regional Director.
Newport Chamber of Commerce.
45 Valley Road
Middletown, RI 02842.

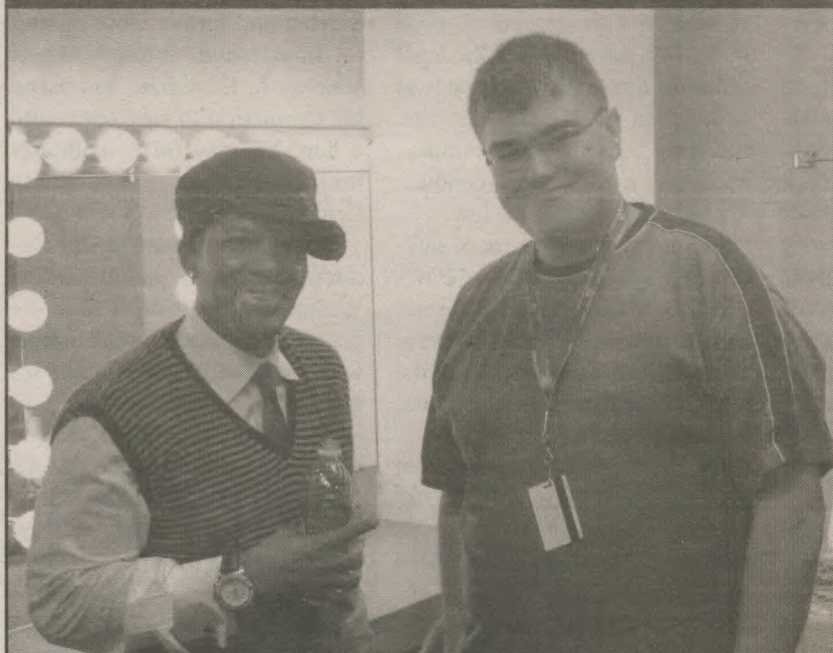
East Bay Chamber of Commerce.
16 Cutler Street, Suite 102
Warren, RI 02885.
Phone 401-263-5131
Fax 401-598- 2722
larry.gadsby@jwu.edu

Northern Rhode Island: Douglas
H. Jobling,
Regional Director.
Northern Rhode Island Chamber of
Commerce
6 Blackstone Valley Place, Suite 301
Lincoln, RI 02865.
Phone 401-263-5124
Fax 401-598- 2722
douglas.jobling@jwu.edu

Central Rhode Island: Ardena Lee-
Fleming, Regional Director.
Central Rhode Island Chamber of
Commerce
3288 Post Road Warwick, RI 02886
Phone 401-263-5128
Fax 401-598- 2722
ardena.leeefleming@jwu.edu



[illegible]



Above, D.L. Hughley during his stand-up performance. Below, D.L. Hughley posing with Baking & Pastry Arts major Robert Kline '10. Photographer: Paul Gordon.

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 to turn on an oven?"

Hughley spent a particularly long time talking to Baking & Pastry Arts major Robert Kline '10 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 trimester 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 manager 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.



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 (Downtown) 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 instillation of new water and sewer lines, lighting, sidewalks 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."

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-di-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**

2006 Parents' Association Essay Contest

Enter to win a \$1,000 scholarship!

Write a 500 word essay about:

Information has been placed into a time capsule by students about their J&W experience. In 50 years, what will people read about YOUR experience as a J&W Student?

First Place
\$1,000 Scholarship applicable 07-08 academic year

Second Place
\$500 Scholarship applicable 07-08

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 4. 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. Include cell phone and email address where we can reach you promptly.
4. Entries can be submitted to Professor Donna Thomsen, Rm. 514, John Hazen White Center no later than 5 P.M. on October 2.
5. Entries will be judged on creativity, composition and grammatical accuracy.
6. All undergraduate Johnson & Wales students currently enrolled are encouraged to participate.

The winner and his/her family are requested to attend the **President's Breakfast at the J&W Inn** on **Sunday, Oct 8** to read the winning essay.

Email nhardendorf@jwu.edu with questions.

Ideas & Opinion



EDITOR'S PICK: Get a Frickin' Childhood, People!

By **Tristian Thomas-Allen**
Staff Writer

DON'T LIE TO YOURSELF. YOU know you all love Facebook. And those of you who don't are way too artistic and are just taking your personal battle against the mainstream out on the best way to keep in touch with your friends without having to actually call or remember their birthdays (Facebook reminds you). But 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, greet every 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 profiles. 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 privacy panel that controlled the information that got out on the feeds. Was it really necessary for someone to know who posted a comment on 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

created called "Make Sunday Sept 10 'NO FACEBOOK DAY' - Join the movement". Members went so far as to declare a boycott holiday against the website).

I joined a group against the feeds. I even signed a petition. And... it worked. The privacy settings were changed. Now you can filter who can and cannot see your feeds, or you can turn this feature off altogether. Finally, our generation is taking proactive control over something in their lives. Even if it is something as small as Facebook, I think that it's a step in the right direction. An online community leader crossed the line. Young people decided that something needed to change. They sought that change. And they got it.

In come the cynical, self-righteous finger-waggers with the creation of the group "Who Gives a F*%\$ About Facebook News Feeds? There is GENOCIDE in DARFUR" (expletive edited). Why does everything need to go back to how messed up the world is? While maybe not everyone knows the extent of the Darfur conflict, our generation, more than any other, is painfully aware of the state of the world we are poised to inherit. Thanks to the World Wide Web, the same machine that fuels the Facebook/MySpace phenomenon, we see the world's problems unfolding before us in real time. We know the

suffering of those in our own nation (Hurricane Katrina victims) as well as the rest of the globe (Sudanese refugees on the Sudan-Chad border). What we don't know is how to be young. We don't know how not to worry, whether the issue is 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 grander world issue, I think that they completely obscure the point that they themselves are trying to make. There is only so much difference that a single person can make in the world. But while someone is online perusing Facebook groups, they're not exactly making that difference, are they? Well, who knows, really? I think that Ben Parr of Northwestern University, the creator of the "Students against Facebook News Feed (Official Petition to Facebook)" group did

a wonderful job rallying the voices of members of Facebook. Almost 750,000 members joined the group in less than 72 hours. As we grow up, I highly doubt that the rallying cry of our generation will continue to be Facebook news feeds. Our reach will eventually extend to local and presidential elections, philanthropy and alternative energy initiatives, the environment, technological innovations, and global issues.

But let us grow up. Stop jumping the gun. Take a minute to be 20 years old. Michael D. Ondrick (Ohio State, '08, creator of "...DARFUR"). Our sense of youth has been atrophied by being all too aware of global crisis after global crisis that we are forced to watch, but aren't quite ready to fix. We are clearly dying to create global change. Our pins and shirts say it, our voter turn-outs say it, and our Facebook accounts now apparently have to say it, too. But give us a few years to be young, something no one else has been eager to grant, and I promise you Mr. Ondrick, we will acquire the tools to effect real change. Take a nap, have a cookie, and go on Facebook without taking a stand against genocide, for crying out loud.

Tristian Thomas-Allen '09 is a 1st-year student.

10 Habits of Decidedly Defective People Part Two of a Nine-Part Series

By **DOUG GILES**
CLASHRADIO.COM
Reprinted with Permission.

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. What lies ahead are not 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 obsessed me-monkey.
 8. Stand for nothing.
 9. Have an "it's not my job" mentality.
 10. Quit when the going gets tough.
- ...are solid and sure road-tested verities for the unsuccessful.

If you believe and obey the above, like a mighty weed, 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—stratospherically—into the great compost heap of humanity.

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

that this is difficult stuff. Success is what is difficult. You have chosen that which is easy, so let's get busy fleshing out your failure with Habit #2 of Decidedly Defective People:

Blame Others.

Another way to assure that you never get a life is to continue to blame others for why you haven't accomplished anything yet. [Losers love this lecture.] A must in developing The Disaster Master Mind is to convince yourself that your sad lot in life is because "they," "them," and "the other guy" have all conspired against you. Yes, you have to believe that others have wronged you, and they, they are the reason why you're an unemployed cross dresser who keeps human body parts in your refrigerator.

Blame shifting is a non-negotiable if you want to lock in The Disaster Master Mind. For those finding it hard and somewhat silly to affix blame on others, let me assist you. Try this: If you had a rough childhood, or possibly were even rejected in the womb, then magnify that and milk it for everything it's worth and use it to have people forever pity you and never expect anything from you. See how easy you can take something other people have done to you and use it to opt out of life? [Craving perpetual pity is also a good thing to add to your jacked-up arsenal. That's a freebie!]

Think about how many miles you can get from blaming others. Float this stool the next time people come around you and expect something out of you. Tell them your parents neglected you and that they did not pay enough attention to you and your silly antics while you were growing up because they were obsessing on stupid things like putting food on the table and

keeping a roof over your goofy head.

Your parents disenabled you and, therefore, you hate them for not orbiting more closely to your little world. Yes, use your parent's lack of giving you quality time as the reason why you lack quality of life.

Also, your bad behavior may be caused by a chemical imbalance, like low blood sugar. If it is, or if you think that it possibly could be the reason, then ride this little hobbyhorse away from accountability and blame all your bad behavior on the fact that you didn't have your daily Butterfinger.

Are you a Christian? Well, you can be a big time loser, as well. The under achievers needn't be just in the secular realm; the saints, too, can lead a sucky life. "How?" you might ask. It is easy. Blame the devil for all your mistakes and failures. And don't forget, you also have the evil world to fault for all its seductive evilness.

Yes, the world and the devil are the primary cause for your continuous lapsing and lackluster life. You see, you want to do right, but culture and demons keep you from doing it. Whew! What a weight off your shoulders, eh Christian? It's the culture's fault and the devil's fault that you're coerced to live in the warm womb of Wussville. It's not your fault. It couldn't be. You're an angel.

Yes, in order to get The Disaster Master Mind maximized in the religious sphere, the Christian must never believe that he is remotely guilty for being a dipstick, and he must disbelieve the plethora of biblical passages that promise victory over demonic deception and ascendancy over an acidic society.

In wrapping up point two in my godly attempt to help you affix failure to your

funk, remember this: you can never let a thought cross your mind that you actually have a say in what happens to your life. Commit to your personal credo that you have no capability or responsibility to change yourself and live by your plan and not the prescription of others. Do not entertain the thought that you can pursue happiness. Stay away from biographies, movies, music and narratives that show people overcoming way worse crud than you have had to shovel. Beware of people who have blown off what others have done to them and what others think of them, because, in spite of all odds, accomplishing worthy goals—because that could possibly empower you to quit being a weasel. Bear in mind that accomplishment is a communicable disease that can transfer from people and can be inspired through film, music and literature. So beware whom you hang around, as well as what you watch, read and listen to. You don't want greatness anywhere around you.

Lastly, I need you to say this out loud and right now: "I am a victim. I am a burden. I am a casualty." There you go. Can you feel your personal power draining from you? That's good. You must declare it over and over, both out loud and in your mind, until culpability for any personal lack decisively leaves your conscience.

Also, work on a daily basis to convince your friends that you're an incurable pessimist so that they can enable you to become more disabled. Remember: personal power and duty are a detriment to The Disaster Master Mind, so avoid thoughts regarding liability for your life.

Additional Habits of Decidedly Defective People to follow.

Left vs. Right

Higher Education Drug Provision

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 continues 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 about this inclusion of the law, or the effects it would have. The drug provision was added as 'Question 31' to the Free Application for Federal Student Aid (FAFSA), and asks if 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 not only punishes 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 infraction 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 charges if they thought it was an 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, with no say 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 heard the argument that those with drug convictions are not worthy of federal assistance to pay for their education. What about murderers, rapists, and scam artists, which 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 colleges 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 created to help, and casts those who may have only made one bad decision in their youth into second class citizenship.

The HEA needs to once again be amended to remove the discriminatory practices regarding the drug provision. The HEA needs to once again do what it was intended to do, which is assist students in attending institutions of higher education. The HEA needs to not try and legislate who can attend a college or university, and focus on how to make it happen, on how all who want to can receive a higher education, a better education, so they can make this country the great place it once was.

Patrick Dyl '08 is a 3rd-year staff member and Network Engineering major.

THIS DISCUSSION ISN'T ABOUT whether certain controlled substances should be legal or illegal. Instead, it's about accepting responsibility for voluntary actions one has taken.

When accepting any type of loan or grant, certain stipulations are attached. These terms and conditions are disclosed to the borrower who is required to sign a contract prior to being awarded financial assistance. It is well within the right of the would-be borrower to refuse the terms of the contract and not accept them. By doing so however, the borrower forfeits the loan or grant. These students didn't refuse to sign, instead they accepted the money (and terms) but later were convicted of drug offences. The penalty for which, under the contract, is the loss of financial assistance for a period of time (determined by the number of convictions). Completing a drug rehabilitation program allows serious students to move up the date when they'll again become eligible for federal financial assistance.

This, in my opinion, is one of the few things the government has gotten right. They've made it abundantly clear that the use or possession of certain substances is prohibited, and failure to comply with the law will result in certain punishment. 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 shouldn't 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 don't agree with these rules or the disciplinary consequences imposed against violators, 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

THE RIGHT:

fulfill their educational mission. Furthermore, the institution must work to preserve its image and brand. The likelihood of incidents occurring increases with

By KEVIN LONGO
Ideas & Opinions Editor

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.

Students for Sensible Drug Policy (SSDP) would have you believe those affected by the loss of financial aid or housing privileges due to drug violations are victims. Rather, they are offenders who carelessly disregard the law and policies knowing forthright the possible repercussions of their actions, should they be caught. I can't feel remorse for these students. They broke the law and it's not unreasonable that they be expected to now deal with the consequences of their actions.

The passage of legislation revoking financial aid for those convicted of drug crimes is an applaudable measure taken by the legislature. It sets standards that must be followed, imposes sanctions on violators, and offers, by way of rehabilitation programs, a way for students to lessen the time for which they're ineligible to receive aid.

Despite billions spent on the "War on Drugs", it is a war we've lost. It has failed because our government refuses to stop smugglers from importing drugs into our county. It has failed because of the lax punishment bestowed upon those who are convicted of violating drug laws. It has failed because, as a country, we refuse to honestly and objectively educate youths about the use of drugs. And it will continue to fail until we rectify these aspects. While the SSDP and I couldn't disagree more on this issue, we agree that America must hold rational discussions to address the nation's drug problems.

Kevin Longo '07 is a 2nd-year staff member and Network Engineering major.

“Tax payers shouldn’t be forced to support the illegal activities of students or others.”

“Over 170,000 students have been denied federal student aid.”

“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.

Arts & Entertainment

Movie Review: *Crank* Delivers Like Few Others

By **TIM COLLETT**
Staff Writer

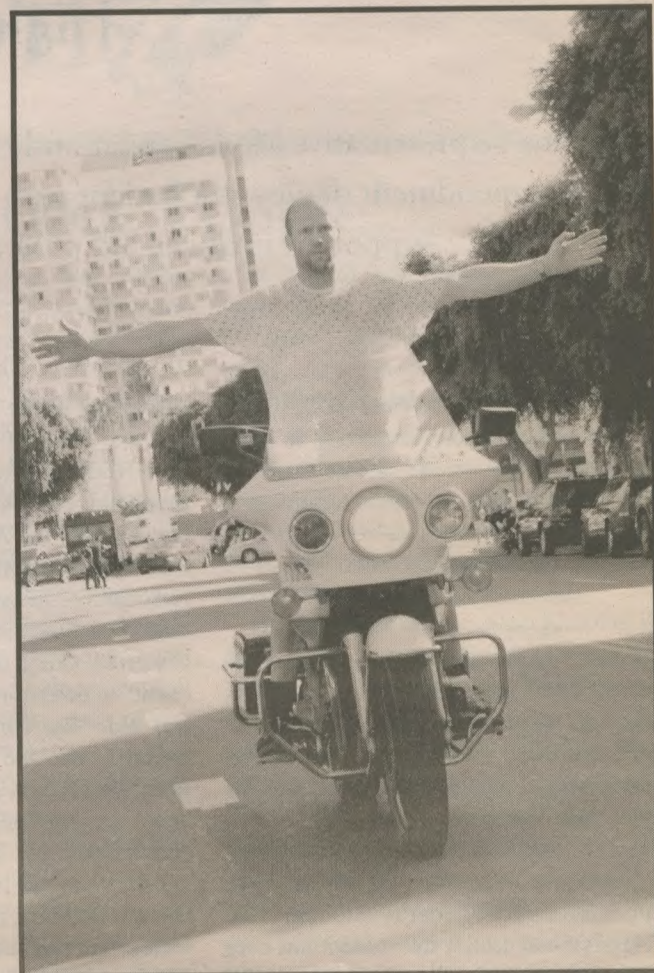
Jason Stratham is the new Samuel L. Jackson. While he still may have a long way to go, if you're a fan of *Pulp Fiction*, *Reservoir Dogs*, or *Grand Theft Auto*, this movie and Stratham will rise above and beyond your expectations. Rookie directors/screenwriters Mark Neveldine and Brian Taylor don't 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 Stratham) 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 Verona (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.

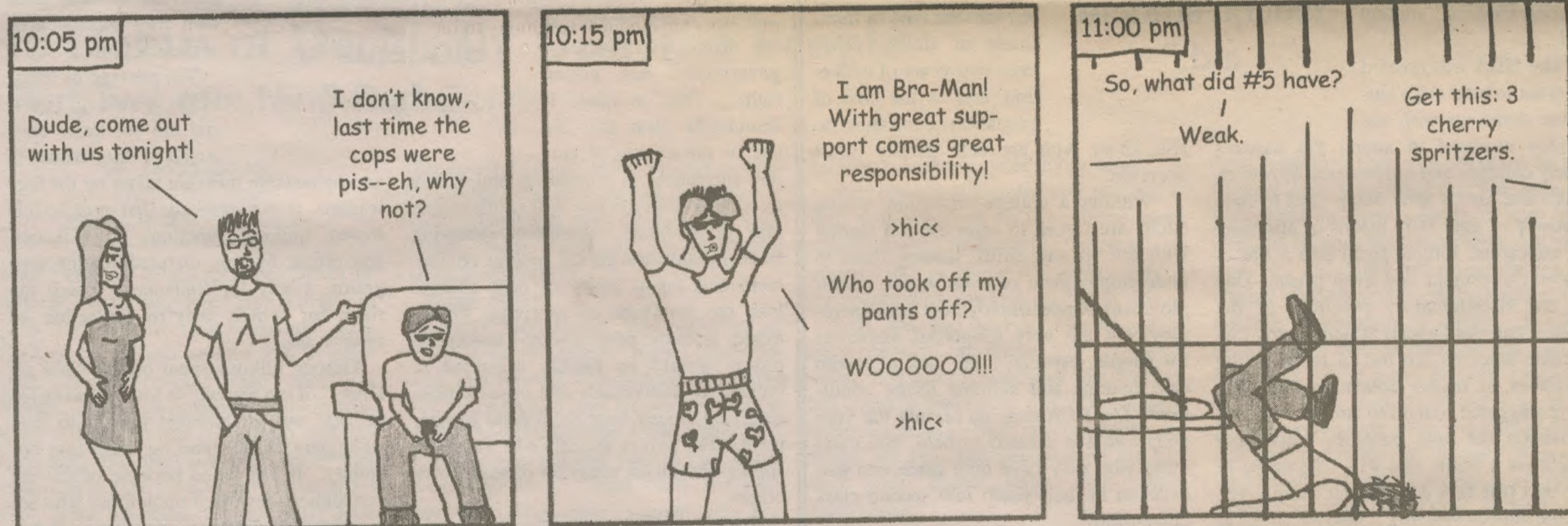
While portions of the plot are a bit over-the-top and far fetched, other strengths of the movie make up for it. This movie is obviously geared toward the younger adult male who enjoys the adrenaline rush. The movie itself almost looks like a video game, yet feels real at the same time. While most people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



"Crank" Photo courtesy of AllMoviePhoto.com.

When All Else Fails...

COMIC STRIP BY ROBERT RIKER '07



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



Worth A Look

A&E Staff Picks

PERFORMERS



J. Williams Band

If you enjoy relaxing once in awhile to mellow accoustic 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

The History of WaterFire

WaterFire Providence®, 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 fire-light on the arched bridges, the silhouettes of the firetenders 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 Rhode Island's capital city.

Cited 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. Ardent art supporters convinced Evans to create an on-

going 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. Copyright WaterFire.org.

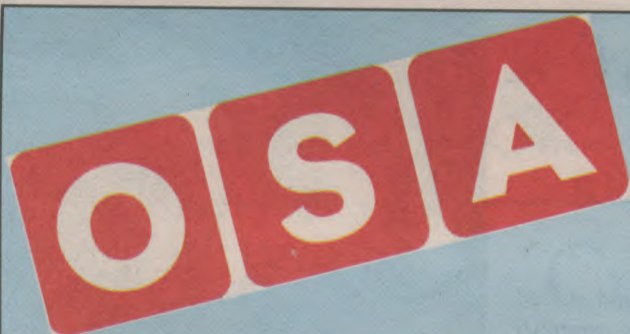


WaterFire, September 9, 2006. Photo by Benjamin Sukle '08



WaterFire, September 9, 2006. Photo by Benjamin Sukle '08

Thursday, Sept. 14th @ The Living Room
Saturday Matinee
7:00pm-ish
8 dollars
Leah
Stargazing
The January Design
with the gradual
Helens Agree
www.myspace.com/thegradual
JB CONCEPTS



OFFICE OF

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 **401-598-1904** or
drop us an e-mail at **FAMILYWEEKEND@JWU.EDU**.

**TAKE
A GAMBLE**

Visit the Web at **FAMILYWEEKEND.JWU.EDU**.

Johnson & Wales NEW Student Orientation

Want to earn \$100?
Design the Front of our T-Shirt!!

In the summer of 2007, J&W will be hosting multiple two day orientation sessions for incoming freshmen. We need YOU to come up with a design we can use on the front of the T-shirts. All new students and Orientation Leaders will wear your design throughout the summer!!

Design must include any of the following:

- Providence
- Johnson & Wales
- Wildcats
- Orientation 2007
- "Coming to College/Move-in"
- College students

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

Name: _____

Phone Number: _____

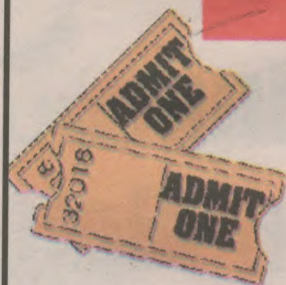
E-Mail Address: _____

Design submissions are due by November 1. Please drop off designs to the front desk of CBCS. The winning designer will earn a \$100 gift certificate to Barnes & Noble.

Office of New Student Orientation
Jeanine Went
(401) 598-2648

Box Office

Buy your tickets here!



OSA
office of student activities

Contact Number - (401) 598-1196

Tickets

Come purchase discount tickets to
Broadway shows held at the
Providence Performing Arts Center,
movie tickets to Providence Place
Cinemas 16, tickets to attend
University sponsored trips, concerts,
and more!

Only \$7



Providence Place Cinemas 16

Downtown Location

Citizens Bank Center for Student Involvement
232 Weybosset Street

Harborside Location

Harborside Recreation Center
305 Shipyard Street 2nd Floor

2006-2007 Broadway Shows

"A GUARANTEED
GET-HAPPY HIT!"



September 21, 2006



October 4, 2006

&

October 8, 2006



January 17, 2007

&

January 21, 2007

**Discount tickets sold for
only \$20 per person.**

Limit- 2 tickets per person

STUDENT ACTIVITIES

ALCOHOL AWARENESS WEEK

MONDAY OCT. 16TH

"BE SMART" BINGO @ HRC 2ND FLOOR 8PM
TEST YOUR BINGO SKILLS
WHILE LEARNING INTERESTING FACTS AND STATS
ABOUT ALCOHOL

SPONSORED BY



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 costs 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 Impaired 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.

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 effort 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 know-how to connect with today's youth. His firsthand experience as a recovering alcoholic gives him the credibility to honestly relate the dangers that drugs and alcohol pose for many students. He has made it his life's work to help young people avoid the perils 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

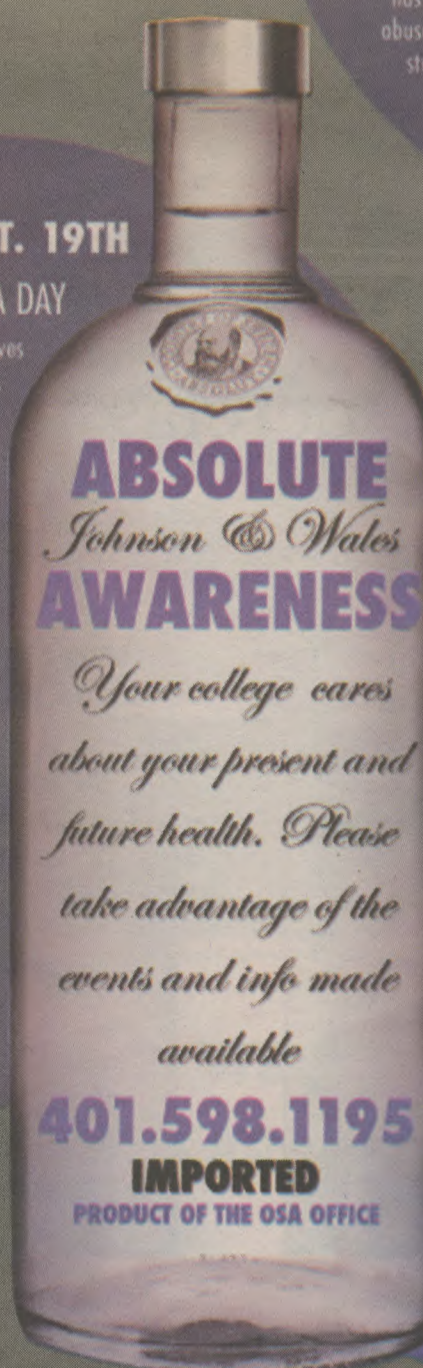
DEAD FOR A DAY

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 J&W 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-originated prevention strategies. How do college students work together to keep each other safer and what can we do as a campus community to minimize alcohol-related harms?

To enter the essay contest, you must read the entire essay topic as well as the rules and submission requirements at www.jwu.edu/prov/osa.

Entries must be received by Tuesday, October 10 by email to elsa.larson@jwu.edu.

Winners will receive a \$100 gift certificate to the Providence Place Mall. The winners will be notified on Wednesday, October 18.

For more information, call Health Education at 401.598.2023

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.

Danielle Lutz '08
Food Service Mgmt.
/Entrepreneuership



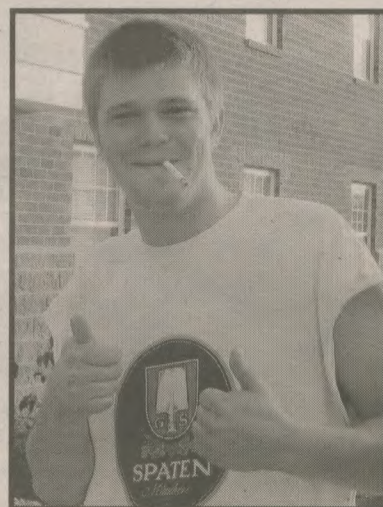
"It's getting the off campus experience with all the on campus benefits."

Lucie Sargent '08
Hospitality Management



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

Joseph Embry '07
Culinary



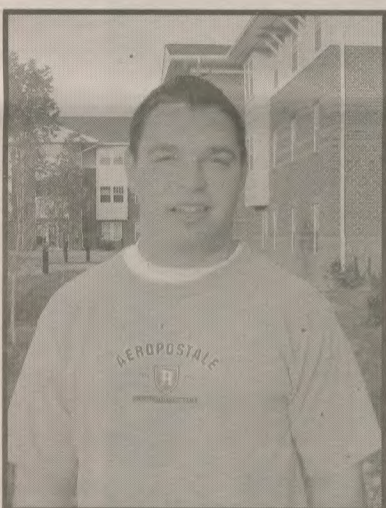
"My classes are at spitting distance. I don't have to wake up early and travel to campus."

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."

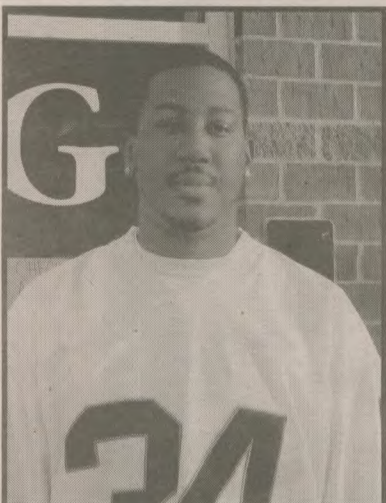
Novel Langron '08
Culinary



"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."

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

Vaughn Hylton '07
Food Service
Mgmt.



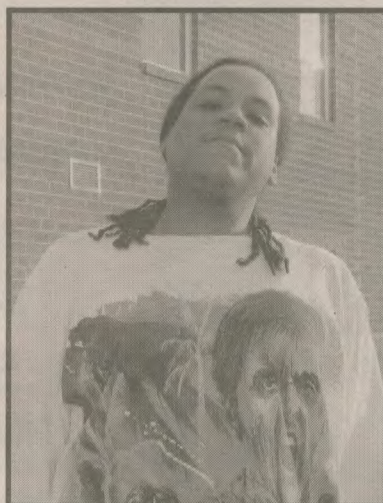
"I was looking for an apartment. It fell through last minute, so, now I'm here."

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."

SPORTS

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 Kelle Pfunder '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.

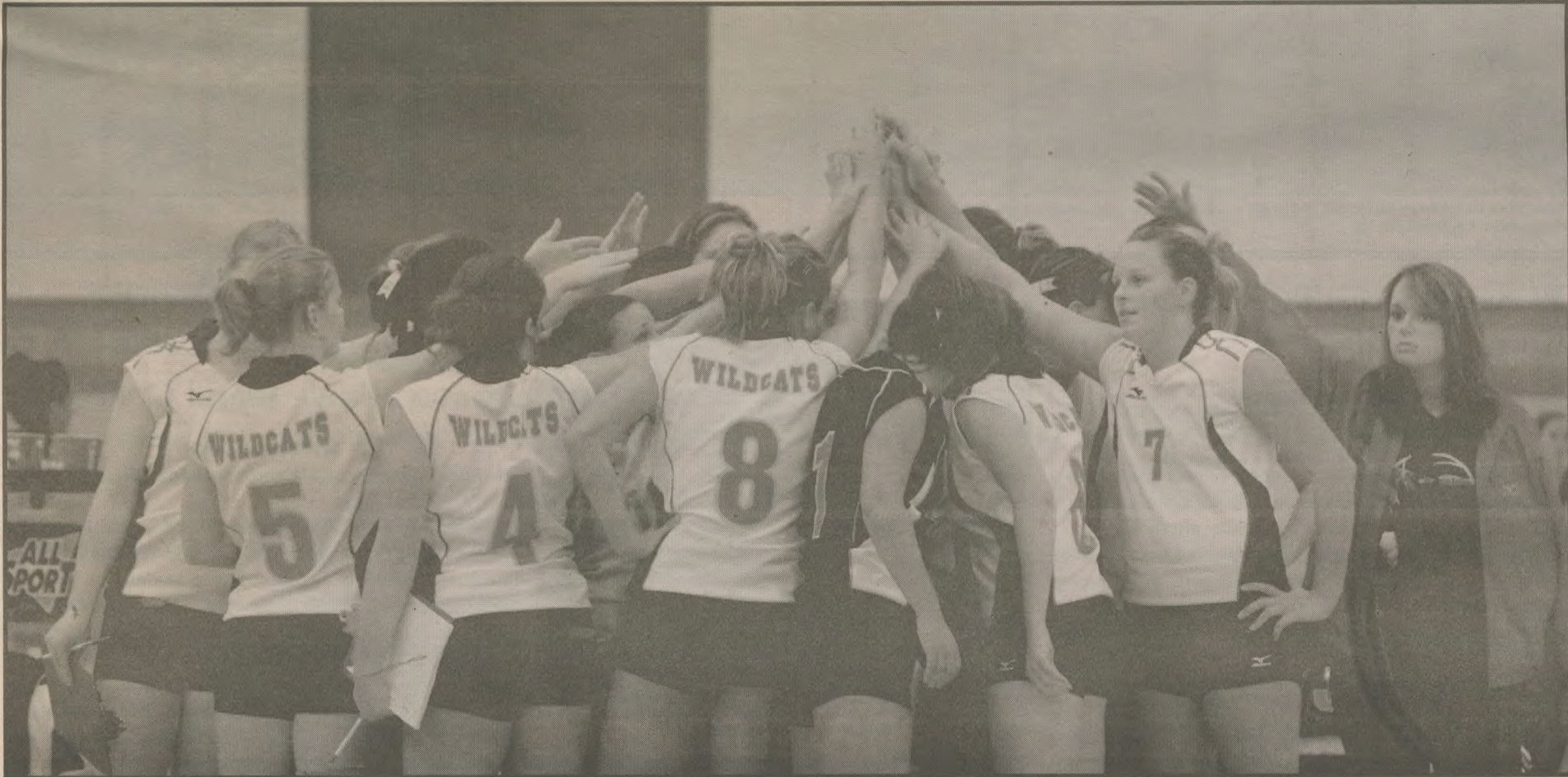
The tournament concluded on Saturday, with JWU junior captain Audra Vaccari '08 named to the all-tournament team after leading the Wildcats to a fourth-place finish. Otterbein went on to win the championship with a 4-0 record.



Ramona Di Filippo '08 (C) during the JWU v. Babson match. Photographer: Benjamin Sukle '08.



Kristen Gawrys '09 (L) spikes the ball against Babson. Photographer: Benjamin Sukle '08.



Members of the J&W Women's Volleyball team gather together before their match against Babson College. Photographer: Benjamin Sukle '08.

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

Juniors Barry Phillips (West Glover, Vt.) and Brian Sousa (Providence, R.I.) each tallied a pair of goals to lead the Johnson & Wales University men's soccer team to an impressive 5-1 victory against Emerson in a Great Northeast Athletic Conference contest at the CCRI Lincoln campus on Sunday afternoon.

Emerson took the early lead when junior Ryan Polisenò (Hanover, Mass.) put in a shot from five yards out to give the Lions a 1-0 lead at the 13:49 mark. Johnson & Wales responded at the 23:05 mark when Phillips' first goal of the game knotted the score at 1-1. Phillips' second goal of the game at 38:12 gave the Wildcats the 2-1 lead and the team headed to the locker room with the one goal advantage.

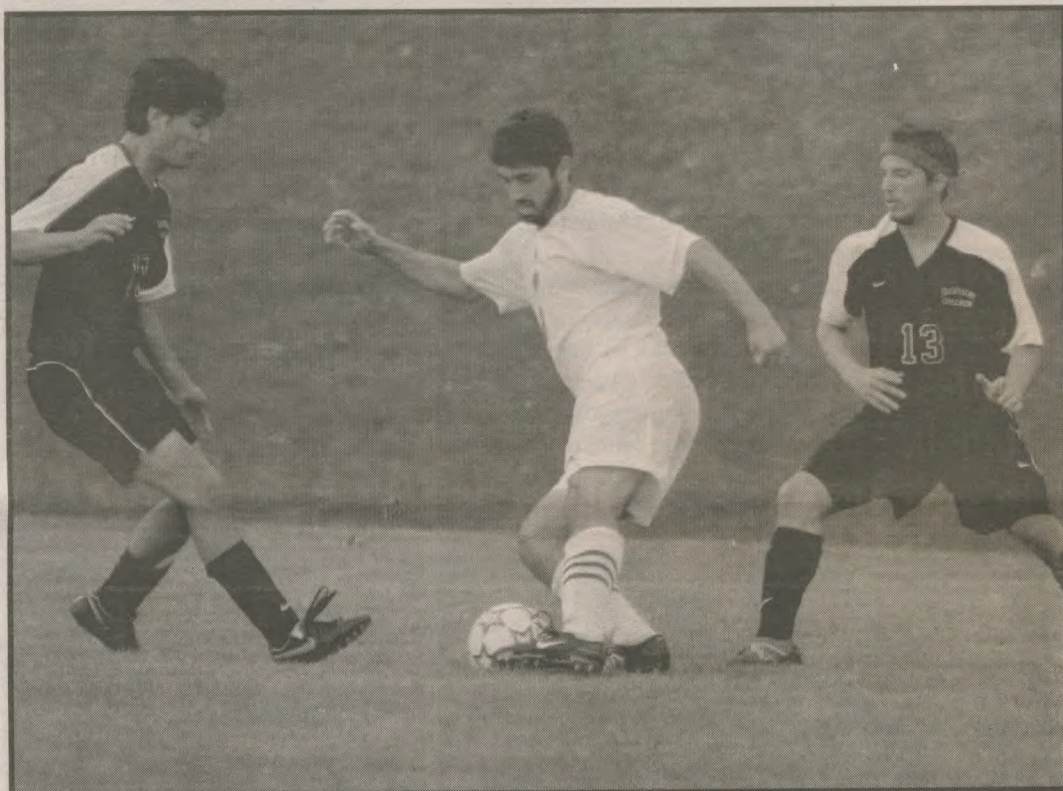
It was all JWU in the second half as Sousa gave the team a 3-1 lead at the 77:00 mark when he headed in a cross from Phillips. Junior Michael Glinecki (Baltimore, Md.) put JWU ahead, 4-1 at 80:59 before Sousa tallied his second goal of the game to cap the scoring at 5-1 at 86:43.

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 1-3, 1-0 in the GNAC while Emerson is now 1-1-1, 0-1 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.



Barry Phillips '08 heads in a cross during the 39th minute to give the Wildcats a 2-1 lead. This was Phillips' second goal on the day. Photographer: Benjamin Sukle '08.



Brian Sousa '08 (C) during the 2nd half of the JWU v. Emerson match. Sousa had two goals for the day. Photographer: Benjamin Sukle '08.



Men's Soccer headcoach Gregg Miller talks to players during half time. Photographer: Benjamin Sukle '08

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 Viscomi (Newton, Mass.) recorded a hat trick for Wheaton College in the victory. Viscomi earned an assist on the game's first goal from freshman Kathleen Carroll (New Paltz, N.Y.) at 8:50 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, Wisc.) 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.

Viscomi 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 6-0 Wheaton advantage. Freshman Rosie Levy (Torrance, Calif.) assisted on both of Viscomi'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 0-1 on the year while Wheaton improves to 2-0 on the year.



Leah Farrar '07 on a break-away run during the 64th minute against RIC. September 5, 2006. Photographer: Benjamin Sukle '08.



Kristen Illinger '09 passes the ball during the 2nd half against RIC. September 5, 2006. Photographer: Benjamin Sukle '08.

Johnson & Wales Women's Soccer Drops 3-1 Decision Against Rhode Island College

By DAN BOOTH

Director of Athletic Communications

The Johnson & 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 Paquin (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 Krissie Pyzynski (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 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 Voyiatzis at 65:24 en 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 CCRI Lincoln campus.



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



Erienne Gale '10 during a single match against Curry. September 5, 2006. Photographer: Benjamin Sukle '08.

Project REWARDS

Reinforcing Effective Ways to Reduce Daily Smoking

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

- A current daily smoker
- Between the ages of 18-24
- Enrolled in college

You can earn **cash** REWARDS for cutting down your cigarette smoking!

- Earn \$75 in cash at your first appointment.
- Earn between \$210 and \$523 in cash by providing us with daily CO readings.
- Earn up to \$175 in cash for follow-up appointments.

For more information please contact Polly at:
Phone: (401) 444-1814 Email: REWARDS@Brown.edu

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

J&W Self-Defense & Martial Arts Club

合氣道

36% discounts/scholarships available for Johnson & Wales students, faculty, and staff



Become Strong • Protect Yourself

Main Street Martial Arts
On North Main Street, Bus #99, Adjacent to JavaSpeed Scooters
(401) 274-7672
info@budojo.com

www.budojo.com or www.kaloma.org



EQUALITY
EDUCATION
EMPOWERMENT

Welcome Back Students!!

On behalf of the COMMUNITY Alliance, welcome to the 2006-7 school year.
We hope that your 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 Loomis '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 college and universities.



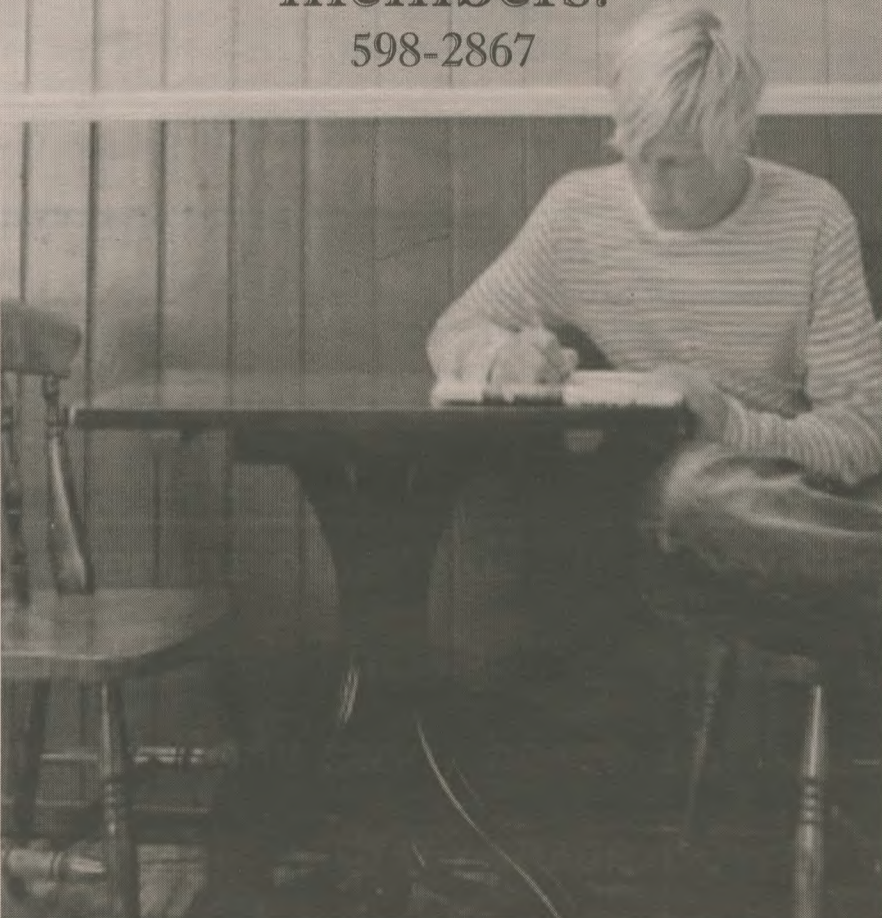
Rear view of 3 of the 6 new FJ-class sail boats. August, 2006.



Sailing team coach Alan Penney carries equipment after picking up the team's new boats. August, 2006.

The Campus Herald Currently seeking staff members.

598-2867



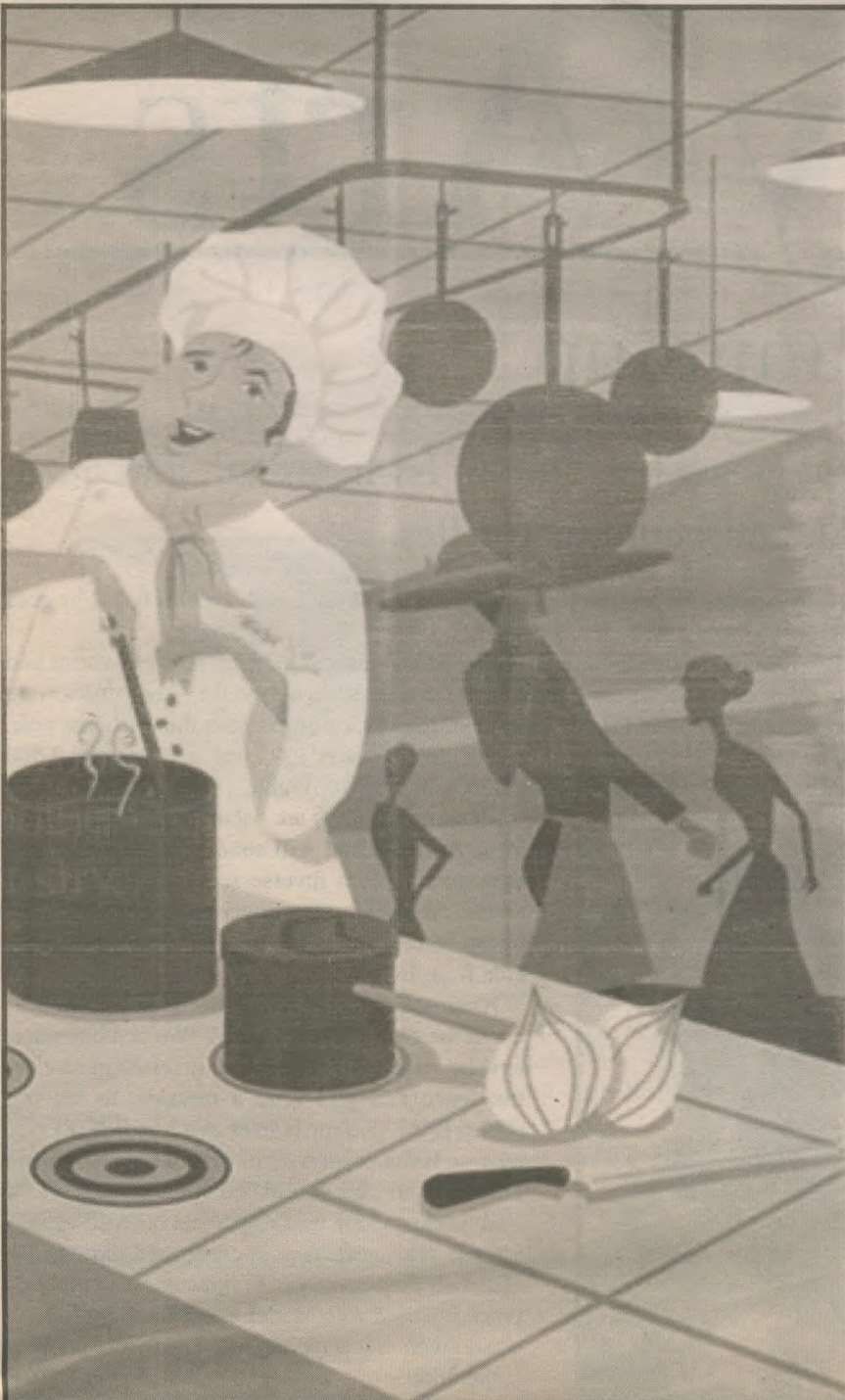
J&W Women's Center
dedicated to serving and empowering WOMEN

**Women's Center Meet
and Greet Luncheon
For faculty and Staff
11:30 am – 1:00 pm**

September 13

**Office in South Hall
OPENING SOON!**

3rd Floor CBCSI Building
232 Weybosset Street
Telephone: 598-1138



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 Contrators in the industry.

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

John Bragel
Class of 88, 90 & 92



Café la france

220 Weybosset St. Providence next to PPAC

Bring In Your Laptop - FREE WiFi

Free coffee
Weekly coupons
ricafes.com

J&W STUDENTS

Deserve Great Coffee

coupon coupon
\$1 OFF
any size
Chai
expires sept 26 2006

coupon coupon
FREE
Espresso Shot
When you buy
any coffee
expires sept 26 2006

coupon coupon
\$1 OFF
any size
Latte
expires sept 26 2006

FREE COFFEE
Every Week
@ RIcafes.com

Culinary Arts

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 his produce in a quaint township in West Australia named Manjimup. Adjacent to Manjimup is 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, West Australia's largest city. On any given menu in Perth, one might find a Salitage un-wooded Chardonnay from Pemberton paired with an entrée of Marron (a freshwater "crayfish" found around Manjimup). However, until recently, chefs would never have thought to look to West Australia for one of the most expensive ingredients a kitchen can purchase. That was, until Al had an idea.

Twelve years ago, Al had a vision to create a truffle farm. He went ahead and purchased some European Hazel and Oak trees and then planted them on a 5 acre hillside near his vegetable farm. After a few years of growth, Al introduced the fungus tuber melanosporum to the roots of his trees. Then he waited...

Al's truffle hunting dog was trained by the Sydney International Airport in the same manner that teaches dogs to search 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 truffle she unearths, Lizzy earns one bacon treat and when the work is over,

she playfully accepts the greatest prize of all, a game of fetch with a tennis ball. She goes through 5 tennis balls a week.

Al's main jobs on the truffle farm are to keep Lizzy happy and stop the mealworms and slugs from devouring the alluring truffles. 2005 was the first year that any truffles were found on his farm. Al pulled about 13 kilos of the black truffles from the earth that year. In 2006, he boastfully estimates that he will collect nearly 100 kilos, 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 6 ½ foot "brick wall" named Tim that will step in if called upon.

Al "reckons" the best way to eat his truffles is in a sauce. This sentiment is confirmed through the classical French sauce Perigueux, a compound sauce flavored with Madeira and black truffles. Al is not much of a cook and will openly order a beer in the middle of a wine tasting, but if you earn his trust he might just share some of his truffle shavings with you next time you happen to be near Manjimup. Just remember to bring an 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.I., 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 go through.

"The world of culinary arts," said Anthony Bourdain in his best selling book Kitchen Confidential, "is like the military." Chef Kevin Duffy, a thirty eight 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 no longer about 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 famous JWU T-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 finger nails 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 '10, a Culinary freshman from Michigan. "So what if 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 well kept, that must mean 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 1 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 Fuchs 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 his 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.



Culinary students preparing a blueberry pie. Photographer: John O'Connell '08.



Culinary students hard at work preparing a shrimp dish. Photographer: John O'Connell '08.

HEALTH

Ask The Sexpert

QUESTION: Hey Sexpert, what's up with all the different condoms? Which one works the best against STDs??



BY HEALTHY HEATHER
Health Education Sexpert

ANSWER: Quick answer – latex with water-based lubricant is best for protection against sexually transmitted infections, including HIV. It doesn't matter if the

condoms are colored, flavored, ribbed, or spiral – that's all up to you and your partner. But, make sure they are latex and that you know the condom basics.

Condoms do expire (check the date on the back of the package), they need to be stored properly (not in the sun or in your wallet), they need to be applied correctly (biggest reason why condoms fail is human error), and they should have water-based lube on them (KY Jelly, Astroglide, ID) to reduce friction and keep them stronger. Oil-based lubes will break down the latex. And, condoms with spermicide (Nonoxynol-9), are really not safe since spermicides may cause irritation that actually increases the risk of acquiring HIV!

If you are allergic to latex, polyurethane (female condom and Avanti male) condoms are effective in preventing pregnancy and sexually transmitted infections, including HIV. Do not use lambskin, or natural condoms, since these do not protect against STIs.

A lot of people have different opinions as to what brand to use: Trojan, Durex, Lifestyle, Kimono, Inspiral, Beyond

Seven? Most of this is just opinion. All latex condoms must pass industry standards before going on the market. If you really want to see a comparison of condom brands, you can check out the 2005 Consumer Reports Condom Ratings (www.consumerreports.org). Consumer Reports rated 23 popular condoms by strength and reliability. FYI - Durex Extra Sensitive Lubricated Latex was #1.

Bottom line – all the fancy extras like flavors, colors, ribs, studs, and spirals are to help make condoms more fun and pleasurable to use. What matters is that latex condoms are used correctly and consistently for every act of vaginal, anal, or oral sex. That's right – you can also transmit and acquire STIs from oral sex, so think about using a condom to protect yourself and your partner.

Are condoms 100% effective? Of course not, only abstinence is 100%. But research indicates that with proper care and use, condoms are one of the most effective methods for preventing STIs, including HIV. Avert.org states that "The evidence for this is clearest in studies of couples in

which one person is infected with HIV and the other not. i.e. 'discordant couples.' In a study of discordant couples in Europe, among 123 couples who reported consistent condom use, none of the uninfected partners became infected. In contrast, among the 122 couples who used condoms inconsistently, 12 of the uninfected partners became infected."

That sounds like pretty good evidence to me. So, where can you get free condoms on campus? Go to Health Education on the 3rd Floor of the CBCSI building downtown. Health Education has flavored, colored, regular, female, polyurethane, and dental dams. Look for our "Got Consent" campaign. Because the first step to safer sex, even before you look at the expiration date, is getting consent from your partner.

Be safer, be healthier. For more sexual health information, call or stop by Health Education, 598-2023. Health Education can also provide workshops and information on alcohol and other drugs, general health and wellness, and other sexual health issues.

College freshmen can avoid the 'Freshman 15'

BY ELIZABETH SOMERS, R.D.
WebMD.com
Reprinted with permission.

One of Dianne 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 college 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, loneliness or boredom. If you notice you overeat in the dining hall, for example, then plan to serve yourself modest portions of four items and don't go back for seconds. On top of that, have a plan for when you slip off your plans. Leave little to chance.

Dianne, who will attend the University of California at Berkeley, says she's already strategizing to maintain her weight. The former high school rower says she'll try to continue rowing 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. Revise 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 dorm 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 missed exercise session or eating one piece of chocolate cake. 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.

MENINGITIS CLINIC

Free vaccines for students

Monday, September 18: 10am-2pm at
Downtown Health Services,
Xavier Residence Hall Basement

Tuesday, September 19: 10am-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/prov/stu_hth.htm

Downtown Campus: Xavier Residence
Hall Basement
(401) 598-1104

Harborside Campus: 1st Floor
Student Services Complex
(401) 598-1151

ARE YOU FAST ENOUGH?



Research. Create. Learn. Collaborate.
All at lightning-fast speed.

- Plus!**
- Home Networking - Share your Internet connection.
 - Free Cox Internet security tools.

Get Cox High Speed Internet for only

\$29.95* per month

Free Installation & Free Modem*

Call 1-877-269-9568 today!

ULTIMATE APARTMENT MAKEOVER!

Sign up for any Cox service and be automatically entered to win:

- Includes a 27" TV
- \$500 Gift Card to Cardis
- Newbury Comics Gift certificate
- Home Surround Sound System

...and much more!

\$2,000
MAKEOVER!

\$2,000
MAKEOVER!

\$2,000
MAKEOVER!

**Barnes & Noble
Gift Card**

\$25

Accepted online at
www.bn.com

**GET A \$25 GIFT CARD*
TO BARNES & NOBLE***
when you sign up for
Cox High Speed Internet service
online at www.cox.com/NewEngland.

OPEN ON SUNDAY!

The following Cox Retail Centers will be open on
Sunday, 8/27 & 9/3 - 11am - 6 pm

Warwick Mall
Providence - 50 Houghton St
Portsmouth - 137 Chase Rd



*Offer expires 9/30/06 and is limited to new residential Cox High Speed Internet subscribers in Cox, wired serviceable areas. Customers who have disconnected Cox High Speed Internet in the last 90 days are not eligible to reconnect their service pursuant to this offer. \$10 monthly service discount applies to the first 3 months of Cox High Speed Internet, Premium or Premier service. \$29.95 price reflects Cox High Speed Internet Premium service with \$10 promotional discount applied. Regular rates will apply after promotion ends, unless you cancel such services before the end of the 3rd month by calling 1-888-885-8151. Free installation available for customers completing the Cox Connection Bundle with Cox High Speed Internet and applying to standard professional installation of Cox High Speed Internet on 1 computer on First Connect! Call the toll-free number in which customer must have and leave themselves on 1 computer and pay an activation fee of \$5.99. Offer speeds may vary. For more information visit www.cox.com/Speed. Cox cannot guarantee uninterrupted or error-free service. If Cox modem after applies to customers purchasing Cox High Speed Premium or Premier service. Cox High Speed Value customers will pay \$19.95 for modem. Customers must maintain Cox High Speed Internet service for a minimum of 90 days, otherwise they will be billed \$99.95 or \$80 for modem depending on service selected. Modem equipment may be required. Random non-household electrical power to modem and line a 10-day battery power provided by Cox if electricity is interrupted. Telephone service, including DSL service, will not be available during extended power outage or if the modem is moved or tampered with. Offer not valid in areas where applicable to Cox, including fees and charges. All services may not be available in all areas. All rates and offers are subject to change. Other restrictions apply. © 2006 Cox Communications, Inc. All rights reserved. Go to www.cox.com/NewEngland for complete details regarding the \$25 Barnes & Noble Gift Card. **Sweepstakes: Sign up for any new residential Cox Digital Cable, Cox High Speed Internet or Cox Digital Telephone service between 8/28/06 and 9/18/06 (the "sweepstakes period") and you will be automatically entered to win an "Ultimate Apartment Makeover" prize package valued at approximately \$2,000. Must be 18 years or older to enter. Odds of winning depend on number of entries. A final prize drawing will be done at random on or about 9/22/06 from among all eligible entries received during sweepstakes period. No purchase necessary. To enter sweepstakes without a purchase, please send a 3" x 5" postcard with your name, address, phone number and sign to Cox Communications Apartment Makeover Sweepstakes, Box 10 School Department, 500 Murphy Hwy, W. Warwick, RI 02885. Mobile device can be purchased by 9/18/06 and received by 9/21/06. For a complete list of sweepstakes rules, please go to www.cox.com/NewEngland. Other restrictions apply. Offer is not a sponsor or successor of the promotion. Please see back of gift card for terms and conditions of use. Barnes & Noble is not liable for any delays or school closures related to this offer.