Open Letter from Student Body President
Jonathan Stephen Dean

Dear Community Members:

Why do I do what I do...

During the past few weeks, I was able to observe the Johnson & Wales Community and pinpoint some key items that were positive and a few that were not so positive.

Two of my mentors (Mr. Stephen Mazzariello & Mr. Aaron Clark) once told me to start with the positive items first, so here it goes!

On a positive note, first; I have never seen so many freshmen empowered to do great things on our campus. Last week alone, I had at least 30 freshman students approach me asking about what this University has to offer, and asking how they can become more involved in this community... I was moved and inspired by this.

Second, I have been to numerous events on campus where clubs and organizations have been setting up their structures for this academic year, and having meaningful events while students can see their concerns being met. For instance, the NAACP (National Association for the Advancement of Colored People)

See LETTER, page 2

Providence Student's Internship Takes Her International

BY PATRICK DYL
Assistant Editor-in-Chief

Travel Tourism Management International Hotel & Tourism Management major Kelly Clover '08 is a field marketing intern for Contiki Holidays, a travel agency specializing in travel for eighteen to thirty five year olds. Contiki concentrates in travel to Europe, Australia, New Zealand, and other parts of North America. The company first began operation about forty years ago in Europe and has become a very well known brand name. It began the internship program to promote brand awareness in the United States. Clover learned of the internship while while speaking with a company representative at the Travel

See CONTIKI, page 3

Index:

8 SECTIONS / 20 PAGES

Campus News 1-4
Speak Out! 5
Ideas & Opinions 6-7
Arts/Entertainment 8-9
Money 12
Sports 14-18
Culinary Arts 17-18
Health 19

Space Food for the Soul

BY NATE MARTELL
Herald Staff Writer

Emeril's hearty food has entertained soldiers in Iraq, warmed the bellies of children in Harlem schools, and now, 5 lucky men drifting in space are eating culinary creations from Chef Emeril Lagasse's highest reaching efforts, literally. In July, space shuttle Discovery delivered five of Emeril's dishes to the International Space Station (ISS), making him the first celebrity chef to have his cuisine served in the great void. As part of a special episode of "Emeril Live" airing this fall, Emeril made contact with the ISS in mid-August and spoke with the astronauts about food and life in outer space.

There are currently three men charged with the duty of keeping the station in order, running experiments, and hosting other vessels as they dock and race through their agendas. The crew of Expedition 13 consists of Russian cosmonaut Pavel V. Vinogradov, who is the commander of the expedition, European Space Agency (ESA) astronaut/flight engineer Thomas Reiter from Germany, and representing the United States is astronaut Jeffrey N. Williams. Expedition 13 NASA flight engineer and space station science officer.

For the past 18 months, Emeril and his troops have been working with NASA on a project that would send Emeril's food into orbit (a place where critics of his food wish it)

See ASTROAUTO, page 18

J&W NAACP Sparks Controversy

BY TRISTIAN THOMAS-ALLEN
Herald Staff Writer

Some people see the NAACP, the National Association for the Advancement of Colored People, as obsolete, an organization left over from another era. Some people also think that the Civil Rights Movement ended with Brown v. The Board of Education. The role of the NAACP, although very different from what it once was, is extremely relevant and the fact that it still so active goes to show just how far the struggle has brought the African-American people, and how far there is yet to go. The Black community has a whole host of issues to address within itself. One of those issues was addressed by about 40 students here at Johnson & Wales on Wednesday, September 20, in McNulty Hall's TV lounge: the 'N' word.

According to Wikipedia.org, as mentioned by one forum participant, the word "nigger" is "an offensive term used to refer to dark-skinned peoples, especially Africans or people of African descent. Its use by other races, particularly white people, [and] is regarded as one of, if not the most offensive curse in the English language." With such a negative meaning for such a large community, it is quite shocking that it has infiltrated the mainstream on such an alarming level, weaving its way into song lyrics, film and television, and common slang. There are a plethora of questions that stem

See NAACP, page 4
The Campus Herald

Letter

Continued from page 1.

had their "Meaning of the N word" event and the turn out was fantastic. The comments were well thought out and the program was so engaging that people would have stayed there all night discussing. Greek Life had "Meet the Greeks" and were out on the Commons promoting their Fraternities and Sororities, bringing students together under the common themes of Leadership, Education, Dedication and Service. UBI continues to hold events where students flock to become more social and experience new things.

Third, the Faculty, Staff and Administration are working hard to show a united front and strive for excellence in everything they have the students involved in. I met with Major Quin from Campus Safety & Security to discuss Communication with the student body. Major Quin wants to make sure that the students had a feeling of Safety and also wanted to make sure that our message of safety first was reaching the entire student population. Later that day I met with Officer Jason Ross (Crime Prevention) to discuss Crime Prevention Initiatives and how to reach out to the student body in the most effective way. I met with Director of Residential Life, Danielle Stocum and Conti Charlin (Associate Director of Residence Education) to discuss the new and improved Residence Hall Councils. As always, I went to class and as I walked through the halls and saw the faculty members reaching out to their students, I was inspired. Just in the college of Business alone, I saw Dr. Frank Tomassi put up so much feeling as he words as he spoke about management and the right path students need to take to succeed. One of my final trips was to the Admissions Office where I took a gander at the hard working individuals who are making sure we are accepting the best qualified students here at J&W. They are working hard to maintain our exceptional student body!

Ok, as always there are two sides to every story, now for the not so positive... There are still students that I have not seen become engaged on this campus, there are still commuters that are not as involved as they would like to be, there are still some faculty and staff members who are not as empowered as we (the community) would want. We are an institution are always being watched and our reputation is always on the line. I want to make sure that when we, as community members, speak or interact with others that we are putting our best foot forward and making this University look its best.

Today, I challenge YOU! I challenge you to find someone that you do not know and go up to them and talk to them, eat with them at Snowdon Dining, or Hospitality Center. Show your community care by picking up trash you see on the ground, watching for safety concerns and conducting yourself in a professional manner all the time.

I will leave you with a quote by the late Luther Vandross, "It's so amazing to be loved...

I love this campus, and I love all of you! I do what I do because of this feeling of love and admiration I have for Johnson & Wales and its community. Please do whatever you do, it's amazing! Good luck and I will see you around campus.

With Dedication,
Jonathan Stephen Dean
Student Body President

Latino Greeks Open Arms

Greeks host recruitment campaign on Gaede Commons

By Patrick Dyl
Assistant Editor-in-Chief

On Wednesday, September 13, the three different Latino-Greek organizations set up tables in Gaede Commons in an effort to recruit new members for the current school year. About fourteen members of three different organizations on campus were available to talk to students about their organizations and why they should join. All three organizations are members of the University’s United Cultural Council (UCC).

The groups are Sigma Lambda Beta, Sigma Lambda Gamma, and Sigma Lambda Upsilon. The UCC is the newest of the Greek councils on campus and acts as the governing board for its member organizations. According to the website for the UCC, education, community service, and social events bring the organizations together to support the campus and its community.

During the night, with a table of food and music playing in the background, the members struck up conversation with several students passing by, as well as those who showed up specifically to talk with them about their organizations.

Sigma Lambda Beta, also known as the "Betasses," was an official organization at Johnson & Wales since July 1995. Sigma Lambda Gamma Sorority, also known as the "Gammans," is a historically Latina sorority and has been dedicated to promoting high standards in education, morals, and ethics since its inception at J&W in February of 1998.

Sigma Lambda Upsilon was founded nationally in December of 1987. The organization works hard to bridge the gap between the Latino and the campus communities. According to their respective mission and goal statements, all three organizations work to promote education, community service, cultural awareness and moral/ethical values.

SAFETY & SECURITY BLOTTER

- Saturday September 2, 2006 @ 11:45 PM
Alcohol violation / Off campus: Three students were arrested for alcohol violations by Providence Police

- Sunday September 3, 2006 @ 4:20 PM
Narcotic violation / McNally Hall: One student was arrested by Providence Police for a narcotic violation.

- Monday, September 4, 2006 @ 12:05 PM
Alcohol violation / Off campus: Four students were arrested for alcohol violations, by Providence Police.

- Friday September 8, 2006 @ 9:25 AM
Burglary / Harborside Village: Three students reported their living room was entered and items were taken. A damaged screen and footprints were found in nearby bushes.

- Saturday September 9, 2006 @ 12:01 AM
Arrested / Off Campus: One commuter student was arrested by Providence Police to be charged with breaking and entering.

- Saturday September 9, 2006 @ 3:02 AM
Arrested / Edmund Hall: One student was arrested by police for narcotic violation

- Monday September 11, 2006 @ 11:50 PM
Arrested / Off Campus: Two students were arrested for disorderly conduct, malicious damage to construction equipment and having false IDs.

- Tuesday September 12, 2006 @ 12:30 AM
Assault / Saki’s restaurant: Three students were assaulted by five black males outside Saki’s on Weybosset St.

- Tuesday September 12, 2006 @ 8:57 PM
Stolen Vehicle / Page St. behind Snowdon Hall: A student reported his vehicle, a 1994 Champagne colored Honda Accord with NJ plate UU292G, was stolen.

- Saturday September 16, 2006 @ 7:10 AM
Unauthorized Entry / John Hazen White Center & TACO Center: Security and Police questioned a subject outside the building. The subject had no pants and appeared injured.

- Monday September 18, 2006 @ 5:32 PM
Arrest / Off Campus, Michigan Ave: A non-student was arrested by police for breaking into two cars parked on Michigan Ave.
Thai Military overthrows Prime Minister

BY PATRICK DYL
Assistant Editor-in-Chief

While at the United Nations to give a speech to the General Assembly, Thailand's Prime Minister Thaksin Shinawatra received news of a Military Coup in his country, which happened on Tuesday, September 19. All international television and radio networks were taken off line and Thai television networks played images of the royal family and "patriotic music" throughout the day.

The leaders of the coup have pledge loyalty to the nation's royal family and suspended the country's constitution and government while it attempts to create a new one. Tanks and military personnel have taken to the streets of Bangkok and from New York, Prime Minister Shinawatra declared a state-of-emergency through a government owned television station.

A foreign ministry official, who spoke on the condition of anonymity because he was not authorized to speak to the media, said Shinawatra was tentatively planned to fly back to Thailand late on Tuesday. The official said he could not comment on questions about the possibility of Shinawatra being arrested if he returned.

The Bush administration denounced the coup, saying it was a "step backward for democracy." Australia called it a "great disappointment." Officials from both the European Union and the United Nations have condemned the coup, and support the reinstatement of Shinawatra and the constitution. Military coup leaders have announced their plans to relinquish power after they oversee elections which they hope to hold in October of 2007.

King Bhumibol Adulyadej appointed General Sondhi as head of the council "in order to create peace in the country," according to an announcement on state-run television. "All people should remain peaceful and civil servants should listen to orders from General Sondhi Boonyaratklin from now on," it said.

According to reports from the Associated Press, Sondhi led a precision takeover without firing a shot, sending soldiers and tanks to guard major intersections and surround government buildings while the popularly elected Thaksin, accused of corruption and undermining democratic institutions, was in New York attending the U.N. General Assembly. Bangkok, a city of more than 10 million, was calm Wednesday. Most stores were open and residents appeared unfazed, with traffic running as normal and the tanks becoming popular tourist attractions.

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
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Phone: (401) 444-1814
Email: REWARDS@Brown.edu

A research project sponsored by Brown University and the National Institute on Drug Abuse.
Where Can RIP TA Get You?

Campus Herald staff writer Tristan Thomas-Allen takes a first hand look at the benefits and opportunities available through the RIP TA Trolley system

By Tristan Thomas-Allen

Herald Staff Writer

I really have to hand it to Rhode Island. For being less than 30 exits long, it really is impressively clean and neat. It’s a shame that as a native New Yorker, I never felt the need to get a driver’s license. I have never even driven a car before (not that I have a license, I’m just not nomadic), and the only reason this “right turn at red lights” gets my goat is because it makes it almost impossible to cross the street without having to cross the street, even if you have the light. The plague of one-way streets has almost no impact on my life. But am I doomed to be stranded at my humble abode in North Providence for the duration of the school year unless I continually grab rides from my roommates? Goodness no.

Enter RIP TA

I am at the mercy of mass transit to get anywhere that the J&W buses can’t take me. I’m sure that’s not the only one. Such is the story you hear about the Rhode Island Public Transit Authority.

• Get a schedule. The buses come pretty often on the weekdays, but if you don’t want to waste your Sunday afternoon standing in Kennedy Plaza, you might want to plan your trip accordingly.

• Have your Johnson & Wales ID card with you. It’s free if you flash it!

• When in doubt, all roads lead back to Kennedy Plaza (eventually).

• Ask the driver if you have any doubts. They are incredibly helpful and no one knows the routes like they do.

There is a Stop & Shop bus stop on about a trillion different bus routes. Do not plan your trip according to the Stop & Shop, and hopefully you won’t end up on the outskirts of Hartford like I did (unless that’s where you want to be). Bearing that in mind, I chose one line to explore last week.

The East Side Trolley

The East Side is Downcity’s younger, crunchier sister. She drinks organic microbrew and listens to CSPAN while ironing her own clothes. And she always knows the secrets that she doesn’t openly share the way that her older sister does.

Take the eastern-most reach of the East Side Trolley. The Eastside Marketplace is the last stop on the trolley, and well worth the ride. When Stop & Shop and Shaw’s have it in their heart to give us little old Providence a taste of the magic that is Fresh Direct, they’ll take a ride down to this organic supermarket. The prices are more broke-college-kid-friendly than you might think. Food bagged, and with more types of cheese than the state of Wisconsin, even the pickiest of eaters will be hard-pressed to leave without a (hope- fully paper) grocery bag full of classy organic goodies. Yes, they still have chips and dips.

Slightly west of the Eastside Market is Wickenden Street, an inclined avenue overrun with tons of cool people to watch and packed with unique shops and hip, reasonably-priced eateries. Café Zog is cute and colorful and has a great breakfast deal for two fellows. Beach 14.25 will get you an omelet as large as many full-course meals and enough offerings as you choose, along with a bagel and some fresh fruit. One of their Juices alone is worth the price of admission. Wickenden would certainly impress the size of McNulty. Not to mention the delicious diner-mash that is corned beef hash, which eludes me downtown. They really need to brush up on their city’s ambling life with chat- ty Brown students who can help you with your sociology homework. A tea selection that is the best thing about Coffee Exchange will take you around the world from your seat in East Providence. Get the white oolong for a tea packed with antioxidants that won’t stain your newly Crest Strip-whitened teeth.

Make a quick stop in Kennedy Plaza for a great cup of coffee. First, you must walk to the door to an explosion of color and chatter. Walk past the cooler-than-thou and the coffee bean specialist in front of the

foot wall of coffee beans to the counter. At a press of a button, a little snap that cell phone shut because a kind yet firm sign dictates they won’t serve you until you do. Then you have your pick of coffee and tea to go with your bagels, biscuits, and other tasty treats. The staff is warm and full of helpful recommendations. Be sure to grab a bag of freshly ground coffee on your way out to take back to the dorm for late-night study sessions.

There’s an Uretich Art Supply Store for fashion majors and a check of mixed media stores, like the Asian and Indian cuisine for the adventurous culinary epicure, and an enormous bookstore. It’s not the co-ed co-ed co-op class down at HarborSide needs some new tools. Plenty of high-end pre-owned digs (that’s antiques and consignment shops) round out this lovely road. For a fresh look at Providence, you definitely must make your way to Wickenden Street.

For those who are new or the Planned Parenthood Express on Waterman Street and a little bit closer to our Kennedy Plaza home base is Thayer Street. With a Subway, an Au Bon Pain, and a Starbucks, this street is a little more conventional than Wickenden. There is also the Spice Authentic Thai & Sushi Bar for people who are willing to take the plunge into New England Chinese food. Pad Thai is always a safe bet, as well as the orangey Americanized favorite Chinese. There is also Tea Bar and Café for coffee-drinking devotees who still like the chill vibe of coffeehouse culture. The place not only smells wonderful but it’s actually a life with chat- ty Brown students who can help you with your sociology homework. A tea selection that is the best thing about Coffee Exchange will take you around the world from your seat in East Providence. Get the white oolong for a tea packed with antioxidants that won’t stain your newly Crest Strip-whitened teeth.

The night’s discussion was a step in the right

NAACP

Continued from page 1.

from this 6-letter word. Many were addressed at Wednesday’s forum.

Natalia Huff, President of the Johnson & Wales NAACP chapter and one of three forum moderators opened the forum discussion to a sea of faces ranging from soft beige to dark, velvety chocolate. By no means was every face African American. The turnout was good, but there were no initial takers to start the con- versation. Then Moderators Desiree Headley and Michael Riley broke the ice with the question, “What comes to mind when you hear the word ‘nigger’?” There were suddenly people calling out answers all over the room. “Racism.” “Ignorance.” “Pretty much a greeting.” Suddenly there were plenty of people chiming in on this issue and we made sure to address this very important point at the beginning of the forum. The debate soon came around to an issue that forum participants were clearly skir- ting: what happens when someone who is not black says it? The answers were surpris- ingly many agreed that Hispanics and other minorities using the word is just as acceptable. The question was raised again several times that if it is okay for African-Americans to use the word, then it should be fine for the rest of society as well, who were staunchly against the use of the word, period, viewing it as intensely offen- sive. “What ever happened to calling each other brother and sister,” asked one forum-attendee. “That question brought us back to how this word was made so popular in the first place. Whose fault is this pro- fanecumption? Many at the forum pointed fingers at the media, saying that hip-hop and rap culture as well as African- American role models who are adding to the word’s widespread use. The words that the media is the only culprit. As the saying goes, for every finger you point, there are three fingers pointing in your direction. When asked whether or not they used the ‘N’ word, most people at the forum ad- mitted to using it at least occasionally. Even some who were of African ancestry were those who had either openly objected to the word being used in front of them. Part of the reason was there were quite a few people at the forum who had little to no objection to the ‘N’ word. One point that was brought up was when you are in the middle of a conversation, you have no control on how you want to communicate. That has a deep effect on how you feel about the word and its usage. People revered by mothers and fathers are actually teaching the same negative connotations of the word seemed to be completely against its usage, whether in the mainstream or even as an insult. Many people who were raised in neighborhoods heavily populated by Hispanics, Asians, and people of other races were indifferent to whether or not they used the word as well. And one per- son of West Indian decent declared that before being immersed in American cul- ture, she had never even heard the word because where she comes from, everyone is black, so there is no need to constantly use the word to make someone feel more comfortable.

Others still had a more sinister take on why the word has become so widely used, implicating the deterioration of family val- ues and the sense of community among black people. To some in atten-dance, it seemed that the ‘N’ word was an act of rebellion and the death of the cooperative spirit. In essence, it is only one more thing that holds more and more black youth back. There is a mentality that is very prevalent in society that it is the only way to achieve to is hust- le and step on people in order to be some- thing. The discussion was in this hard way though. Indicted was also a lack of education. In a society where so many children are grow- ing up on the streets, it has become rare to see a person who is actually well educated the word truly means. Or meant. It was also

brought up that maybe enough time has passed that the word has become something else entirely. “Is the black community really ready to own this word,” asked one forum moderator. Replies were once again mixed.

The forum continued back and forth for a while until, finally, it was time to come up with solutions to the problems. Some idealists said that the ‘N’ word is just a deeply imbedded trend and, like all trends, it will fade out on its own. Purported realists said that, after 10+ years in the mainstream, the word isn’t going any- where and there is nothing anyone can do to stop it. There were those that strongly believed that all it would take was people beginning to voice how they felt about the word on a one on one level with the people who say it. The forum attendees were that we were participating in and the ones to follow in the upcoming months was the best answer to the problem of the word’s existence, that and face, and that discussing these issues in a community set- ting the way that those who came before them were talking it out was the answer.

Whatever the solution, the sole point that the whole forum agreed on was that the night’s discussion was a step in the right
Johnson & Wales spends thousands of dollars every year providing its students with free transportation through RIPTA, and the majority of students don't use it. How come? How do YOU feel about RIPTA?
10 Habits of Decidedly Defective People
Part Three of a Nine-Part Series

By Doug Glies
ClashRadio.com
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THIS IS PART THREE IN MY SERIES Developing The Disaster Master Mind: 10 Habits of Decidedly Defective People. Hopefully you have already set in motion your destruction by digesting part one, Be a Stacker, and part two, Blame Others, and you are well on your way to creating for yourself a living hell.

Please tell me you haven’t become disciplined or responsible, because if you have then you’re in danger of success— which will completely screw up what we’ve been trying to do here. C’mom now, you’ve got to work with me, and stay the course, because failure is just a stone’s throw away. You’ve got to help me help you push happiness out of your life by being a creep and not just a hearer of the 10 Habits of Decidedly Defective People.

This week we’re on Habit 3: Embrace Hopelessness. Now before you start sweating and freakin’ out about whether or not you can be unsuccessful, you must dial down and remember that failure is easy and success is difficult. And since you desire to live a care free, no conflict, I ain’t got squat going-on-in-my-life existence, these pessimanist principles will go down with the greatest of ease into your inept ears and will be manifest rather quickly in your sickly existence. So relax, this is going to be effortless and uncompli- cated.

Well, enough with this initial pep talk and my opening pleasantries, let’s continue to sabotage all your chances of prosper- ity and blow all probability of accomplishment to smithereens with Habit 3. 

Embrace Hopelessness

One great way to take the sizzle off your futia is to cuddle despair. I’m talking about being so glumly that you make Foyere, Vincent Van Gogh, Jackson Pollock and Sylvia Plath look like Paula Abdul compared to you.

‘Think about it. The bulk of the helpless people you have met in life were holeless, right? Thus, to carve out a crappy crevice for your life you must stop thinking and believing that good will ever, ever come your way.

Yes, hope is dangerous to your desires for failure. Reminisce a little bit regarding the people who have made it and you’ll remember how positive and faith-filled they were no matter what difficulties they faced. Some successful people have had hope against hope. I’ve seen hundreds, if not thousands, of at-risk kids, broken fami- lies and bankrupt businessmen who were up serious creeks without paddles get out of the messes they were in and dramatically turn their lives around. And what was the progenitor of their metamorphosis? You guessed it. Hope. Stupid and stink- ing, pain in the butt, pie in the sky hope. You must beware of this encouraging force.

Listen to me: Whatever it takes and whatever price you have to pay, you must purposely drain yourself of any vestige of hope if, that is if, you are truly serious about courting disaster. Don’t even think about getting your expectations up for a positive change. Hope is too promising, too provisional and too transformative to be entertained even for a moment if failure is what you’re pursing. Understand the following, or you will not move down the dead end road to disaster: 1. Hope brings faith. 2. Faith spawns an indomitable spirit. 3. This indomitable spirit is the precursor to the prosperity your trying to avoid.

Therefore, to evade any possible bless- ing, you must create an atmosphere of anxiety which will birth defeat, which in turn will crush your spirit, which will in turn ensure tragedy. And that’s what you want, right? Tragedy?

Lastly, one of the cool things about hopelessness is the spin off fruit of sloth that it yields. What a beautiful, little additional nugget sloth is to the Disaster Master Mind’s debilitating battery. Classically, slothfulness was defined as the by-product of despondency. It was not simply some- one being lazy for laziness’ sake, but a sign, a manifestation, that despair was rul- ing that someone’s roost and that’s why he moved like a sea cow on psychotropics.

Yeah, as optimism is drained from your heart and mind, all your desires to get up off your butt and get busy are snuffed.

Sloth is awesome in how it extinguishes viability once you have decided to give up. Think about it. How many deserted and lazy, miserable and apathetic, depressed and passive people do you know who are full of nerve [which is a must for success]? Once you embrace hopelessness, it will begin to quench all the necessary, positive attitudes and actions that achieves demand, and it will set you free to be the train wreck we all know you can be.

Stay tuned for Habits 4 — 10 of Decidedly Defective People.

New Ground Rules for Beer Pong/Beirut

BY PAUL GORDON
Business & Advertising Manager

We all know, from the observations of the clubs letting out on Thursday nights, the abundance of “Corona” and “7D” apparel seen on campus and the de-tox records from safety and security, that J&W students drink, most of the time to excess.

That being said, one of the most popular “drinking games” is, of course, beer pong. Okay fine, beer pong for the uneducated among us.

Being near the start of the 2006-07 aca- demic year, we need to settle the score.

“Pong rules vary from region to region, state to state and even house to house. So, who makes up the rules? Whose rules are you supposed to play by? I, the genius that I am, developed some common courtesies that should be extended when you are at a party, friend’s house, or just out somewhere playing pong.

We all know the basic concept: 2 balls, 2 shots, and get ‘em into the opposing team’s cups. The discrepancies lie within all of the different variations and versions of the game.

Before we go any further, let me present an aside: we all come from different back- grounds, hometowns, and places. Wherever we’re from, we have understood rules. But a college environment makes this difficult, hey, even on the group of rules and regulations for game-play which brings a plethora of different rules to the table, no pun intended.

But I digress, what are these “court-
**The Left:**

It is my belief that one cannot understand the argument in favor of organized labor (for example Labor Unions, Trade Unions, Teamsters, etc.) without first hav-

ing at least a broad sense of the begin-

nings of the labor movement, and for

the purposes of this short argument, I will

focus chiefly on the movement in the

United States. Organized Labor reached

its peak in the United States between the

early 1830s and the 1950s. Labor organi-

zations formed as a result of the atrocious

working conditions in America’s industri-

al and mining centers. Workers banded

together to fight the bosses in order to

secure safer working conditions, higher

wages, and shorter work days. The fight

for those conditions is known as the “eight

hour day” movement, which found its roots

in the British Industrial Revolution, in

which workers, at the time in Britain, faced

the same conditions which American

workers would face. Industrial produc-

tion was centralized in large factories and

transformed working life. Bosses began to

impose long hours, between ten and

sixteen hours a day, six days a week. With

working conditions unregulated, the health, welfare and

morale of working people suffered, and the

exploitation of child labor was com-

mon.

Today, the public sector (for example:
police, firefighters, teachers, etc.) boasts the

largest membership in organized labor

organizations, and much of the member-

ship in commercial and industrial organi-

zations has fallen due to the threat of

unregulated, cheap labor from Indo-China

and Latin America. American workers are

new struggling, not only against the will of

their powerful bosses, but now against an

anti-labor government, and internation-

al cheap labor. Opponents of organized

labor point to the lower price of goods

produced by companies which outsource

their labor as the benefit of non-unioniza-

tion; however, at what cost are they will-

ing to make a profit?

American workers, regardless of status

and occupation, should support organized

labor, which is usually responsible for

many of the benefits that today are taken

for granted. As Molly Ivins said (Mrs. Ivins

was a reporter for the Minneapolis Tribune in the early ‘70s, and she wrote

extensively on social movements), “Although it is true that only about

20 percent of American workers are in

unions, that 20 percent sets the standards

across the board in salaries, benefits and

working conditions. If you are making a
decent salary in a non-union company, you

can rest assured that the union has

won for you. One thing that

corporations do not do is give out money

out of the goodness of their hearts.” For

the most part (although I will concede that

not always), your boss does not care about you. He only wishes you to do your job,

for as cheap and as quickly as he can get you
to do it. The less he has to pay you, the

less he has to worry about the condi-
tions in which you work, the more money

ends up in his pockets.

When American workers stand in solidar-

ity against the bosses, they can accom-

plish anything. The American working

class is the sleeping giant in our country

who have become unfocused by the vari-

ous distractions set in place to keep them

from seeing their own power. The American

working class struggles to keep them

out of poverty, to keep their heads above

water, to feed their families.

America’s working class can accomplish

anything, in solidar-

ity with their

class brothers.

The bosses are working to decrease

benefits to workers, as well as a reduction in

wage increases. This, combined with the ever-
growing cost of living, creates a myriad of

problems. Organized labor lost its footing

during World War Two in order to “sup-

port the war effort” and we could be seen

the same thing today. Unlike the work-

ers, the bosses have time to slowly chisel

away at what workers have fought and

died for over the last century, and when-

ever workers begin to make concessions

to them, a little more is taken away. It’s

time for all American workers, blue collar

and white collar, skilled and unskilled,

organized and unorganized, to come
together to fight for the collective good.

Higher wages to stay above the poverty

line, to afford the things they need to survi-

ve, and help provide their children with

a better life than their own. The solution

to the working class can control their des-

tiny.

Patrick Dyl ’08 has been a member of the United Food and Commercial Workers Local 328 since July 2001.

"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.
there on August 29. His first release in nearly five years sold 192,000 units in the first week, according to SoundScan figures. Bob is back and he's still got it. Fans have once again be proud to say that they are "fans of the new stuff" and mean it. "Modern Times" is being received as Dylan's best work in years, with five stars from Rolling Stone and rave reviews from critics across the country. The songs, more clearly poems, have proved that it is possible to age with grace.

If one was to combine one million folk and rock songs together they would not accomplish the gravity that Dylan is able to reach with his words. And he does have a way with words, addressing life's beauty and fault, as well as immortality, philosophically, and religion. Notable songs on the ten-track album include "Somewhere Baby" and "Ain't Talking." After almost five decades of authoring some of the world's favorite songs and playing many of the most memorable performances, it is refreshing to see that such an influential part of music hasn't lost its touch.

And although there is controversy sur-
Sex Tips for Straight Women from a Gay Man

Book Review
By JULIE GOODISON
Herald Staff Writer

In this day and age, are women simply supposed to be telepathic and see into a man’s mind? Do women know exactly what drives a man to his ecstasy? What better ways to find out what a man wants than to ask a gay man? Sex Tips for Straight Women from a Gay Man does just that. Dan Anderson knows things most straight guys don’t even know about themselves. Let’s dive into the abyss.

Women have heard it all: “Well, if he has big hands and big feet, then you know what else is big…” “It’s not the size of the boat; it’s the motion of the ocean.”

For once, it’s not about us. It’s all about men. In the bedroom, women were under the impression that it was supposed to be all about us. After reading Sex Tips for Straight Women from a Gay Man, it had me thinking otherwise.

Lifelong friends Dan and Maggie come together bringing years of gossip without speaking a word about what gets their blood pumping in this fun, sassy novel.

Maggie is a woman that anyone can relate to. She goes to great lengths to please her men. Dan is currently living in L.A. conducting research into the mating habits of surfer dudes, soap stars, and “other species,” he claims. Maggie and Dan team up to make less complicated and more desirable.

A lack of communication does bring about a little uncertainty. This book teaches women from a man’s viewpoint how to read body language, how to please and have him “come” back begging for more. It’s like conjugating a verb in your language class; these techniques are the building blocks of your new sexual encounters.

Let’s play ball, shall we? It’s all about knowing your ABC’s. Dan points out that the first ten minutes are crucial, and it’s up to us to keep the ball in the infield and under control. You don’t want to hit a grand slam too early in the game.

When you’re caught in an unexpected rain storm without an umbrella, what’s your move? Do you run and hide seeking cover? Or just get wet? Rule of thumb is that if you’re at his place, he should have them handy and vice versa when you have home court advantage. Men sometimes are known to be lousy hosts so make sure you always have an umbrella with you.

Maggie shares some handy tips that need to be kept in mind. Keep you nails short and yes, no rings! If you do have fake nails on, make sure they’re on securely. No one wants to go fishing around in bed.

As far as props go, here is a secret. In your bedside nightstand you should keep: a clean washcloth or band towel, no tissues. They are messy and ruin your special moment. Always have a glass of ice water handy. It keeps your whistle wet and has other advantages as well.

The idea behind the book is not to be afraid of sex, but to explore your sexuality. Be as open as possible, while still playing safe.

Dan and Maggie had me wanting more. A permanent smile was planted on my face while reading the sex tips and stories.

Pick up the next issue of The Campus Herald for Part II. Read about what Dan and Maggie have to say next...

Always a Good Time
Bar Review: Jerky’s

By MATTHEW J. MEDEIROS ’06
Assistant Editor-in-Chief Emeritus

Jerky’s is one of the best bars closest to the Johnson & Wales downtown campus. Located on Richmond Street above Club Hell, it’s conveniently between Snowden, Imperial, McNulty, and Xavier halls. Students who are of the legal drinking age can walk there on any night until last call. Lately, Jerky’s has been allowing girls who are eighteen or older in, but their stamped hand keeps them away from the alcohol.

Once inside, one of the many attractive bartenders might start you off with a signature scorpion bowl. There’s no need to go with it, but they sure are tasty. After that you can move on to the two dollar Narragansett pouders and drink your face off the rest of the night.

With more space than other bars in downtown Providence, Jerky’s has four pool tables to offer. Be prepared to grab a seat and relax by the window while you wait for an open one. There are a few waitresses who go around and take drink orders quite frequently. So don’t panic, that empty Narragansett won’t stay in your hand for too long while you wait.

You won’t find any clear stiletto, popped collars, or spiked Ghetto haircuts here. The atmosphere definitely has a rock vibe to it. On any given night, music from old-school Korn and Metallic can be heard over the sound system. The walls are even painted with graphic murals of Mr. T. Just look around the room and everyone looks like they belong in a band.

As small as it is, downtown Providence has many great bars and clubs to choose from. On a weekend, Jerky’s will get packed, but never to the point where you can’t move. You don’t have to wait too long for the bartender to get you another drink and there’s never a line for the bathroom. Jerky’s is always a good time. Just be sure to bring some cash. They don’t take cards.

Hollywoodland: A Fantastic Look at Old Hollywood

By STEVE PESSOLANO
Herald Staff Writer

In Hollywoodland, Adrien Brody plays Louis Simo, an investigator in Hollywood who is working on the case revolving around the mysterious death of actor George Reeves. Based on a true story, George Reeves, TV’s Superman, is played fantastically by Ben Affleck. Soon after auditioning for the role of Superman, Reeves gets the part and becomes a star.

In the years to follow, he became involved with Toni Mannix, the wife of Eddie Mannix, who at the time, was the head of MGM Studios. Toni Mannix is played by the always wonderful Diane Lane. The two become an item after Reeves reaches stardom.

The great thing about this film is that it shows you Reeves’ life off and on the set of Superman. It really shows you how dedicated he was to Hollywood.

Reeves appeared on “The Adventures of Superman” from 1952-1958. During his run as Superman, he appeared in two Superman movies, the first- it 1951, titled “Superman and the Mole-Men” and “Stamp Day for Superman,” later in 1954.

During the movie, you see how he truly feels about his role as Superman. During one scene in particular, he is appearing for a group of kids who are screaming his name, yet he doesn’t approach them, later explaining that he felt they were88 assualting him.

After Superman was cancelled, his manager thought he should consider the wrestling business. He won’t touch that kind of idea, and soon after a party in his Beverly Hills Home, on June 16, 1959, committed suicide. To this day, there is still speculation into whether his death was in fact a suicide, or if he was murdered by someone involved with the Mannix.

Hollywoodland has already received great acclaim from critics. In August for example, at the Venice Film Festival, Ben Affleck won Best Actor for his role as George Reeves.

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 typed, 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. 543, 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 nharden@jwu.edu with questions.
"This Week In Greek"

Greek of the Week:
This week’s Greek of the Week is a sister of Sigma Delta Tau sorority. She is very committed and a strong worker not only in her sorority, but in school as well.

Within her sorority she has holds the position of V.P. of Scholarship where every week she checks the progress of each member’s academic standings and gives monthly awards to highest grades and most improved grades.

She is very dedicated to her position and takes great pride in her work. She is an amazing friend and sister.

The Greek of the Week is...
Ashley Kahn

Congratulations!

Did You Know?

- September 25-29th is National Hazing Prevention Week.
- Campuses across the country raise awareness and educate students on the dangers of hazing.
- Myth: Hazing is a problem for fraternities and sororities primarily.
- FACT: Hazing is a societal problem. Hazing incidents have been frequently documented in the military, athletic teams, marching bands, religious cults, professional schools and other types of clubs and organizations.

Upcoming Events
- 9/28 - Panhellenic Sorority Bid Night, 6 pm, Geebe Commons
- 9/28 - IFC Park Cleanup, 10:00 am

Hotel Rwanda: A Lesson Yet to be Learned

Lecture by Paul Rusesabagina Real-life Hero Portrayed in the Movie

Thursday, September 28
8:00 pm
Beneficent Church on Weybossett St.

Movie Showing
Wednesday, Sept. 20th
9:00 pm
HRC

Reception following at Pepsi Forum
Free Event for J&W Community

Spend a Weekend, Wildcat Style!
October 6-8, 2006
- Welcome Reception
- Homecoming Parade
- Vegas Classic Barbecue
- Caliente Demonstrations
- Casino Night, President’s Breakfast, Beauty & the Beast mingling and much, much more!

For tickets & other information,
call the Student Activities Office at 401-598-1998 or drop us an email at familyweekend@jwu.edu.

Take a Gamble

J&W College of Pharmacy
www.jwu.edu/pharmacy
WHAT'S DODGING THIS WEEK?
2006 FALL MOVIE SCHEDULE

SEPTEMBER 7
CLICK
SEPTEMBER 14
THE BREAK UP
SEPTEMBER 20
HOTEL RWANDA
SEPTEMBER 21
PIRATES OF THE CARIBBEAN
SEPTEMBER 25
SUPERMAN RETURNS

OCTOBER 12
MONSTER HOUSE
OCTOBER 19
LADY IN THE WATER
OCTOBER 26
SEE NO EVIL
NOVEMBER 9
ACCEPTED

MOVIES BEGIN AT 9PM
AT THE HARBOURSIDE REG. CENTER, 2ND FLOOR
MATINEES OF EACH MOVIE ARE SHOWN AT 3PM THE FOLLOWING SUNDAY
ADMISSION IS FREE FOR JOHNSON & WALES STUDENTS

ALCOHOL AWARENESS WEEK

TUESDAY OCT. 17TH
EDUCATIONAL FAIR @ GABE COMMONS
4:30 - 7:00PM
Only an advanced society will display the courage necessary to reverse the trend of excessive alcohol consumption on our campus. Join Sex and Health Services to learn about the dangers of alcohol. The Johnson and Wales Blood Alcohol Content test is available here.

MONDAY OCT. 16TH
ON WAIVER (NO BAC) CAR & BIKE NIGHT
TOWN COMMONS FROM 8-10PM

WEDNESDAY OCT. 18TH
MICHAEL GLENDEN LECTURE @ PEPsi FORUM
7:30PM
Hoe the war should be fought and what determines who wins or loses. The topic is alcoholism and its impact on society. The discussion will be followed by a Q&A session.

THURSDAY OCT. 19TH
DEAD FOR A DAY
LIVESTREAMED FROM THE ROYAL DEATH CEREMONY GABE COMMONS, 7:30PM
The royal death ceremony is an event that has been taking place for centuries. Various elements of the ceremony will be covered by sex and health services. This event is an opportunity to learn about the dangers of alcohol consumption and how it can impact our community.

ESSAY CONTEST
What it is like being 18, growing up in a culture that encourages drinking and drugs. It is a celebration of the spirit of youth, a conversation about the responsibilities we have as young adults. The deadline is October 16th. The winner will be announced at the dinner on October 19th.

SAO PRESENTS: THE CIRCUIT
FRIDAY OCT. 19TH
9:00-1:00AM
In partnership with JSU Activities, join in the fun and help keep up the trend of alcohol awareness.

SGA ELECTIONS!!

Vote for your Representatives!!
University Senators

October 2nd & 3rd 2006
Vote online at:
Elections.jwu.edu

2006-2007 Broadway Series Shows

Pick Up Your Tickets only at
The Office of Student Activities in CBCSI!!

PROVIDENCE PERFORMANCE ARTS CENTER

Tickets Still Available

- Tickets are $20.
- Limit of 2 tickets per show per Student ID.
- All Sales Final, No Refunds.

Note: Tickets will be available to Faculty and Staff for purchase September 27
The Startup Bug Strikes Earlier

As the entrepreneurial career path becomes more accepted, its appeal to the young is rapidly growing, as are the resources to make them successful.

BY STACY PERMAN
BusinessWeek Online
Reprinted with permission.

There was a time, not so long ago, when a person choosing the entrepreneurial career path wasn’t exactly greeted with rampant enthusiasm. Among the notable exceptions: Michael Dell famously started his eponymous computer company out of his University of Texas, Austin, dorm room. And what would eventually become software behemoth Microsoft began life when Bill Gates was still a Harvard undergrad. Both men eventually dropped out of college to pursue their wildly successful ventures, but their paths to fame and fortune were decidedly not the norm. For the most part, and for the rest of us, conventional wisdom held that to be successful, one got a degree or two and then worked for an established company. Tinkering and dreaming was left to — ahem — entrepreneurs not serious about business.

That was then. Nowadays, "Entrepreneur is no longer a dirty word," says Gerald Hills, an entrepreneurship professor at the University of Illinois at Chicago and executive director of the Collegiate Entrepreneur’s Organization, a network of student groups on 500 college campuses. "It’s nearly what everyone thinks of when they think about opportunities. They think of entrepreneurs now." Storn of its stigma, the once-risky career route is now viewed as a positive calling, particularly given the wobbly economy and the no-longer-sacrosanct benefits of corporate life — pensions and job security are fast becoming relics of a bygone era.

Out of the Cradle. The short-lived dot-com epoch that launched countless ideas into vapor were before implosion also helped make the entrepreneurial route a viable alternative to the traditional job path. While a more sober reality has replaced the heady New Economy days, entrepreneurs are finding an expansive array of sophisticated resources, tools, and options for helping them start and operate a new business. More simply, the trap has already been blazed.

And while more and more young entrepreneurs may be embarking on the same general path, their destinations couldn’t be more varied. Take surfer Matt Rivers, who five years ago used money he had earned dishwashing to buy the Pump House Surf Shop in Orleans, Mass. — at the age of 17.

Then there’s Alasdair McLean-Foreman, who started HBO Sport, a high-tech sporting-goods company in Cambridge, Mass., when he was a Harvard freshman and a member of the track team. And in 1997, Paula Yakubik, then 25, quit her job as a newspaper reporter and founded public relations firm MassMedia in a rented cubicle in Las Vegas. Today, she has two offices in Nevada and over 30 clients.

Dorm Labs. Instead of flying blind, fledgling entrepreneurs of all ages can turn to a number of organizations and resources for help in nurturing a diverse set of ideas. Business-plan competitions with juicy cash prizes have sprouted up all over the country. In September, the Small Business Administration announced a partnership with Junior Achievement Worldwide to launch a Web-based portal for teen entrepreneurs, mindyourownbiz.org.

A number of networking associations are also targeted to particular communities of likeminded businesspeople and their specific issues. For instance, YoungEntrepreneur.com, based in Blaine, Wash., is an member-based Web site that offers advice, strategies, information sharing, and help in securing funding.

In fact, colleges and universities that once emphasized academics in recent years have established a number of entrepreuneurial programs and incubators to help polish, educate, mentor, and develop those dorm-room daydreams into full-fledged businesses. No longer the exclusive purview of MBAs, many entrepreneurial programs are now geared toward undergraduate students.

"I’ve been in education for 30 years," says the University of Illinois’ Hills, "and I’ve seen a real shift as more and more students want to start a business. They don’t necessarily want to wait to give it a go."

Virgin Venture. Five years ago, the University of Maryland in College Park, launched the Himmam Campus Entrepreneurship Opportunities (CEO) Program. The two-year course is subsidized with a $2.5 million grant from alumni Brian Himman, a Silicon Valley entrepreneur who takes 35 students at a time, who must apply for admission. The program and its students are housed in a special high-tech dorm that’s designed to give participants a residential learning environment where they experience an entire business lifestyle, from concept to execution to operation.

According to Karen Thornton, the program’s director, while 72% of the students take part as a learning opportunity, 25% have actually gone on to create businesses from the ideas they hatched at Himman.

In recent years, Iowa State and Oregon State have launched similar programs based on Himman’s model.

Being an entrepreneur means making your own opportunities, and there’s no telling where a good idea can lead you. After all, Virgin Group got its start when 15-year-old Richard Branson dreamed up a magazine called Student in his native London. Virgin Group is now an $8 billion global empire comprising some 200 companies in 30 countries, and in 1999, the celebrated founder became Sir Richard Branson when Queen Elizabeth II knighted him — for "services to entrepreneurship."

Like Money?

If you said ‘yes’, statistics show that you should write for The Campus Herald.

campusherald@yale.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:

Office of Student Activities
Jeanine Went
(401) 598-2648
By Dan Booth
Director of Athletic Communications

**MEN'S SOCCER (4-3 overall, 2-0 Great Northeast Athletic Conference)**

The Wildcats have won four straight, including the first win in 12 years over intra-state rival Rhode Island College and an overtime victory on the road against WNEC in a rematch of last year's GNAC Championship game. The team is currently tied for first place in the league standings. The team is led by junior Barry Phillips (West Glover, Vt.) who has tallied four goals and two assists on the season while classmate Brian Souza (Providence, R.I.), the GNAC Player of the Week last week, has added three goals and three assists for nine points on the year. Eight different players have scored at least one point this season for the Wildcats. Senior goalkeeper Brenton Blanchard (Saline, Mich.) has posted a 1.93 goals against average and a .765 save percentage on the year with one shutout.

**WOMEN'S SOCCER (3-5 overall, 3-0 Great Northeast Athletic Conference)**

The Wildcats are currently in first place in the GNAC with a 3-0 mark with three shutouts in league play. Senior Dailyn Tanner (Ipswich, Mass.) was named the GNAC Player of the Week this week after leading the team to a pair of conference victories. Leading the team in scoring is senior Leah Farrar (Uxbridge, Mass.) who has notched six goals and three assists for 15 points while fellow senior Kelly Gil (Pawtucket, R.I.) has added four goals and three assists for 11 points on the season. Ten different players have scored at least one point for the Wildcats this season. Freshman Kate Nast (Quakertown, Pa.) has recorded shootout wins in three GNAC contests.

**WOMEN'S TENNIS (4-1 overall, 3-1 Great Northeast Athletic Conference)**

JWU has once again opened the season strongly and is currently tied for third place in the GNAC. The team is led by sophomore Olivia Molhant (Providence, R.I.) who has posted a 4-1 record at No. 1 singles and has added a 1-1 mark in doubles play. Senior Clotilde Nianzaga (North Plainfield, N.J.) has a perfect 4-0 record in doubles play with a 4-1 record in singles action on the year.

**WOMEN'S VOLLEYBALL (5-4 overall, 1-2 Great Northeast Athletic Conference)**

The team is currently in sixth place in the conference standings. Junior Kelle Pfunder (Cincinnati, Ohio) leads the team and is among the conference leaders with an outstanding 4.25 kills per game and is adding 1.0 digs and 0.4 blocks per game for the Wildcats. Fellow junior Andrea Vaccari (Winston, Conn.) is adding 10.2 set assists, 2.5 digs and 1.0 kills per game. Junior Ramona DiFilippo (Galloway, N.J.) has a team-best 4.7 digs per game. Pfunder is closing in on 1,000 kills for her career while Vaccari is nearing 3,000 set assists for her career in a Wildcat uniform.

**MEN'S CROSS COUNTRY**

Senior Tristan Montalvo's time of 28:53 at the UMass Dartmouth Invitationals was good for a top-100 finish as the Wildcats were the top GNAC school at the 33 team event, finishing 26th.

**WOMEN'S CROSS COUNTRY**

Danielle Sargent was named the Great Northeast Athletic Conference Performer of the Week on September 18th after leading the Wildcats to a 19th place finish at the UMass Dartmouth Invitationals on Saturday. Sargent's time of 21:19 is the fastest time of the year for the Wildcats while Alexandra Weisman's time of 22:43 at the meet is one of the top-20 times in the conference this season.

**SAILING**

The "A" boat of senior Betsy Loomis (Centreville, Md.) and sophomore Rachel Leonard (Exeter, N.H.) and the "B" boat of Patrick Murphy (Stoneington, Conn.) and Sam Talbot (Kill Devil Hills, N.C.) helped the Wildcats to a seventh-place finish with 115 points, just 18 points away from a top-five finish in the opening race of the season.

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**JWU Men's Soccer Knocks Off Framingham State, 1-0**

By Dan Booth
Director of Athletic Communications

Framingham, Mass. - The Johnson & Wales men's soccer team posted a thrilling 1-0 double overtime victory against Framingham State in a non-conference contest on the road on Wednesday afternoon.

The two teams played through 90 minutes of regulation play and the first overtime period before Johnson & Wales capitalized in the 102nd minute. The Wildcats were awarded a free kick after a Framingham State foul from the right sideline. Junior Michael Gliniecki (Baltimore, Md.) launched the free kick into the box where junior Brian Sousa (Providence, R.I.) deflected it to junior Joel Reynolds (Middletown, Pa.) who was able to find the back of the net for the game winner. Senior Brenton Blanchard (Saline, Mich.) made four saves in the shootout victory for Johnson & Wales while junior Eddie Palomba had 10 stops in the setback for the Rams.

With the win Johnson & Wales improves to 2-3 on the year while Framingham State falls to 1-1-1 on the season.

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**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) 355-2501.

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**JWU Men's Soccer Knocks Off Rhode Island College, 2-1**

By Dan Booth
Director of Athletic Communications

Junior midfielder Michael Gliniecki (Baltimore, Md.) scored on a free kick from 30 yards out in the 87th minute to lift the Johnson & Wales University men's soccer team past Rhode Island College, 2-1, on Tuesday evening.

Gliniecki's goal came just five minutes after freshman midfielder Eric Flash (Warwick, R.I.) tied the game at 1-1 in the 82nd minute off a junior defender Joel Reynolds (Middletown, Pa.) pass.

The Wildcats trailed, 1-0, after RIC senior midfielder Nic Rossi (North Kingston, R.I.) netted his first goal of the season in the 16th minute. The Wildcats regrouped at the intermission and pressured the Anchormen for the entire second half. JWU out shot RIC, 14-7, in the second frame and, 18-16, in the game.

JWU junior goalkeeper Brenton Blanchard (Saline, Mich.) made seven saves to improve his record to 4-3 on the season. RIC junior goalkeeper Jadon Neves (Warren, R.I.) made four stops in the setback.

With the win Johnson & Wales improves to 4-3 on the year while Rhode Island College falls to 3-1 on the season.
Johnson & Wales Volleyball Posts 1-1 Record At WNEC

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales University women’s volleyball team split a pair of Great Northeast Athletic Conference contests at Western New England on Thursday evening. The Wildcats defeated Saint Joseph’s (CT) 3-0 (30-6, 30-18, 30-20) before falling to Western New England 3-0 (35-33, 31-29, 32-20).

Leading the way for Johnson & Wales was junior Kelle Pfunder (Cincinnati, Ohio) who registered 21 kills, including 17 against WNEC, and added three blocks and three service aces. Fellow junior Audra Vaccari (Winsted, Conn.) added 53 set assists, with 33 against the host Golden Bears and added five service aces for the evening.

With the 1-1 record on the evening the Wildcats are now 5-5 on the season, 1-1 in the GNAC. The team will return to action on Tuesday, September 19th, when they travel to Rivier for a GNAC contest at 7:00 p.m.

File photo, Audra Vaccari ’08. Courtesy JWU Athletic Dept.

JWU Men’s Soccer Blanks Rivier, 2-0

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales University men’s soccer team posted their fifth-straight victory, a 2-0 shutout against Rivier in a Great Northeast Athletic Conference contest on Saturday afternoon at Pierce Field.

Freshman Paul Dyer (Berwick, Maine) gave JWU a 1-0 advantage when he headed in a cross from junior Brian Sousa (Providence, R.I.) at 18:36. Sousa, who collected a loose ball in the box and put it in the back of the net at the 40-54 mark, gave the Wildcats a 2-0 advantage. The two teams then played a scoreless second half, with JWU holding a 12-2 advantage in shots, as the Wildcats took the 2-0 victory.

Senior Brenton Blanchard (Saline, Mich.) had two saves in the shutout for Johnson & Wales while senior Victor Joubert (Haverhill, Mass.) notched six stops in the setback for Rivier.

With the win Johnson & Wales is now 5-3-0 overall, 3-0-0 in the GNAC while Rivier falls to 1-2-1, 0-2-0 in league play.

Nick O’Rourke ’09 attempts a header during a JWU corner kick. Photographer: Benjamin Suire ’08.

You’re in Control
What’s your next move?

46% OF J&W STUDENTS SURVEYED SAID THEY HAD NOT HAD 5 OR MORE DRINKS IN A SINGLE SITTING IN THE LAST TWO WEEKS

Want to know more? Call Health Education at 232-7069

J&W Women’s Center

J&W Women’s Center

dedicated to serving and empowering WOMEN

Health Education and the Women’s Center are hosting a Breast Cancer Awareness Event

*Overview
*Film
*Discussion
*Learn How to Do a Self Exam

Multicultural Center
6:30pm

Office in South Hall
OPENING SOON!

3rd Floor CBCS Building
232 Weybosset Street
Telephone: 598-1138
## October Home Matches

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<td>Women's Volleyball vs. Pine Manor: 7PM</td>
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<td>Women's Tennis vs. Conn. College: 4PM</td>
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## October Away Matches

**Wednesday, October 4**  
Women's Tennis @ Simmons: TBA

**Friday, October 6**  
Women's Volleyball @ Eastern Connecticut Tourn.: 4PM

**Saturday, October 7**  
Men's Soccer @ Norwich: 2PM  
Cross Country @ Roger Williams: 11AM  
Sailing @ Storm Trysail Intercollegiate Regatta: 9AM

**Sunday, October 8**  
Sailing @ Storm Trysail Intercollegiate Regatta: 9AM

**Monday, October 9**  
Women's Tennis @ Western New England: TBA

**Wednesday, October 11**  
Women's Tennis @ Mitchell: 3:30PM  
Women's Soccer @ Eastern Connecticut: TBA

**Saturday, October 14**  
Women's Volleyball @ Rhody Four Tourn.  
Women's Tennis @ Emmanuel: TBA  
Women's Soccer @ Western New England: 1PM  
Men's Soccer @ Southern Vermont: TBA  
Cross Country @ Southern Vermont Invitational: 11AM  
Sailing @ Connecticut: 9:30AM

**Tuesday, October 17**  
Men's Soccer @ MIT: TBA

**Wednesday, October 18**  
Women's Volleyball @ Emmanuel: 7PM  
Women's Tennis @ GNAC Quarterfinals: TBD  
Women's Soccer @ St. Joseph College: 4PM

**Thursday, October 19**  
Men's Soccer @ Bridgewater State: TBD

**Saturday, October 21**  
Women's Tennis @ GNAC Semifinals: TBD  
Sailing @ Yale: 9:30AM

**Wednesday, October 25**  
Women's Volleyball @ Albertus Magnus: TBA  
Women's Soccer @ Emerson: 6PM  
Men's Soccer @ Suffolk: TBA

**Saturday, October 28**  
Women's Volleyball @ Simmons: TBA  
Women's Soccer @ GNAC Quarterfinals: TBD  
Cross Country @ GNAC Championship: TBD  
Sailing @ NEISA Meeting: 5PM

**Sunday, October 29**  
Men's Soccer @ GNAC Quarterfinals: TBD  
Sailing @ Providence College Invite: 9:30AM

**Tuesday, October 31**  
Women's Volleyball @ GNAC Quarterfinals: TBD  
Women's Soccer @ GNAC Semifinals: TBD
Dear Sexterp: What's up with all this talk about HPV? I hear girls talking about it all the time, can guys get it too? What exactly is it?

BY HEALTHY HEATHER
Health Education Sexterp

Answer: Great and timely question because the HPV vaccine has just been released! HPV is the human papillomavirus and is the virus behind most cervical cancers. That's why women may talk about it more than guys. But, anyone who is sexually active, including men, can transmit and acquire HPV. Men who have sex with men should ask their doctors about HPV because some types can lead to skin cancers. Also, everyone needs to know about HPV because it is one of the most common STIs among college students.

What students should know:
There are many different types of HPV, some are harmless and your body will clear the infection on its own. Other types may be chronic, meaning your body doesn't clear the virus and there is no cure. Genital HPV has about 30 types and two of them (types 16 and 18) have been scientifically linked to cervical cancer. There are two other types (types 6 and 11) that may be linked to genital warts that appear on the vagina, cervix, vulva, penis, anus, or throat. Anyone who engages in sexual activity can be at risk for HPV intercourse isn't required because it's genital contact that can put you at risk. Also, transmission can happen without visible warts and often HPV will have no symptoms. Following safer sex guidelines can help, but condoms may not totally protect you against HPV, using condoms with other strategies like getting tested for STIs, having an exclusive relationship with one partner who does not have HPV, and knowing the real deal about HPV transmission and prevention can help reduce your risk. Remember, free condoms and information are available at Health Education, 3rd Floor CBCIS Building.

What men need to know:
There is good news for women about HPV. It's usually detectable through Pap smears, can be treated early, and is now preventable through a new vaccine. Pap tests look for any abnormal cervical cells. The point is to identify changes early before these cells multiply and cause cancer. That's why regular Pap smears for women in their teens and 20s are so important. Health Services/Health Education can give you a referral for a Pap test. The Health Educator, Elia Larson, can help you with tips about how to talk to your doctor about HPV and other STIs.

The vaccine, called Gardasil, (sorry guys, it was only tested on women) has just been released by Merck & Co. It's a three shot series and effective against the types of HPV that cause cervical cancer and genital warts. Your primary insurance plan or your parents' plan (not your J&W insurance plan) may cover the vaccine series. Check with your insurance company. There are also programs through Merck for young women who can't afford it. Check with the Health Educator about this. And guys - tell your female partners and friends about the vaccine.

Be healthy, be safe. For more information, stop by the Health Education (3rd Floor CBCIS) office or call 598.2023.

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Sleep Important to Health, Even for College Students

BY LINDA ANDERSON
Texas A&M University
Reprinted with permission.

Four years ago, when senior Christi Boening arrived at Texas A&M University as a first-year freshman, she discovered a lot of changes in her life - some expected, some not.

"I didn't have to study in high school," she said. "Suddenly, when I get to college, I do." And then there were the changes in her class schedule, her living arrangements, her social life - all of which took a toll on her sleep habits. Tammy Barrow, also a senior at Texas A&M, agreed.

As a freshman, she said, "My sleep patterns changed a lot! I went from going to bed about 9:30 p.m. in high school, to getting to bed about 11 p.m. here. And my workload was more.

Sophomore Danielle Supercinksi remembers those sleepless freshman days clearly. "The first year was really rough on me," she said. "It was a total, complete change (from what she was used to). It took about the whole year to get adjusted."

Incoming freshmen, who may be looking forward to being away from home and on their own for the first time, may not realize how important good sleep is to their health and their studies, said Dr. Carol A. Rice, Texas Agricultural Extension Service health specialist. But in fact, "adequate sleep is especially important for college students," she said. "Sleep is restorative, allowing the brain to organize itself, store things properly, replace essential brain chemicals and even solve problems.

College students with larger work loads than high school students may be tempted to stay up all night studying for exams, but Rice said, this practice may do more harm than good. "Sleep helps encode memories and improves learning," she said. "If you do not give your brain enough sleep, when you see a multiple choice question after staying up all night to study, you may not be able to make those finer discriminations necessary to choose the best answer."

The students agreed. "When I first came to (college), I would stay up all night studying, and then try to take the test," Boening said. "My brain wouldn't function." If I don't have any sleep, my brain stops," said Supercinksi. "I feel exhausted, wandered around in a daze. Sometimes I begin to get sick."

Barrow said she ruled out all-night study sessions years ago. "I never pull all nighters," she said. "I refuse to believe that thinking at college is valuable enough to lose sleep." If I'm up until 3 a.m. and I (still) don't know it, I don't need to know it!"

Lack of sleep makes her "get achey," Supercinksi added. "I get headaches, ... think slower, can't focus."

The students agreed that six to eight hours of sleep each day is optimum for them to be at their best, but sometimes that's just not possible. During finals and other busy times of the year, they may have to make do with four to five hours of sleep per day.

Those sleep hours might not all be during the night. "I'm a morning person, but not an early morning person," Barrow said. "I'm a nap person."

"I think you have to figure out for yourself what you can take and what you can't," Boening said. Sometimes, she said, if the weekdays have been busy and her sleep time has been shortened, "I spend the whole weekend trying to catch up. Or take little naps just to catch up."

Naps are good, Rice said, and can be an important part of a healthy sleep pattern. "The average person needs about eight hours sleep time, and young adults probably need a bit more. If you get the eight hours, that's great. But if you're tired during the day, a 30-minute power nap does help ... but bigger naps won't let you sleep very well at night."

Rice had some other advice for college students who want to make sure they are getting the best possible sleep:

- Make sleep an important part of the daily schedule, and keep to that schedule even on days off.
- To maintain a social life and a healthful sleep schedule, don't sign up for any early-morning classes if at all possible. That way if you stay up late, you can sleep a little.
- Don't drink caffeinated beverages within four to six hours of bedtime. Caffeine is a stimulant and can make falling asleep difficult.
- Herbs such as ma huang or ephedra, often taken to lose weight or stay alert, are also stimulants. Don't take them within four to six hours of bedtime.
- Don't eat heavy or spicy meals close to bedtime. Instead, eat something that contains L-tryptophan (an amino acid), such as milk, tuna or turkey.
- Don't exercise close to bedtime. Afternoon or morning exercise sessions are less likely to interfere with sleep.

Keep the room dark. Use sun-blocking shades if necessary.

- Keep noise down as much as possible. Ear plugs, available at many drug stores, can help block roommate-related noise.
- Keep the room cool.

- Intense concentration right before bedtime will also prevent sleep, so if you need to stay up for the evening, give yourself an hour or two of downtime before hitting the sack.

- Avoid using tobacco at anytime, but if you do, try to chew or smoke tobacco, try not to do it before bedtime. Nicotine is a stimulant and will make sleeping more difficult.

The students had some advice too. "Try to do the best you can, and try all you can do," Supercinksi said. "School work is important, but you've got to take care of yourself too - have to adjust - even if it takes sacrifice."

"Try and catch up," Boening agreed, "but don't hurt yourself."

A successful college career and a healthy sleep pattern at the same time are possible, Barrow said. "It's all about planning ahead."

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HEALTH SERVICES UPDATE!

Attention Students: Students who have incomplete medical records will not be able to register for 2nd trimester. Hold on to your accounts.

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Health Services Downcity:
598-1104

Health Services Harborside:
598-1151

Health Services Hours and Physician Hours:

Downcity, Xavier Residence Hall
Basement
Monday and Wednesday: 7am-5pm
Tuesday and Thursday: 8am-4pm
Friday: 8am-2pm
Physician available: Monday and Wednesday, 9:30-12pm by appointment

Harborside, 1st Floor Student Services Complex: OPEN LATE!
Monday, Tuesday, and Thursday: 7am-11pm
Wednesday: 7am-8pm
Friday: 8:30am - 4pm
Physician available: Tuesday and Wednesday, 9:30-12pm by appointment

Note: While culinary weekend classes are in session, this office is also open Sundays, 9am-3pm.
Astronaut

Continued from page 1.

would have ended up years ago). Out of the several dishes that were sent to the Space Food Systems Laboratory at Johnson Space Center in Houston, Texas, only five were deemed space worthy. Those dishes included: jambalaya, spicy green beans with garlic, mashed potatoes with bacon, mixed fruit, and rice pudding. Unfortunately for the astronauts, the rice had to be censored from the rice pudding recipe due to NASA’s no alcohol policy. Go figure.

Additionally, NASA outlaws carbonated beverages because of the high pressure they are under. However, not much was adjusted to the recipes despite their high spice, high fat, and high sugar content.

In fact, highly spiced dishes are welcomed in the 200+ list of items in circulation for the astronauts. One would think that astronauts have a very strict diet, coupled with exercise, in order to promote optimal health on the ISS. While NASA does their best to make sure the spacemen consume 100% of their recommended nutrients, sometimes they need a little something extra to feed the soul. Comfort foods actually play a very important role helping “to counter the psychological challenges of isolation,” says astronaut Jeff Williams.

The ISS pantry is composed of 50% Russian food, usually for lunch, and the other half is similar to what is found on shelves at grocery stores and diners in America. Some items are preferred over others, such as flour tortillas versus bread because it lacks the crumbs. Years ago, bread was coated in gelatin to stop crumbs from floating wildly all over the cabin. Fresh fruit and vegetables are brought to the station every time a space shuttle, Soyuz Rocket, or Progress Supply Ship docks. The fresh produce must be finished within days of arrival, but it is a welcome change to the monotony of vacuum bagged food.

Williams and Vinogradov took off to the space station last March packed like sardines in a can with Brazilian astronaut (the very first) Marcos C. Pontes via a Soyuz Rocket out of Kazakhstan. The crew is scheduled to return to Earth between the 28th and 30th of September, thereby ending a successful Expedition 13. Nearing the end of his mission, Williams is longing for something un-Earth-restricted people take for granted.

“[I] look forward to carbonated water, believe it or not—with ice. I also look forward to the great and creative fresh salads that my wife is known for making. I also look forward to the food being well behaved, staying put on the plate and not floating away.”

Emery had the chance to taste his food after it had been dehydrated then reconstituted and was surprised at how good it was. Of course, I doubt he would say anything else. So, knowing that an Emery Johnson & Wales we have a healthy population of Emery cynics, I contacted Jeff Williams on the space station and asked what he really thought.

NM: Honestly, how was Emery’s food?
JW: Outstanding in all respects.
NM: What was the best dish he sent up?
JW: The Jambalaya was my favorite.

He went on to tell me that aside from Emery’s dishes, he enjoyed what NASA did with the shrimp cocktail and seafood gumbo. I was curious to hear what he would choose as his first meal back on Earth, but it turns out that he is still looking forward to finding that out for himself. “I want to leave that up to my wife,” he said. “I love her cooking and she is very good (and creative) at it and I look forward to her surprise.” We look forward to the crew’s safe return this week and wish them a quick recovery after such a long mission.

The episode of “Emerly Live” featuring the astronauts is scheduled to air October 7th on the Food Network.
Iron Chef Morimoto Draws Nipple on Student

BY NATE MARTELL
Herald Staff Writer

Iron Chef Masaharu Morimoto's impromptu nipple signing on the apron of volunteer Matt Levine '07 was a typical drollery of the Tetuqin. For those lucky enough to be at the inaugural Foxwoods Food & Wine Festival during the 4th 1008 of September, they too might have played the role of a canvas for famous chefs such as Tyler Florence and Tino Colicchio. Foxwoods Resort and Casino welcomed more than 2,000 foodservice professionals and consumers alike to their first ever Food and Wine Festival. Over 40 different chefs contributed to the various tastings and cooking demos during the 3 day function. The main event was the grand tasting located in Foxwoods Grand Pequot Ballroom. Everyone was welcome, that is, everyone with an extra $12 left after passing through the largest casino the United States has to offer.

To squeeze the most out of their money, patrons could visit close to 70 wine or spirit booths located in the ballroom for a taste. Once they were red-faced and marginally inebriated, they could stop by one of the 17 restaurants and fill their stomachs with samples that included various pastas, soups, sushi, breads, and chocolate. Other events included wine seminars ($40-60), a Champagne brunch ($55), and an evening "Carnaval" party ($150).

Last spring, Foxwoods Executive Chef Scott Kaiser, a J&W graduate, invited the university to bring student volunteers to assist Foxwoods and the visiting chefs for the event. The Special Functions Club was contacted and they managed to fill the sign-up sheet before the end of May.

Johnson & Wales students volunteered to help over the course of the weekend by preparing and serving food, as well as undertaking various front of the house duties (i.e. picking up empty glasses, restocking water, etc.) In total, the students completed 115 shifts and over 1,000 hours of volunteer work. Not bad for the first weekend of the school year. Last year the Special Functions Club performed 1,600 hours in total.

In return for their hard work, the students' main reward was the opportunity to rub shoulders with industry professionals. Sophomore Culinary student Michael Paris '09 had a lengthy conversation with "a guy that knew a lot about food," he said, who turned out to be an unrecognized Tyler Florence. As a supplement to the networking, student volunteers received a free T-shirt, a signed cook book from Tyler Florence, and a $100 gift certificate to any food related store sponsored by the TastiQin.

Cilantro's is Spicing Up Tuesday Night with Buy One, get One Free

BY EZRA JUSKEWITCH
Herald Staff Writer

It was 9:00pm on a Tuesday night, and I found myself in a common predicament for a downtown student, hopelessly hungry and wishing that Johnson & Wales would open the dining halls at times that make sense.

With Snowden dining facility closed, I began to wander aimlessly looking for sustenance. Suddenly, across the street from Chick-fil-A Commons, I saw it: Cilantro’s and its green beacon was exactly what I was searching for.

As I shuffled up to order, I noticed fellow students surrounded me. The quest for food had brought us all there on 2 for 1 night. Gods be praised! As long as I had my J&W ID card I could walk away with two tasty burritos of my choice. I just knew that this piece of plastic was useful for something other than getting back into my dorm room. The selections were chicken, pork, beef, or vegetarian. There was nothing extremely spicy but the fillings I chose (pulled pork, and beef respectively) except the quantity put inside each burrito. A generous portion of meat later, I was led down the bar and plied with plain or refried beans, rice, fresh salsa, guacamole, and veggies galore. When I reached the cashier I had two burritos that looked more like footballs wrapped in tin foil. Being a thrifty college student I was slightly disgruntled to learn that I had to buy two drinks in order to walk away with my prizes. I was more disgruntled at the price (£5), but considering the size of one burrito it seemed like a fair trade.

With one in each hand (to keep from falling over) I skipped back across the street to Snowden Hall where I devoured one of my hard earned treasures. By 9:45 I had solved the problem of hunger for Tuesday night and the next night as well. Cilantro’s Mexican Grill provided the solution, at a reasonable price. Remember Tuesday nights are J&W 2 for 1!

Do you have a favorite place to eat? Did you have a bad experience somewhere? Was it on my list or was I way off base? EMail to EJA829@student.jwu.edu.
Do you constantly find yourself looking at other peoples' resumes? Then maybe you have... **Resume Envy**

**Resume Envy** is a serious problem thousands of college students looking for careers face each day.

*There is hope.* Career coaches are available to help you create an envy-worthy resume that will sell you to potential employers.

Call 598-1070 (Downcity) or 598-4611 (Harborside) today!

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**J&W Study Abroad Fair**

**You're Invited**

**Wed, Oct 4th 3-5PM**

**Pepsi Forum**

401-598-1406 studyabroad@jwu.edu www.jwu.edu/international

19 Countries... 19 New Possibilities...

**Over 30 Programs**

- Refreshment's
- Door Prizes
- Advising
- Past Participants