Sexual Aggression 101: Todd Denny Discusses Rape & Sexual Assault

BY HALGIE BERNSTEIN
Herald Staff Writer

On Tuesday, October 17, Sigma Lambda Gamma, The Women’s Center, and The Athletic Department collaborated on an event designed to help educate students on sexual violence. This event required attendance from all athletes at Johnson & Wales University.

The guest speaker, Todd Denny, introduced the topic of sexual assault with several alarming statistics and percentages of who specifically, sexual violence affects. He informed students of basic sexual aggression terms and what they mean, along with stereotypical characteristics of rape victims. This workshop concentrated on interacting with students in the audience, encouraging them to participate by sharing personal stories.

See TODD DENNY, page 2

University Rolls Out New Strategic Plan

“Focus2011” establishes goals for new academics and student opportunities

BY PATRICK DYL
Assistant Editor-in-Chief

Johnson & Wales University has come a long way since its founding in 1914 with one typewriter and one student. It has grown immensely in the last ninety two years. Early in October of this year, the current Administration unveiled their plan for the future of J&W, which focuses on the strategic plans of the University through 2011. It is a vision worthy of the lofty vision and determination of Gertrude Johnson and Mary Wales.

Currently, the University has some 16,000 students enrolled in programs from undergraduate through the doctoral level, and an endowment of $193 million, over 70,000 alumni and nearly 2,000 employees. Recognized chiefly for its Culinary and Hospitality programs, the University is working on expanding its Business and Technology programs to match. While past strategic plans have focused mainly on fiscal stability, the Focus2011 will focus on enhancing the overall quality of offerings by the University.

Goals of Focus2011 include enriching the academic programs and other programs for students, ensuring that the best possible students are admitted to the University (i.e. students who will most benefit from the unique experience of J&W) and to provide greater education for career success, while keeping the University affordable.

The University hopes to better retain students and increase the number of those who successfully complete their education at J&W. In creating quality graduates, J&W hopes to create a greater industry demand for those graduates.

According to Focus2011, Johnson & Wales University will create an exciting learning community offering programs that are distinguished by their relevance, excellence and rigor as well as high quality of instruction. Outside the classroom, student life will be characterized by opportunities for personal and intellectual growth.

The University hopes to become “the destination of choice” for students seeking career education and who are highly motivated and show the ability that they are capable of success at J&W. Making the University affordable while offering quality programs is another of the goals in Focus2011.

“We know you’ll do a good job,” is the statement from Ms. Johnson and Ms. Wales when they retired (due to the declining health of Wales), and ninety two years after they endeavored to create a unique, career-based educational program, their words still ring true.

Tongue Fu Hosts Opening Debate of the 2006-07 Year

BY CHRISTIAN THOMAS-ALLEN
Herald Staff Writer

This year’s first Tongue Fu debate forum took place last Wednesday, the 18th, at the Pepsi Forum at 7 p.m. Despite the low turnout, the usual theatrics ensued as the proposition (affirmation) and opposition (negation) debated the issue of whether or not federal funds to the National Aeronautics and Space Administration (NASA) should be reduced. On the proposition were Tongue Fu President Darrah Strahan ’07 and Treasurer Evan Lemoine ’09. The opposition was represented by Vice President Paul Warner and President Emeritus Katie Marks.

Typically, the Tongue Fu debates are a four-on-four, parliamentary-style debate. That is, in the style of British parliamentary debate, Johnson & Wales’ only debate organization takes after the Cambridge Debate Society, which had an integral role in its inception. British parliamentary debate, as opposed to its American counterpart, is, in essence, a whole lot more entertaining. Far from high school Lincoln-Douglas debate, between distracting calls for points of information, low-slung contention, and sarcastic wit and rhetorical questions, these debates are a lot less Clinton verses Dole and a lot more Shannen Doherty versus Paris Hilton.

Moderator and faculty advisor Ella Lozinski introduced the Proposition, who goes first in the debates. The debate began with the proposition’s first of two 8-minute speeches was delivered by Evan Lemoine. The framework of his funding and priority-based argument barely left his lips before “Point of information!” was yelled out by Katie Marks on the Opposition. Although he opted not to acknowledge Katie’s request for further information, Evan was nonetheless somewhat thrown-off by the fast start, and stammered a little before starting in on his first point. A few more requests for points of information were ignored by the Proposition as Evan finished his three points, although slightly too short, speech. He finished strong on the point of what could be done with the funding if even just half of the budget

of NASA was reallocated, particularly for education in America.

The first member of the Opposition, Paul Warner, took the podium next. His speech was much more sinister than that of the Proposition, alluding to ecological disasters, decline in U.S. defense innovation, and lost satellites due to reduction in maintenance missions. The final point was that it is imperative that NASA continue to search for possible inhabitable planets for earthlings because of the extensive damage we have done to the Earth as of now. The arguments of the Proposition were speculative in nature, but got the Opposition thinking nonetheless, and were also punctuated by calls for points of information.

The debate was then turned over to questions from the audience. It is as much the job of the audience as it is the debaters in the forum to try to stamp the debaters in order to determine who they will vote for at the debate’s conclusion.

Darrah followed Paul’s speech with a defensive speech justifying the scope of the Proposition’s intent. Reiterating that NASA’s budget should merely be cut, not eliminated, her speech was also peppered by calls for points of information, which the seemingly shy and quiet girl answered with sharp wit and sassy attitude. Claiming once again that the priorities of the United States were indeed on this planet and not some other celestial body, and that there should be more international cooperation in terms of the actual funding of space exploration, Darrah sat down having made excellent and clear points that definitely strengthened the Proposition.

The debate was then turned over to questions from the audience, and as usual, Katie Marks took the lectern. Finally, the Opposition’s arguments were grounded in facts that had not been previously presented by Paul, who had only laid out the basic principles of certain death for planet Earth. Katie said that not only could various other pork-barrel projects be cut from the federal budget in order to compensate for NASA’s budget to continue to grow, but that the ecological disasters predicted even if the world’s most knowledgeable authorities were irrelevant, no matter what humans do now to change the
Todd Denny

Continued from Cover

experiences with any type of sexual aggression. Each member of the audience was given an opportunity to anonymously state and clarify a misconception regarding sexual confrontations that was then read aloud.

"Force is the difference between rape and romance," said Denny. He emphasized the importance of re-defining "force" to include psychological intimidation, coercion, and any other form of social pressure. A brief overview was given, explaining how the social opinion of promiscuous behavior changes between genders. Following the gender perceptions, specific suggestions for each sex were given to help discourage and potentially avoid aggressive sexual encounters.

Overall, the workshop provided helpful information on several aspects of sexual aggression. Students were able to hear firsthand from their peers, sincere suggestions that encourage a better form of communication between sexes.

Assumptions that may not be entirely true were confronted and clarified to prevent students with more accurate information regarding sexual violence. Most importantly, athletes of Johnson & Wales University were reminded that they should act as examples to the rest of the student body by communicating more effectively with the opposite sex in an effort to help discourage sexual violence.

P-Bruins Home Opener Reveals First of Many Exciting Renovations to the Dunk

By Tim Colletto

Staff Writer

The Dunkin' Donuts Center is currently getting a $62 million facelift after the City of Providence sold the Civic Center to the state in 2005 for $28.5 million. The Providence Bruins home opener on Friday, September 13th, revealed the new $1.4 million state-of-the-art scoreboard made by Daktronics.

The 4-sided scoreboard has 3 video panels to each side, and will show live action and replays from 4 different camera angles. Some of the other projects already completed include:

- A new ice chiller that keeps the ice frozen.
- A new ice dam for the ring, enabling the removal of the boards without altering the ice surface.
- A new press box and conference room.
- A new broadcast booth.
- A new video control room.
- A new video production studio.

Several new restaurants and lounges are also open.

- "Grill 341" located on the upper concourse.
- "The Score Bar" located next to the main entrance.
- "The Skybox" located in the upper level.

President’s Breakfast

Continued from Cover

that really touched the hearts of the parents, was the way he spoke about how it must feel as a parent with a son or daughter attending a university.

President Schneider touched on topics that every parent is concerned about: grades, adjusting, living situations, and career placement. If there was a parent who was having doubts about sending their student to J&W, their doubts were gone when President Schneider had finished his speech.

The Parent's Advisory Board played an integral part in this event by announcing the Winners of the Essay Contest. The 1st place winner, Halcie Bernstein ’08, read her essay to the crowd. Sarah Bardwell ’10 and Michelle Garner ’10 won 2nd and 3rd place respectively.

The faculty recognition awards, which were voted on by the student body in the spring of 2006, were also presented.

The breakfast was an excellent way for the families to end their weekend.

SAFETY & SECURITY BLOTTER

- Tuesday, September 26, 2006
  - 2:11 PM
  - Arrested / McNulty Hall: Student arrested and charged with a narcotics violation.

- Thursday, September 28, 2006
  - 1:15 PM
  - Robbery / Off campus: A student and his friend were at another friend's apartment when two male suspects entered and one of the suspects pulled out a knife. The suspects stole various items from the apartment.

- Friday, September 29, 2006
  - 0:59 AM
  - Arrest / Xavier Mercy Hall: Student arrested for possession of marijuana
Tongue Fu Debate

See TONGUE FU DEBATE, page 3
Continued from Cover.

environment. In an estimate quoted by Katie, even if all pollution stopped, it would take 300 years to reverse all the damage. And since that is an extremely lofty goal, the only solution is to find some other viable place to live. The only way to do that is through funding for the space program. Despite Katie’s theatrical debate style, at this moment, the issue of the debate shone through as something that truly impacted us all. A short while later, Darrah interjected with what was probably the most thought-provoking Point of Information of the night: “If it will take 300 years to reverse all of the damage we have done to our planet, wouldn’t it be better if we started now?” Katie replied simply that it is more than likely too late. So, scared out of our wits, the few of us forum-goers voted for the winners of the debate based as much on the performance of the debaters as possible versus our personal beliefs. The Opposition swept the vote with their scare-tactics over the Proposition with their ideas for what could be done with a reallocation of funds.

The Tongue Fu debate forums are a crazy mix of interactive theater, politics, and The Jerry Springer Show if the guests were more articulate and had more teeth. Even if you are not an avid debater or a fan of public policy issues, it is still worth it to attend one of this year’s forums. More information is presented in a little over an hour than you’re likely to learn by reading the whole day’s news, and it’s presented almost entirely in insults: A true win-win.

Letter from the Student Body President

Dear Members of the University Community,

These past few weeks have been very productive. Family Weekend was a treat. Although I was unable to attend every event, I was able to attend most. The welcome reception was full of eager students and their parents. Vice President Ron Martel gave a very inspirational speech that captured parent’s attention and added some humor to the evening. The Parade was a big hit. The floats and performances were great and all that were involved had a wonderful time. The Wine & Cheese event for parents was very educational with an adult twist, the wine! Parents were able to meet Nancy Hardendorf (Director of Parent Relations), and for many parents, this was finally a time for them to put a face with a voice they had heard for several weeks trying to comfort and get them through the beginning of the transitional period for their children. The President’s Breakfast was a wonderful event as well. This was my first year attending and the food was exceptional!

I would like to thank: the Office of Student Activities, Patricia Cross (Operations Manager), Michelle Delaney (Director of Student Activities), Tanya McGinn-Paolo (Assoc. Director of Student Activities), Chadene Knight (Box Office Manager), Jeanette Williams (Program Advisor), Sarah Firetto (Program Advisor) and all of the Student Assistants that made this weekend a success! You really made this University shine, we thank you!

On another note, the Student Government Association’s University Senate had their Annual Training Retreat this past weekend that was very effective. At the retreat, the senators were able to focus in on the strategic plan developed by Speaker of the Senate Shawni White, and they were able to set goals that can and will be realistically achieved while working for the student body. This year’s Senate is focused, driven, and ready for anything!

The Office of the Student Body President has recently announced to the Senate that there will be a new Chief of Staff, a Task Force, and the President’s Advisory Council that will assist in the planning for the student body while I am serving as President. This coming Sunday (October 29, 2006) at 4 p.m., in the Yena Center Presentation Room, will be the first official meeting of the University Senate. I encourage all members of the University Community to come and watch as legislation is passed in order for us to achieve a better institution and community for all.

During the next few weeks, I will be conducting walk-throughs of residence halls to see how the residential communities have adjusted and how we (as a student body) can help. I will also be working more on the Harborside Campus to see the Culinary/Baking & Pastry students hard at work.

As always, I am committed to Excellence and I will see you around campus!

With Honor,

Jonathan Stephen Dean
Student Body President
Dear Alice,

What's the difference between a vaginal and clitoral orgasm? Is it only possible to have a vaginal orgasm during intercourse? If you can have a clitoral orgasm through other activity, but not intercourse, why is that? If your clitoris is stimulated during intercourse, will that give you a clitoral orgasm during sex? So how do you have a vaginal one? Can you have both at the same time?

—Cumming

Dear Cumming,

Enough stimulation of or around the clitoris and (for some women) pressure on the cervix or other pelvic areas, cause pelvic fullness and body tension to build up to a peak. Orgasm is the point at which all the tension is suddenly released in a series of involuntary and pleasurable muscular contractions that may be felt in the vagina, uterus, and/or rectum. (Note that some women do experience orgasms without contractions.)

The difference between a 'clitoral' and a 'vaginal' orgasm is where you are being stimulated to achieve orgasm, not where you feel the orgasm. That may clear up some of the confusion around your questions. The clitoris has a central role in elevating feelings of sexual tension. During sexual excitement, the clitoris swells and changes position. The blood vessels through the whole pelvic area also swell, causing engorgement and creating a feeling of fullness and sexual sensitivity. Your inner vaginal lips swell and change shape. Your vagina balloons upward, and your uterus shifts position.

You or your partner can stimulate your clitoris in a number of different ways — by rubbing, sucking, body pressure, using a vibrator. Although some women touch the glans of the clitoris to become aroused, for others it can be so sensitive that direct touching hurts, even with lubrication. Also, focusing directly on the clitoris for a long time may cause the pleasurable sensations to disappear. Your clitoris can also be stimulated during sexual intercourse, most often with the woman on top — this happens when the clitoris is rubbed against the man's pubic bone. It can also be achieved when the man is on top if the man positions himself high enough so that his pubic bone presses against his partner's clitoral area. You or your partner can also stimulate your clitoris with fingers during intercourse to help bring you to orgasm.

For some women, the outer third of their vagina is also very sensitive. When stimulated during intercourse or other vaginal penetration, these women can orgasm. This would be what you referred to as a vaginal orgasm — without clitoral stimulation. Sigmund Freud made a pronouncement that the "mature" woman has orgasms only when her vagina, but not her clitoris, is stimulated. This, of course, made the man's penis central to a woman's sexual satisfaction. In reality, orgasms are a very individualistic thing — there is no one correct pattern of sexual response. Whatever works, feels good, and makes you feel more alive and connected with your partner are what count.

—Alice

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Health Education Hosts Breast Cancer Awareness Event

BY JULIE GOODISON
Herald Staff Writer

"What do you really know about Breast Cancer?" presented by Elsa Larson, Health Education, Sigma Lambda Sorority Inc., and Sigma Sigma Sigma Sorority, was held at the Multicultural Center on Thursday, October 12.

The lecture was provided to promote education and awareness of the developing risks of breast cancer during National Breast Cancer Awareness Month. Elsa Larson, of the Health Education Office, based the presentation on a quiz provided by "In Shape" magazine in order for the audience to verbally discuss the risks, prevention techniques, myths and facts behind breast cancer.

The questions in the quiz were presented as misconceptions generally understood to be factual. Questions such as, "Drinking a glass of wine with your dinner will help decrease your risks of developing breast cancer," True or False," and "If I am on birth control, does that increase my risk?" Actually, drinking red wine increases the risk of developing breast cancer by 21%, making your cells more vulnerable. "Filling college students not to drink," said Larson, "has not worked for me yet."

Larson provided helpful and factual information in a very thorough manner. Her enthusiasm and energetic personality makes a serious issue more comfortable to discuss.

She went through the quiz, giving helpful tips on how to try to prevent cancer, how to detect it, and what services and resources are available. Larson went on to discuss the importance in today's society of the need to take care of yourself and enjoy a healthy lifestyle with plenty of exercise, adequate sleep, and proper nutrition. These basic tips that many of us may overlook have been shown to decrease the risks of breast cancer.

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HEALTH SERVICES UPDATE

Incomplete medical records will result in a hold on your student accounts. This means you will not be able to register for second trimester! If you have a hold and need to lift it, please contact Health Services.

"Meningitis Vaccine Free at both Health Services facilities! It is strongly advised that students who have not been vaccinated against meningitis stop in for a free shot.

Cold/flu season is on its way. Take care of yourself and your fellow students by getting treated early. Remember, nurses are available to treat students with free over-the-counter medications; so you don’t have to buy them at the convenience store. And...the physician is on each campus two mornings per week, so check in with Health Services before you go off campus.

Hours and Contact Info:
Downcity Campus, Xavier Residence Hall Basement: 598-1104 Monday and Wednesday, 7am-5pm Tuesday and Thursday, 8am-4pm Friday: 8am-2pm Physician available: 9:30am-noon, Monday and Wednesday by appointment
Harborside Campus, 1st Floor Students Services Complex, 598-1151 Monday, Tuesday, and Thursday: 7am-10pm Wednesday: 7am-4pm Friday: 8:30am-4pm Physician available: 9:30am-11:30am Tuesday and Thursday by appointment
Do you think community service should or should not be a graduating requirement? Why or why not?
Letter to the Editor: A Positive Viewpoint about Block Scheduling

BY CATHARINE MARKS
Guest Writer

THE DEBATE ON BLOCK SCHEDULING rages loudly in the classrooms. The schedule paradigm has been in place for seven full weeks and the opposition to its establishment have made their voices heard at full volume. However, it seems that all we hear is the loud droning of two, fairly simple, arguments. The first: students' attention spans. The second: professors' capability to fill the amount of time with content. I have come to the conclusion that block scheduling is both in line with the educational "reform" path we pride ourselves on and also to the benefit of the students in general study.

The idea of Arts & Sciences classes, but concerns itself with the entire academic climate of the university. Most of the classes in the Colleges of Business, Hospitality, and Technology were already block scheduled. For those who are well into their majors, this switch-over simply results in a change in the scheduling of Arts & Sciences classes. Now students no longer have to worry about the availability of courses every day of the week, they only have to concern themselves with two days a week.

Often, with the old system, I found that a class would perfectly fit into my schedule on Monday and Wednesday but would be impossible for me to take due to my major class taking place on Tuesdays and Thursdays. This conflict has now been completely eradicated. I have heard a lot of discussion revolving around the lack of attention span held by students. However, in the business world, most of us are purported to be heading, business meetings often last only forty-five minutes, and students don't learn to sit and take part in the class meetings now at which has been described "America's Career University," when will they learn this skill? It seems to me that the students simply don't want to sit that long. Further, many of them will be headed for jobs where they are at a desk for the majority of the day. Sometimes they will work on only one project for months at a time, depending on their field. This makes the "block" place and that endurance must be built in them now. Our video, A.D.D. generation must learn to sit and stay still for more than a mere 45 minutes.

Often, I hear from professors that it is hard to keep the attention of the class. Unfortunately, that doesn't seem like a good enough reason to go back to what the status quo was. Nowhere in the admissions materials did I see a section that talked about how entertaining and fun our professors are. While many are, and that is certainly a perk, it is not the core reason to go to class. What I was promised in those brochures and mailings was a quality education, taught in large by faculty with Peppermint with a full scholarship. Now our generation has put too much faith in entertainment. How many individuals have you heard of quitting their jobs because their boss wasn't sarcastic or their business classes didn't have enough pop culture references? That individual is few and far between. Classes should be looked at with the same significance that one's career is. Your boss doesn't have to be brilliantly funny but you do have to be able to take away the necessary information. Continue to feed, clothe, and shelter yourself.

The professors have also expressed concern that they will have a hard time filling the classes with good content. However, in speaking with several members of the JWU faculty, I have discovered that many were aggravated with the lack of time presented to them in the past. The attendance process can take up to five minutes on occasion, not to mention all of the students who can't make it in the first place.

Now professors get the equivalent of a two-for-one deal. They only have to take attendance once and students can only wander late into the room just past one. This saves a significant amount of time, especially if you add in the time it takes the class to settle into learning mode and again to keep them calm when they see that they only have ten minutes left until class is over. It also provides the opportunity to get a flow with subjects that does not otherwise might only be skimmed over due to the end of class and students with ants in their pants.

Further, students will be able to become more involved in each topic as the elongated class meetings leave more time for discussion. This will be the case at least, for those professors who proclaim that they find it hard to provide content for the entire period. I also believe that class participation teaches lessons more fully than simple lectures.

In speaking with David Dowty, an alum- ni member who helped to put block schedul- ing into effect as a member of the University Curriculum Committee, I wasn't shocked to discover that the list of advantages to block scheduling were many and covered a broad spectrum while the protests revolved around only two major objections. Other affirmative points for the new model involve arguments such as:

Most other universities also have a longer class periods meeting only once or twice a week and we still have the benefit of not meeting on Fridays.

Friday makeup classes have been completely wiped out with the exception of night classes. This facilitates students in attaining job experience during the school year.

Students may also often schedule all of their classes on only two days of the week leaving the rest open for work, study, or recuperation from working and studying all weekend.

It is my contention that, though the beginning steps may be hard to take, the going will get better and benefit certain students much more than the little inconveniences they gripe about will impair them. Let's be less consumed by the argument that most loudly from the opposition are easily cast aside while those of the supporters are much harder to simply disprove. Further discussion may be necessary, however, it seems that the school has made up its mind and gripping and groaning will only gain looks of dislike and objection.

Checkmate: The Student's Guide to Winning the Dating Game of Chess

BY PAUL GORDON
Business & Advertising Manager

I LIKE CHESS. I LIKE THE WORD. The way it sounds: cool. Say it with me. Chess. I like the board. I even play from time to time, but all of that is irrelevant. The importance of chess is how chess concepts can be used as seduction tactics.

Let me elaborate. The objective of chess is to checkmate the opponent, otherwise known as getting the girl. Now, in this case, the "girl" is the Queen, but the Queen can move anywhere she wants and this makes said task much more challenging. But wait, you say that there are way more pieces than the Queen on a chess board. And ding, ding, ding, we have a winner. You are correct and those pieces make the task even more complicated.

Learn and listen. Pawns. Pawns are the little annoying friends that every girl has. They all look alike and have similar names; I know this is distressing, but you have to get by these friends first. They are equivalent to your.epidemics, the line of defense, or commonly known as "girlfriends." Although they are many, their loyalty does not always exist, so it is important to remember them by remembering most of their names, flirting with them and telling them that their hair looks nice, and if all else fails, a couple pints of Ben & Jerry's, coupled with burned copies of 16 Candles, Dirty Dancing, and Pretty Woman will keep them surprisingly preoccupied.

Similar to the Pawns are the Rooks. Sometimes one, never more than two, the rooks are the guys who have had a crush. Excuse me, unhealthy obsession, with the Queen since the third day of fifth grade. It was so bad he followed her to J-Woo after he received his acceptance letter to Pepperidge with a full scholarship. Now I'm all for the principle, "to each his own," but c'mon, man...

Back to the mission. You're dealing with a guy that's described by the Queen as "incredibly sweet," "always there for me," (the Queen), and "I can always trust him and he makes me laugh," but he gets no hangy panky because they're just friends.

Getting by Rooks can be a difficult task because, while he is a male, he is equivalent to the Pawns, but has mastered the techniques of cock-blocking. Be smart and avoid any contact, but don't avoid them. Now we'll jump out of order for a minute and talk about the King; a.k.a. the Queen's boyfriend. Here are some rules of boyfriends:

1. If she doesn't tell you, she technically doesn't have one.

2. Rule of three: if she has to count three or more states in order to physically be with him, no dice. Example. UNH is RI + MA + NH + Too far.

3. If she mentions him a lot, they probably have issues. This isn't definite, but it does happen more often than not, so play that one by ear.

4. And lastly, if the "King" hasn't graduated high-school yet, their relationship is similar to a Vegas wedding, annulled after the first week of classes.

Now the Knights are your colleagues. You probably don't know them, but they are in pursuit of the Queen also. If you know them, you have seen it all. Set. Not, give up now, stop reading, and sometimes, no matter what you do when you turn in. It'll go something like this: "Dear God, as I lay my weary head to rest, please let me wake up with the tacit of Brad Pitt and/or George Clooney and the looks of Johnny Depp. Amen."

This brings me to my next point, the Bishops, Last, but not least, in fact the most influential of all, the Bishops. The most influential because they can be confused with the Pawns. And although they have similar traits, Bishops are the devoted friends. Every girl has the left- and right-hand buddy that replaces the little angel and devil on their shoulder and whispers in the Queen's ear misleading counsel. If you didn’t know, don’t feel distressed. It's a common misconception. The Bishops are the Supreme Court, and when they vote 'no,' you're indecisively screwed.

They cannot be tricked either; this is another fallacy. All know the saying, two heads are better than one, so just imagine the power of three. But, if you can't beat 'em, join 'em, and trust me, there is no way around this one. I wish I could enlighten all with the guidance and advice to complete this task, but I can only take you so far and this is it. Enough of my ranting, guys and girls. Take my advice with a grain or two of salt, and practice up on you game, your chess game that is.

Special thanks to my research assistants; Kevin Chin '09, Culinary Artist and male Master of Female Psychology, and Emma Musselman ’09 Wheaton College, Confident and Female Trends Consultant.

Paul Gordon ’09 is a Marketing Manager and a 1st year staff member. Paul can be reached at PL763@jwu.edu.
Left vs. Right

At Columbia University, Minuteman founder Jim Gilchrist was heckled and confronted onstage by students.

THE LEFT:

A RECENT PROTEST AGAINST THE vigilant anti-immigrant Minutemen has sparked controversy at Columbia University and between activists through-out the country. The Columbia chapter of the College Republicans hosted a forum in conjunction with the Minutemen and its founder, Jim Gilchrist. According to Columbia University students who were present, the Minutemen [volunteers] for this mission are those who are willing to sacrifice their time, the comforts of a cozy home, to muster for something much more important than acquiring more ‘toys’ to play with while their nation is devoured and plowed by the millions of invading illegal aliens.”

Just as who are these invaders Gilchrist and his posse are protecting us from? Families, workers, and children who come to America to escape the poverty that American Imperialism has placed their country in; people who only wish to work hard and provide for their families.

Outside the auditorium where the Minutemen and their supporters had gathered, a large and vocal crowd gathered in a “free speech zone” and chanted such slogans as “Racists, Nazis, KKK! Take your hate and go away.”

The demonstration outside was organized by Columbia University student organizations such as: The Chicago Caucus, The Black Student Organization, The College Democrats, and the International Socialist Organization. Inside, the speakers were delayed when it became apparent that the majority of the crowd was opposed to the racist tactics of the Minutemen. Audience members stood and turned their backs as the first speaker launched into what the nonpolitical Columbia student publication “Blue and White” called “a free associative rant about animating church and state.”

After about 40 minutes, Gilchrist was introduced. As he took the stage, two students rushed the stage and unfurled a banner which read, “No one is illegal” in English, Spanish, and Arabic. As the crowd cheered, more students joined their fellow protesters on stage holding other banners. The protesters remained peaceful, but television cameras from the Spanish language channel Univision captured Minutemen and members of the College Republicans kicking and punching several people, targeting especially Latino students. Unable to control the situation, Campus Security closed the curtains to the stage, and quickly ushered Gilchrist off the campus. The Minutemen who were outside protesters gathered to cheer as the Minutemen retreated.

The mainstream media has been distortion the facts regarding this altercation, namely by denying the fact that the Minutemen and the College Republicans initiated the violence. Perhaps the biggest and most absurd allegation was made by spokesperson for the Minuteman Project, Marvin Stewart, on Fox News’ the O’Reilly Factor, when he said the Arabic writing on the banner denied that the Holocaust happened.

Despite attacks from the right, this was not an attempt to silence Mr. Gilchrist, or rob him of his right to free speech. It was indeed the decision of himself and the representatives of Columbia not to continue with his speech. Gilchrist had a chance to speak, in fact. Members of his vigilante organization spoke for almost a full hour before students jumped onto the stage. According to Monique Dols, a participant of the protest who was berated live on Fox News’ Hannity and Colmans, “We fully expected to be escorted off the stage by security, not attacked by the College Republicans.”

“WE FULLY EXPECTED TO BE ESCORTED OFF THE STAGE BY SECURITY, NOT ATTACKED BY THE COLLEGE REPUBLICANS”

THE RIGHT:

ONE OF OUR MOST CHERISHED freedoms, speech, is also the cause of much fear and under constant attack in our society. Ironically, those who are the first to exercise this freedom are also the first to attempt to deny this basic freedom to others. This became apparent when Jim Gilchrist, the founder of the Minutemen, an organization that patrols the US/Mexico border and reports illegal border crossings, was invited to speak at Columbia University.

During a forum about the Minutemen Project, protesters opposing Mr. Gilchrist’s efforts stormed the stage and attacked him and his fellow Minutemen members. The chaos required university security officials to escort Mr. Gilchrist off stage and the auditorium to be evacuated. In the process, students began chanting “No one is ever illegal,” and displayed a banner with the same rhetoric in several languages.

So what were the protesters so afraid of? Those sympathetic to their efforts claim the students were expressing their freedom, guaranteed by the Constitution. But where in the Constitution is it stated that assault on those with differing viewpoints is warranted? To me, it couldn’t be more apparent that these protesters resorted to a level of barbarity because it is the only way for them to receive any noteworthy publicity, despite how unfavorable it may be.

Those participating in the protest elected to infringe on Mr. Gilchrist’s rights, instead of engaging in debate on the issue of illegal immigration, most likely because of their extremely polarized position. Their position that “no one is ever illegal” does not withstand any level of sensibility. So, instead of defending it, they attack those with opposing viewpoints, not only verbally, but as the Columbia University incident highlights, physically as well.

While the university released a statement following the event stating, “free speech on campus is everyone’s right and responsibility,” they refused to deplore the actions of the protesters, which took place at the College Republican sponsored event. Columbia University went as far as defending the rights of protesters and expressed no expectation that students who took part in the protest would face disciplinary actions. Perhaps such is true because university officials share similar views as the protesters. Had protesters acted in a similar manner at an event sponsored by College Democrats, you can rest assured the university would have taken more stringent action.

Kevin Longo ’07 is a Network Engineering major and 2nd year staff member. Kevin can be reached at KJL.780@jwu.edu.
Creating Excellent Organizations

“The Key to Success” 5:30pm Pepsi Forum

October 16th: Starting your year off right... Jeanette Went, Johnson & Wales University Director of New Student Orientation

November 6th: Communication Ed Colbhun, Bridgewater State Associate Director of Residential Campus Center

December 11th: Homegrown Events Rebecca Skoel, The College of the Holy Cross Director of Student Activities

January 22nd: Resolving Organizational Conflict William Fischer, Johnson & Wales University Associate Director of Student Affairs

February 12th: Organizational Success Andy Maitis, Leadership Trainer

March 19th: A “Brand” New Direction Sarah Fristos, Johnson & Wales University Program Advisor

April 16th: Recruiting Members Now for Next Year Melinda Froehlich, St. Joseph College Assistant Director of Student Activities

May 7th: Planning for Next Year Sarah Fristos, Johnson & Wales University Program Advisor

“Upcoming Events”
10/25—NPHC Meet the Greeks 7pm, Pepsi Forum
10/26—Rededication of Farmer Commons 7:30pm

Check us out online at www.jwu.edu/provosa/greek

Greek of the Week is brought to you by the Order of Omega

Did You Know

Greek Give.

- As Alumni, Greeks give approximately 75% of all money donated to universities.

- As undergraduates, Greeks raise approximately $7 million per year for charities.

- As undergraduates, Greeks give approximately $30,000 volunteer hours per year

NPHC
UNITY WEEK 2006

SAVE THIS TICKET!!!

You can enter in a chance to win 2 tickets to NPHC’s trip to Six Flags by attending all NPHC week events

OCT. 23: YARD SHOW @ GAEBE COMMONS 5PM
OCT. 24: “SO YOU WANNA BE GREEK?” FORUM YENA CENTER PRESENTATION ROOM 7PM
OCT. 25: MEET THE NPHC GREEKS @ PEPSI FORUM 7PM
OCT. 26: MOVIE NIGHT W/NPHC @ HARBORSIDE 9PM
**Freak Week**

**Thurs, October 19th**
**Hot Cider**
Enjoy a warm cup of fresh hot cider while finding out about upcoming Freak Week events.

**Horror Drive Bus Stop 3-4pm**
**Horror Drive Bus Stop 3-4pm**

**Monday Oct. 23rd**
**Street Smarts**
Let us entertain your brains with some real questions during this informative program about being safe and enter to win a prize that will be revealed after the event.
Sponsored by Office of Safety/Security
**IRC and Floor Lounge 6pm**

**Tues, October 24th**
**Psychic Fair**
Raise your hand, go into the future or make contact with the spirit world. Come get your palm or Tarot cards read. All in good fun. Be careful what you wish for because there is no turning back. Absolutely free.
**IRC and Floor Lounge 6-8pm**

**Wed, October 25th**
**Coffee House Comedy**
Presented: Tessa Cigers, a talented musician with a lot of energy...you won’t be disappointed.

**IRC and Floor Lounge 9pm**

**Thurs, October 26th**
**‘See No Evil’**
Reason the plot with Jack’s childhood, has a score to settle with the cop and puts a buff in Jack’s way. Four years earlier.

**IRC and Floor Lounge 9pm**

**Teacher Charity Costume Contest**
Support Professor’s staff as they put on disguises and try to raise money for the charity of their department’s choice.
**IRC and Floor Lounge 9pm**

**Fri, October 27th**
**Silk Flags Tiki**
Come out to bright flags. Wees to Silk Flaps New England. If you agree with more than 50%, at least one spooky experience, and want $10 off your New England Tiki, it is an evening that’s just right.

**IRC and Floor Lounge 6-8pm**

**Horror Movie Marathon**
Bring a blanket, a mummy, or you can sit back, relax and enjoy some of the greatest horror movies ever made. Get there early because there is sure to be a crowd.
**IRC and Floor Lounge 9pm**

**6:00 - 7:00pm**
*The Shining* 146 - 9:30pm
*The Cabin (2002)* 9:40 - 12:00pm
*The Exorcist of Emily Rose* 12:30 - 3:00pm

**The Rocky Horror Picture Show**
At the end of each movie the particular DVD will be rattled off.

**Sun, October 29th**
**‘See No Evil’ Marathon**
**Matinee**
**5K run, relax and enjoy the movie**
**IRC and Floor Lounge 9pm**

**Mon, October 30th**
**Spooky Bingo**
Come win spooky bachelor prizes and enjoy a fun and eerie evening.
**IRC and Floor Lounge 9pm**

**Tues, October 31st**
**Judgment Day**
Get your Residential advisors to sign up for the “No Costume Contest” winning will get a free trip to any of the haunted houses and will be awarded a free trip to Next World.

**Happy Halloween**
from UIB

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Freak Week is sponsored by the University Involvement Board. All events FREE, unless otherwise noted. For more information, call extension 4668. Visit the UIB website at http://clubs.jwu.edu/uib
Do you know what your eating?
Organic: Safe or not? Part 1 of 2

By John O'Connell
Herald Staff Writer

This is by no means trying to scare you away from organic foods. Don't let me wrong. I do like organic, but I am not an organic junkie. Most of us by now have heard about the E. coli outbreak in the organic spinach, which has raised many red flags.

Is organic food really as good for us as they say, or are we subjecting our bodies to more hazards than pesticides? Most of us remember the recent mad cow scare. What was the reaction by the American people? No more importing beef from Canada.

After the tragic events of 9/11, the government mandated that all imported foods must state the food's place of origin. Uncle Sam is really looking out for us.

Should the government be looking at the safety and sanitation issues of organic foods more closely? The spark of this whole organic spinach E. coli scare was just a little, tiny contamination of a piece of spinach. But what caused that contamination?

Allow me to give you a scenario. You have three farms: Farm One, to the left, is an animal farm; Farm Two, to the right, is a conventionally grown produce farm; and Farm Two is in the middle, growing organic food. Now Farm One's animals do their duties and Farm Three uses pesticides on their produce. A week or two goes with no rain, then finally a big storm comes. All the contamintants from both One and Three soak into the soil, which the roots of the organically grown stuff picks up and use as nutrients. Now, boom, the organic food is contaminated.

With out being sprayed down or radiated, the health risk runs higher. Is it still worth it now? I guess so. People are still buying and spending more on organic food, according to the Food and Drug Administration than before. So now the question is, what should the government do?

I have a solution or two.

First and probably the most impractical, just ban organic all together. But then a lot of people, including myself, will be kind of ticked.

My second solution is to move the organic farms far, far away from other farms, so the contamination factor is slightly lower, if not eliminated.

Next Campus Herald issue, more on the organic debate, looking at the healthier side of things. Plus much, much more. Keep reading. We'll keep writing.
J&W Professor Competes in National Bread Competition

Chef Stamm combined efforts with Godiva Chef Chocolatier Jody Klocko for Bread Competition

**By Jessica Wojcik**  
** Herald Staff Writer**

This past weekend, from October 21-23, the Bread and Pastry Championships were held in Atlantic City, New Jersey. A total of eight teams of two participated in this prestigious competition, among them, Johnson & Wales' own Chef Mitchell Stamm and his teammate, Chef Jody Klocko.

Chef Stamm teaches Introduction to Breads and Rolls here at J&W. He has been a part of our school since 2003 and has training in breads, pastries, and plated desserts. Although this is Stamm's first competition, he has worked in resorts and bakeries, and taught a seminar on Decorative Bread Shaping at the World Pastry Forum in Phoenix, Arizona during July 2005.

Chef Klocko is a pastry chef who worked as Senior Chef Chocolatier for Godiva where he was responsible for production development and innovation. In 2004 and 2005, he was named by both Pastry Art and Design and Chocolatier magazines as one of the "10 Best Pastry Chefs in America." He is a competition veteran, having competed in various national and international competitions.

Stamm and Klocko met at the World Pastry Forum in Phoenix, Arizona. They began to talk about the possibility of working together and soon discovered that they would make a great team. Stamm began to develop his showpiece, viennoiserie, and bread last winter. He continued working on them through the winter and spring, practicing after class and on Fridays. Throughout the summer, he practiced five days a week. Since school started this year, he has been practicing Thursday through Sunday.

I was able to attend one of Chef Stamm's and Chef Klocko's nine hour practice sessions, their last one before the competition. I got to see, and taste, the results of months of hard work. It was amazing. Watching both of their showpieces being put together, while eating one of Chef Stamm's viennoiserie, was a fantastic way to spend three hours on a Sunday.

It was also great to be able to see the support that Chef Stamm has from our school. While I was at the practice, Chef's Hitze and Welling came to observe Stamm and Klocko. A few students showed up as well. When I asked Chef Stamm what his thoughts were going into this competition, the first thing he mentioned was his "great appreciation for the administration, faculty, colleagues, and students who have supported and encouraged me. Some of them have put in countless hours, and I would not be as prepared as I am without them."

The National Bread and Pastry Championships is a competition that is held every two years and brings together the nation's finest bakers and pastry chefs. This year, eight teams of two came together for this two day, 14 hour competition and competed for the top prize of $25,000. There are 7 factors that go into deciding who will be named The National Bread and Pastry Team Champions. They are:

- A bread showpiece
- A pastry showpiece, incorporating both chocolate and sugar
- Two kinds of bread: a baguette and a baker's choice loaf
- An entremet
- An entremet glacé
- A plated dessert
- Two viennoiseries out of the same dough

The two showpieces must reflect a theme. The theme this year was "invention." Both showpieces must also be made completely out of edible materials. The only exception to this is the base that sits on the table may be a non-edible material, such as glass or wood. The other bread and pastry elements demonstrate each chef's ability to create products that are not only visually appealing, but also taste good. They require originality, creativity, attention to detail, and knowledge of baking. Technique and difficulty are also looked at by the judges in their decision.

The judges are divided into three "juries"- Artistic, Degustation, and Work. There are also two additional head judges. In the Artistic and Degustation jury, the highest and lowest scores are dropped and the remaining scores are averaged, while the Work jury is just averaged. The Team with the highest overall score is the winner.

The overall scores determine the monetary winners of the competition, but there are also non monetary winners for the "judge's favorites." These include Sugar/Chocolate Showpiece, Pastry Degustation, Bread Centerpiece, Bread, Viennoiserie, and Best Team Spirit. Stamm and Klocko came in second place and are the winners of the silver medal and $10,000. It is a great accomplishment and I would guess that they are proud of the work they have done. I'm sure that the students, colleagues, and family of both are proud as well.

Something that Stamm said when I talked to him before the competition fits with the outcome of the competition as well. "The journey has been rewarding in more ways than I could have imagined," he said. "Improving certain skills and developing new ones has fostered a growth at a point in my career that might not otherwise have happened. Also, I have developed a friendship with Chef Klocko that I hope will endure." I think this shows an important part of Chef Stamm's character. He is not only an incredibly gifted chef and a good person, but he understands what the big picture of competition is all about.

If you would like to learn more about the National Bread and Pastry Championships, or find out who the other winners are, you can go online at www.breadandpastrychampionship.com and check it out. There will also be pictures of all the competition's pieces so you can see what they did and how it compared to the other entries.

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**Cell Phone Drive to Support Victims of Domestic Violence**

**Donate A Phone Save A Life**

October is Domestic Violence Awareness Month and the Rhode Island Coalition Against Domestic Violence is sponsoring a Cell Phone Drive. Please support them and donate your unwanted cell phones throughout the month.

Cell phone donations in the J&W community are being accepted at:

**Downtown Campus**
Feinstein Community Service Center
John Hazen White Center-5th Floor

**Harborside Campus**
HAC Building-Arts & Sciences Office  
(Across from the Tyson Amphitheatre)

Any questions, please contact Rachel McNally at: rachel.mcnally@jwu.edu or 598-1266 at the Feinstein Community Service Center.

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**Treat Yourself to a Special Dessert this Thanksgiving Break**

**By Jesslyn Wojcik**  
**Staff Writer**

**Apple Crisp**

<table>
<thead>
<tr>
<th>8 Medium to Large Apples (any kind you like pretty much)</th>
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<tbody>
<tr>
<td>1 cup flour</td>
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<tr>
<td>1/2 cup brown sugar</td>
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<tr>
<td>1/2 cup sugar</td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>1/2 cup (1 stick) butter or margarine</td>
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</table>

Preheat the oven to 375 degrees F. Peel, core, and cut the apples into thin slices. Place them in a 9 by 13-inch baking dish. In a bowl with a fork, mix the remaining ingredients until they are well blended and resemble coarse cornmeal. Sprinkle the mixture over the apples, and bake until apples are tender, about 30 to 35 minutes. Serve warm with vanilla ice cream or cold.

**Hot Spiced Cider**

<table>
<thead>
<tr>
<th>6 cups apple cider</th>
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<tr>
<td>1/2 teaspoon whole cloves</td>
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<tr>
<td>1/4 teaspoon ground nutmeg</td>
</tr>
<tr>
<td>3 cinnamon sticks</td>
</tr>
</tbody>
</table>

Heat all the ingredients to boiling in a 3 quart saucepan over medium high heat. Reduce heat and simmer uncovered for about 10 minutes (Make sure to stir occasionally to distribute heat evenly). Strain the cider mixture to remove cloves and cinnamon (or just take them out with a spoon). Serve hot.
Inflation Explanation

BY STEPHEN MAZZARELLO
Herald Staff Writer

In my last column, I identified youth or time as your greatest asset and spotlighted financial intelligence as the foundation you would need to achieve your lifelong financial goals. In this edition, we will evaluate some of the investment choices that exist and help you to determine your definition of risk.

First, it is important to place these investment choices in categories. As students and young professionals, you are probably already making use of those that fall into the first category, also called “buy and hold.”

For a growing number of entrepreneurs, that w omb is a business incubator. These startup breeding grounds provide a host of services, including relatively inexpensive office space, equipment, administrative assistance, management advice and training.

Most get their funding from the government or nonprofit organizations. The premise: Supporting small businesses might create local jobs. There are now 5,000 incubators worldwide, according to the National Business Incubator Association (NBIA). In the U.S., incubators have proliferated at a 16% clip, to 1,100, since 1984. The NBIA contends that entrepreneurs who get their start at an incubator have a higher success rate, on average, than their brethren who go it alone. These at-of-quote statistics: Incubated businesses have an 87% survival rate, and 84% go on to do business in their local regions. The NBIA also posits that the public subsidy per job created by incubator companies is around $11,000, versus $10,000 for other publicly

Now don’t get me wrong, if you invested $1,000 in a savings account, at the end of the year, your statement would register $1,012.50, but your buying power would be less. Ultimately, if you put your money to work at a rate of return that is less than 4%, you’ll be losing buying power. Simply stated, you can’t afford to

I have compiled a list of some of the local banks in the Rhode Island area and their CD rates. A CD is an agreement to lock away a set amount of money, usually $1,000 or more, for a set amount of time (also known as a term), in which the bank will pay you a higher rate of interest for not withdrawing your funds.

In most cases, early withdrawals are heavily penalized. The banks displayed in the chart offer a CD rate of 3% at various lengths.

I have taken the highest return from each bank and listed them along with your total return at year end and the amount of time it would take you to double your initial investment. If you take the inflation rate of 3.82% and subtract the CD rate in the chart, you’ll have the new adjusted rate of return. You’ll notice the numbers are significantly lower and some are even negative. Realistically, this means that it would take you roughly 30-140 years to double your initial investment if the adjusted rate of return is positive.

Wall Street has come to define risk as the volatility in price, meaning the up swings and down swings that occur daily. Ronald Muhlenkamp defines volatility as “variability and understands that risk is the probability of losing purchasing power. By keeping your money in a savings account, you’re (1) losing money automatically and (2) losing the time to earn a higher rate of return on your money. A CD, on the other hand, may produce a higher rate of return and is certainly better than a standard savings account rate. So if you haven’t already explored the CDs at your local bank, I suggest you ask what’s available and see what can competitively compete against inflation. My advice to you: Don’t swear loyalty to one bank!

Recommended reading: The Richest Man in Babylon – By: George S. Clason

Certificate of Deposit Rates

<table>
<thead>
<tr>
<th>Bank</th>
<th>Term</th>
<th>Rate</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ocean Bank</td>
<td>13 Months</td>
<td>5.12%</td>
<td>$55.47</td>
</tr>
<tr>
<td>Citizens Bank</td>
<td>8 Months</td>
<td>5.03%</td>
<td>$53.96</td>
</tr>
<tr>
<td>Bank of America</td>
<td>9 Months</td>
<td>5.03%</td>
<td>$53.96</td>
</tr>
<tr>
<td>Sovereign Bank</td>
<td>12 Months</td>
<td>2.36%</td>
<td>$23.60</td>
</tr>
</tbody>
</table>

Generally banks require a minimum balance of $1,000 to open a CD.

The chart above assumes you have invested $1,000 at the given rate.

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Getting The Most Out Of A Business Incubator

BY MARY CRANE
Forbes.com Reprinted with permission.

If you’re going to learn some hard lessons, you may as well do it in the comfort of the womb.

During a growing number of entrepreneurs, that w omb is a business incubator. These startup breeding grounds provide a host of services, including relatively inexpensive office space, equipment, administrative assistance, management advice and training.

Most get their funding from the government or nonprofit organizations. The premise: Supporting small businesses might create local jobs. There are now 5,000 incubators worldwide, according to the National Business Incubator Association (NBIA). In the U.S., incubators have proliferated at a 16% clip, to 1,100, since 1984. The NBIA contends that entrepreneurs who get their start at an incubator have a higher success rate, on average, than their brethren who go it alone. These at-of-quote statistics: Incubated businesses have an 87% survival rate, and 84% go on to do business in their local regions. The NBIA also posits that the public subsidy per job created by incubator companies is around $11,000, versus $10,000 for other publicly

As you would with any business partner or potential employee, do some due diligence to find the right fit. The best place to find incubators in your state is NBIA’s online directory.

To narrow the field, find out how long an incubator has been around, its success rate and how much time the incubator’s staff spends on-site. Of course, be sure to ask for references from current clients and former graduates.

3. Know What Resources You Need

Most incubators will answer your phones, do your books, hook you to the Internet and put a roof over your head. Some services are free of charge, so find out what they are. Consider, too, that some incuba-tors (called multi-use facility) house different sorts of startups, while others specialize in niche like biotechnology, software or retail and may offer industry-specific services. Be sure to ask how long you can remain a tenant and if there are any exit clauses in the lease in case your business fails. On the flip side, consider whether clients and entrepreneurs also offer professional development programs and networking opportunities. At Glover’s Chattanooga incubator, for example, entrepreneurs have access to regular training programs offered by the Tennessee Small Business Development Center, also housed in the incubator’s 125,000-square-foot facility. When entrepreneurs need management advice, local attorneys, certified public accountants, marketing gurus and human resources experts volunteer their time in hopes that one day these small fies will become successful, paying clients. The chart may also hosts quarterly networking events and annual open houses with local businesses and sponsors.

4. Don’t Be Afraid To Fail

With most incubators, entrepreneurs are allowed a maximum three-year gestation period. Most graduate when time runs out, outgrow the incubator’s facility or get acquired, says Steve Frayer, president of the University of Nebraska Technology Park. Plenty end up packing it in, too. But what shouldn’t dissuade bone fide entrepreneurs, says Frayer: Failing means "you’re not doing your job, because you’re not taking any chances."
WILDCAT WATCH

WOMEN’S SOCCER
The Wildcats have clinched the GNAC regular season championship and will enjoy home field advantage throughout the conference playoffs. Freshman Katie Nast (Quakertown, Pa.), the GNAC Goalkeeper of the Week on Oct. 16th, has recorded six shutouts this year with a 1.93 goals against average and a .893 save percentage. Senior Leah Farrar (Ubique, Mass.) leads the team in scoring with eight goals and six assists for 26 points on the season. Routting out the double-figure scorers for JWU is rookie Jennifer Paquin (North Attleboro, Mass.) with five goals and one assist for 11 points. Twelve different players have scored at least one point for the Wildcats this season.
Up Next: Wednesday, October 25th at Emerson (Boston, Mass.), 6:00 p.m.

WOMEN’S TENNIS
JWU wrapped up the 2006 campaign with an 8-6 overall record and a fifth place finish in the GNAC. Sophomore Olivia Molhant (Brussels, Belgium) has posted a 10-4 record at No. 1 singles and has added a 3-5 mark in doubles play while senior Katelyn Rice (Nine Mile Falls, Wash.) recorded a 9-4 mark in singles action this season. Senior Cindille Njangara (North Plainfield, N.J.) has the most combined wins on the team, posting a 7-0 record in singles play with a 7-5 record in doubles action on the year.

MEN’S CROSS COUNTRY
Senior Tristan Montalvo (Roselle, N.J.) once again paced the Wildcats over the weekend, notching a fourth place finish at the Southern Vermont Invitational with a time of 26:41, the fastest time recorded this season by a Wildcat runner. The team had three runners in the top 25 at the event, including two in the top 20.
Up Next: Saturday, October 28th at GNAC Championships (Nashua, N.H.), 12:00 p.m.

WOMEN’S CROSS COUNTRY
Danielle Sargent (Danvers, Mass.) recorded another top-five finish for the Wildcats, finishing third with a time of 20:05 at the Southern Vermont Invitational. The Wildcats finished third in the five team field with three top-30 finishes.
Up Next: Saturday, October 28th at GNAC Championships (Nashua, N.H.), 11:00 a.m.
IT'S NEVER TO LATE
TO FIND A DATE

SPEED DATING JWU
SPONSORED BY THE
INTERFRATERNITY COUNCIL

MEET NEW FRIENDS OR WALK AWAY
WITH A LATE NIGHT DATE

DATES: FRIDAY NOV. 10TH
8:00PM PEPSI FORUM

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

Are you stressed as the end of
the trimester approaches?

Come to a Strategy Session for Coping with Stress held by Jean Russell from the Student Counseling Center.
2-3pm in the Women's Center
Wednesday Nov. 1 at 2pm in the Women's Center

Stress Relief event in the Multicultural Center co-hosted by Sigma Lambda Gamma

November 8 at 6pm

Food, Games, Get your nails painted, Yoga!

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HOURS
MONDAY- SATURDAY- 8AM TO 9PM
SUNDAY- 8AM TO 7PM
Coffee House Review:
Reflections Cafe

By Cara McAvoy
Herald Staff Writer

This week has been hectic for me. To combat the lack of sleep and excessive homework our dear educators seem to be doling out as of late, I have turned to the only acceptable solution I know: caffeine, caffeine, and yes, more caffeine. In celebration of my addiction and as a tribute to my lifelines, here is this week’s coffee house review:

Reflections Cafe

Reflections Cafe. The name seems to evoke an image of large comfortable chairs, a steaming mug of dark, aromatic coffee and good conversation. The possibility of achieving such an image of perfection drove me to seek out said cafe with my mother, sister, and family in tow.

Not sure if the cafe could accommodate our party of 7, we thought to call ahead. Apparently this was a large inconvenience for the man who answered the phone who told me that, “Uh, yes that’s fine.” Once we arrived, it became apparent that stocking the kitchen with breakfast food had also been not taxing and therefore they elected to forgo that as well. The result of this was that at noon, on a Sunday, they were out of bagels, croissants, and one other small item, regular coffee.

Too hungry and sleepy to turn away by then, we forged ahead and ordered from the “revised menu,” eggs and bacon on wraps it is! It was here, in the ordering process that we discovered the inspiration for the shop name. Apparently, it is not in reference to personal intellectual reflections, but is a warning to those who try and read off their plastic covered menu board, which seemed to glint back at you where ever you stood.

After we ordered, we ran into another problem: they forgot the bacon. So now we had eggs, in a wrap, with bacon on the side, and finally, coffee! That is to say that some of us had food while others were still waiting.

In all fairness, when the food and coffee finally arrived on the table (in paper cups and on paper plates) it was decent quality. The food they had stocked was prepared well, the coffee was strong and smooth, the chairs were bearable and the conversation promised to be wonderful. For those seeking private reflection, there was also WiFi hookup available.

It seems that enjoyment can be found at Reflections Cafe, but it will not be in speed or accuracy, but rather, in relaxation and atmosphere. It may not be the place for my fast-paced-always-late-coffee-craving New York family, but for the casual guest who wants nothing more than a drink of sorts and a place to kick back, Reflections Cafe is a definite hot spot.

For those with a curious nature who always wondered what it felt like to be stuck inside a tuna can or how it would look if you woke up inside the tin man’s stomach, the bathroom is a must see!

Reflections Cafe
468 Wickenden St.
phone: 401.273.7278
Hours: Mon-Fri 7am-11 pm
Sat-Sun 8am-11 pm.

Movie Review: The Departed Scores
Big at the Box Office

By Dustin Generoux
Herald Staff Writer

Director Martin Scorsese’s The Departed, an Irish gangster flick based on the Hong Kong thriller Infernal Affairs (2002), goes without saying as Scorsese’s best work since Goodfellas.(1990). Working on a genre that’s right up his territory, Scorsese is back on top of his game and recreates a new dimension to the genre. This crime thriller uses the same theme as much of its director’s previous films. It’s about two young men, the people around them, and the complications brought about by their characters’ uncertainty with life.

Set in Boston, the Massachusetts State Police sends young cop Billy Costigan (Leonoldo DiCaprio) to go undercover and infiltrate an Irish mob organization where he quickly earns the trust of leader Frank Costello (Jack Nicholson). Meanwhile, Costello has Collin Sullivan (Matt Damon) infiltrate the police department’s Special Investigation Unit. The police and the mob realize there’s a traitor among them, and that Billy and Collin are both in danger of losing their cover, or worse yet, their lives.

Nicholson, yet again playing another villain role, owns every scene he’s in with his portrayal of Costello, providing a certain attraction to his menacing character. DiCaprio, progressively maturing as an actor since becoming Scorsese’s “muse,” fits right in as the streetwise cop, while Damon brings his usual character to the part. The ensemble cast had outstanding performances by Martin Sheen, Alec Baldwin, Mark Wahlberg and Vera Farmiga.

Scriptwriter William Monahan (Kingdom of Heaven) uses much of the original structure of Infernal Affairs, but adds depth to its characters and razor-sharp quality to its witty dialog. The cinematography by Michael Ballhaus is dark and morbid, capturing the streets of Boston while Howard Shore’s score is as good as a soundtrack can get.

At its core, The Departed is a well-crafted, well-written, and well-acted film. In an age where style usually triumphs over story quality, The Departed is one of the best films I have seen, by far, in recent memory.

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