The Campus Herald
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Greeks hold 'Jail Bail' Fundraiser on Gaebe Commons

BY PATRICK DYL
Assistant Editor-in-Chief

The Presidents of several J&W fraternities and sororities were locked up behind bars several weeks ago, but not to worry, it was all for a good cause. On October 12, the sisters of Sigma Delta Tau planned and organized an event to raise funds for Prevent Child Abuse America, a Chicago-based charity. President of the Inter Fraternity Council (IFC) Rob Horsfield '08 said, "I thought it was a very unique fundraising idea...[and] I'm looking forward to doing it again next year."

The members of the eight Greek Life organizations participating had to raise $100 each on the streets of Providence to bail out their chapter presidents. Delta Sigma Phi was the winner of the event, raising their $100 in under two hours. Some of the chapters raised more than the required amount and all the presidents were bailed out before the 2 A.M. deadline. The Jail Bail event raised over $850 this year, and was hailed as a great success, bringing different Greek Life chapters together to raise money.

SPORTS

Hockey takes Dunkin Donuts Cup Championship
Wrestling Places 2nd at Ithaca Invitational
Men's Soccer Completes GNAC Season Undefeated
X-Country Competes in GNAC Championship
Golf Takes out Emerson and Suffolk
Volleyball Sweeps Simmons College and S. Vermont

See SPORTS, page 13

Index:
8 Sections / 16 Pages

Campus News 1-3
Health 4
Speak Out! 5
Editorials 6-7
Culinary Arts 10-11
Money 12
Sports 13
Entertainment 15

Photographer: Benjamin Sakle '08.

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Letter from the Student Body President

To the University Community:

These past two weeks have been very eye opening for me and my administration. First, I would like to announce that the new Cabinet positions have now been filled within the Johnson & Wales University Student Senate: Mr. Evan Lemoine is the new Chief Justice and Mr. Andrew Childs is the new Speaker of the House. Congratulations gentlemen and I look forward to serving the student body with you. With these two positions being filled, we now have two University Senator Seats available (Please see your closest University Senator for more details or stop by our office).

Now, I would like to bring something to everyone’s attention: Diversity. What is it? People seem to be confused. I was recently invited to a conference for the Society Organized Against Racism (S.O.A.R.) and was shocked to realize that it seemed as though no one, including some of our Johnson & Wales University representatives at this conference, knew what diversity really was. The conference brought one underlying theme to life: “Blame the Caucasian People”

Every part of diversity was based on race, but what about Gay, Lesbian, Bisexual, Transgender, Queer, Cross Gendered (GLBTQQ)? Well, they were represented and many blamed the Heterosexuals for mistreating and not accepting them.

We, as humans, always want to be accepted by our peers. What I do not understand is why everyone has their own group. In keeping with representational justice, we have made people feel segregated and excluded from conversations, meetings, events, and even facilities.

Now, please do not think that I am not proud of the clubs & organizations at Johnson & Wales University, I am! We have an Equestrian Club (EGLTQQ), National Association for the Advancement of Colored People (NAACP), a Greek Life system that has excellent cultural events (Pure Passion was a hit) and many more that are doing great things for the Providence campus.

However, the one thing I am not seeing is diversity membership in many of our organizations that are based around diversity. How many Caucasian people are in the J&W NAACP chapter? How many heterosexual people are in Equestrian?

In our current state, as a student body, we are not embracing diversity, we are creating blockades to protect what we see as diversity. News Flash, seeing the same people and hearing the same opinions everyday gives you the same opinions.

When I was elected, my campaign wasn’t “What can I do for the gay black males?” It was “What can I do for you?” As writing in previous articles, my vision for this year’s student body was simply stated: “A Community of Excellence.” I would not be looking in the best interest of the student body if I did not look critically at our diversity efforts. I would like to see more collaborations and a more diverse membership in all clubs & organizations. I would like to see all community members feel welcome in understanding & enjoying those that are based on education, empowerment, and diversity awareness.

I challenge every member of the Johnson & Wales University Community to reach out to people that they may not know and seek out knowledge of people that you are not familiar with. When thinking of events to hold and new organizations to start, please think about what impact you can make to the University Community as a whole. This is always the deciding factor whenever I do something, whether it be spending budget dollars, or sending memos. My constituency is large and diverse, which means that everyone I think of- has a right to move and to be actively participating.

If we, the student body, do not start thinking big, then how do we expect to change things big? With this said, I will be creating and chairing a committee for Diversity Week to take place in March at J&W.

My Grandmother always told me, “Every day is an opportunity to change things for the better.” Together we can make this change!

With Honor & Dedication,
Jonathan Stephen Dean
Student Body President

SafetY & Security Blotter

Monday October 9, 2006 at 2:29 am Assault / Saki's Pizza - Student reported to police that he was stabbed during a physical altercation in front of Saki's Pizza on Weybosset St.

Thursday October 12, 2006 at 1:48 am Assault / Saki's Pizza - Police responded to a disturbance in front of Saki's Pizza and found a non-student who had been stabbed and a second non-student who was nearby and had been assaulted.

Sunday October 15, 2006 at 2:00 am Stabbing / Bar One Providence - Police responded to Bar One for a report of a stabbing. After an argument inside the establishment, two people were stabbed outside the building. A third victim was punched in the face. The victims were not students.

Sunday October 15, 2006 at 11:10 am Burglary / Yen Center - A student was arrested by Providence Police for breaking into the Yen Center.

Sunday October 15, 2006 at 10:30 pm H & M Invasion / New York Ave - Students reported three (possibly four) suspects kicked in the door to the apartment. Two suspects reportedly had guns. The victims were locked in the bathroom. Various items were stolen.

Monday October 16, 2006 at 11:00 am Home invasion / Governor St. - Student reported that two unknown persons knocked on the student's door and when the student opened the door the suspects forced themselves into the apartment. Suspects were brandishing fire arms and ordered all in the apartment to get on the floor. Cell phones and laptops were taken during the incident.

Tuesday October 17, 2006 at 2:28 am Arrest / America St. - A student was arrested by Providence Police for disorderly conduct.

Wednesday October 18, 2006 at 10:42 pm Arrest / Foster St. by Xavier - A student was arrested by Providence Police for disorderly conduct for a narcotics violation.

Friday October 20, 2006 at 2:25 am Arrest / Friendship St. - Two students were arrested by Providence Police for disorderly conduct.

Sunday October 22, 2006 at 4:17 am Off campus / Sexual assault - A female student reported that she may have been drugged and sexually assaulted by an unknown male after leaving the Side Bar & Grill.

Friday October 20, 2006 at 11:30 pm Home invasion / New York Ave. - Providence police reported that a home invasion occurred in a residence on New York Ave.

The suspect was described as a black male, wearing dark clothing and carrying a shotgun.

Sunday October 22, 2006 at 1:00 pm Road rage - Assault / Washington St. - Student reported a verbal altercation with another student. The argument escalated until some occupants of the house entered a vehicle, stopped and returned with more people. The occupants of the student's vehicle were pulled from the vehicle and physically assaulted.

Tuesday October 24, 2006 at 4:12 pm Stolen vehicle / Shipyard St. - A student reported his gold Nissan Maxima missing from Shipyard St. The student reported that he parked the vehicle at 11:30 am across from the entrance of C Lot.

Wednesday October 25, 2006 at 11:36 pm Arrest / Renaissance Hall - A student was arrested for a narcotics violation.

Friday October 27, 2006 at 1:30 am Arrest / Xavier Courtyard - One student was arrested by Providence Police for assault on another student.

Saturday October 28, 2006 at 2:48 pm Robbery / 7-11 on Weybosset St. - Suspect attempted to commit a robbery on a student. The student reported that he and a friend were leaving with groceries when they were approached by a large black male. The suspects took some cash and a wallet and the victim was punched.

Saturday October 29, 2006 at 12:00pm Stolen vehicle / E Lot - A student reported her vehicle, a blue Nissan Maxima, missing from the E-Lot. The student reported that she parked the vehicle about 9:30 Monday morning.

Lost & Found

2008 - Toyota car key, 10-24-06
2006 - Black purse, 10-30-06
Brown U. Purchases Property Adjacent to J&W’s Imperial Hall and Future Plans

BY PATRICK DYL
Assistant Editor-in-Chief

Brown University recently agreed to buy several properties in the Downtown Jewelry district, including several buildings that are listed on the National Register of Historic Buildings. One of these buildings is the former David Rubber plant, now Davol Square. Brown University has agreed with the real estate companies not to disclose the amount of the sale until it is completed early next year, should everything work out as planned.

The City of Providence currently has the property assessed at $26.4 million, however estimates as to the total amount of the acquisition hover around the $50 million mark. According to the Providence Business News, "If the sale of 300 Richmond Street last year to Woman & Infants Hospital is any indication, the property was assessed at $2.37 million but sold for $5 million.”

Brown University has been on the hunt for new properties in order to expand its educational and research facilities in conjunction with University President Ruth Simmons’ vision for Envisionment.

In 2003, Providence Mayor David N. Cicilline, a Brown graduate, pushed for a tax deal out of concern for the growing number of tax exempt properties in the city. Essentially any space used for educational purposes is tax exempt, but under the deal, property tax rates will be phased out over a 15-year period. That period does not start when the property is sold, but only after significant portion of the building’s square footage is transformed into academic space. Under the current tax rates, owners pay $37.72 per $1,000 of the assessed value, which is currently just under $1 million. Brown University has stated that it will honor all current leases of the property and may even give current tenants longer leases if they want them. Cicilline also stated that colleges and universities in other cities have used their "enormous economic power" to transform disenfranchised neighborhoods and Providence would benefit more if Brown were to buy buildings in underdeveloped areas, rather than existing commercial centers.

"There's no question that Brown will continue to grow," said the mayor, "and that's important to the future of the city and to their future growth as a world-class university, but it's important that they do it in the right places."

The Providence Business News also spoke with Michael Hogue, a businessman and resident of the Jewelry district, as well as President of the Jewelry District Association. "I think it's all positive," he said. "I think the Jewelry District is getting close to a tipping point, such as Wayland Square was four or five years ago, and I think Brown is going to accelerate that tipping point, because they're good neighbors, good landlords." Brown also brings the kind of activity to the district "that we like," he said, "working with your mind."

Although not everybody is pleased with the deal, some look at it with hope. Over the past decade, Rhode Island has been attempting to lure in high-tech firms with high paying jobs, however it has not worked as planned. Some say that Brown’s decision to create its life sciences program will boost southern New England’s economic prospects. Technology firms and other industries that may benefit from Brown’s technology advances may be enticed to move into Providence. Such a move would create quality jobs in the State, and improve Providence’s economic might. The university recently dedicated a new life-sciences building after a long fought battle with neighbors on College Hill. Such avoidable battles drain Brown’s energy, and the community’sgoodwill for the University. Brown has been struggling for years with its neighbors on College Hill over expansion, and their decision to expand into the Jewelry district will allow the University to redirect its efforts away from fighting with neighbors toward teaching students and creating new technologies.

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To develop your leadership skills. To welcome the class of 2011. To share your love of Johnson & Wales with the incoming students. To learn more about the University. To share your knowledge of the workings of the college. Make money while earning valuable leadership experience to put on your resume. To learn more about yourself. To get to know the campus a lot better. To undergo a personal transition into life at Johnson & Wales. To meet new administrators on a personal basis. To work hard and have fun. To learn new skills. To help. To mentor. To guide. To realize your potential.

The Office of New Student Orientation & Support Programs seeks Orientation Leader & Orientation Assistant Candidates for the Summer of 2007!

Information Sessions:

Tuesday, December 5 at 12 noon in Multifunction Center (Chase Hall)
Tuesday, December 12 at 4PM in Harbordale Rec Center (second floor lounge)
Wednesday, December 20 at 6PM in Peppi Forum (Flatham Hall)
Friday, January 12 at 12 noon in Harbordale Rec Center (second floor lounge)

*All interested candidates must attend an Information Session in order to obtain an application and be considered for this great leadership opportunity. Open to current freshmen, sophomores, and juniors only.

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

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

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Contact Business & Advertising Manager Paul Gordon at (401) 598-1489 or campusherald@jwu.edu.
HEALTH

Ask The Sexpert

Question: Is everyone really doing it? I mean, getting laid...

BY HEALTHY HEATHER
Resident Sexpert

Answer: Great question. It’s smart to question what appears to be the norm on college campuses. While we haven’t surveyed J&W students about their sexual behaviors, The Bacchus Network conducted a national survey of over 1,000 college students aged 18-24.

They say, “Crazy parties, reckless behavior, one-night stands, unprotected sex... We must be talking about college, right?” Maybe not. New research suggests that perceptions of what young men and women think about sex and relationships may need updating. Results from the Smarter Sex Survey indicate that students ages 18-24 are taking sex and monogamy seriously. What’s more, the survey also revealed that, contrary to popular belief, more men than women in this age group say they are virgins! So, what’s really going on behind closed doors? The survey results have some surprising news!

• “About 32 percent of male survey participants have not had intercourse, compared to 18 percent of female survey participants.

• Students participating in this survey had intercourse with an average of 1.2 partners in the last year.”

So, the answer to your question is no. Not everyone is doing it – even though it may appear that way. We just hear less about the students who don’t have sex. It’s like alcohol use on college campuses. You may think everyone is out partying, but a survey done at J&W last year reported that 70% of J&W students drink less than 3 drinks per week. Surprise you?

The real deal is that more students are deciding to postpone intercourse, stay in monogamous relationships, and “male and female participants (89 percent) believe that if a couple decides to become monogamous, they should both be tested for STIs and HIV.” Remember, many STIs have no symptoms, so the only way to know for sure is for both partners to get tested. Health Education, 598-2023, can tell you where to go.

Sexual responsibility can mean different things to different people. It might mean practicing abstinence, or always using condoms and birth control, or only having one partner. It might mean getting educated about STIs, HIV, pregnancy, and testing options. Or it might be taking care of your friends, making sure they get home safely, and partying safer to prevent and stop sexual assault or date rape. Whatever sexual responsibility is to you, make sure you stick to your plan and be who you want to be. Respect yourself, protect yourself.

At J&W there are a number of support services (Health Services, Women’s Center, and the Counseling Center) that can help you stay sexually responsible. This article comes to you from Health Education, the education branch of Health Services. Health Education, 3rd Floor CBCSI, can provide you with comprehensive, nonjudgmental health information about STIs, HIV, birth control, testing options, referrals, and safer sex. Feel free to drop by for some quick information, or call to make an appointment with the Health Educator, 598-2023, if you’d like a little more time and privacy to discuss safer sex options – you can even bring your partner! Health Education also offers free male and female condoms, dental dams, and lubricants. You can also find condoms at both Health Services locations and at the Women’s Center.

Get educated. Be healthy, be safe.

You're in Control

What's your next move?

Health Services Update

Have a hold on your student account? Are your medical records incomplete?

If you have a hold, call Health Services to find out why.

*MENINGITIS VACCINE FREE* at both Health Services. It is strongly advised that students receive the vaccine. Call for more information.

Cold/flu season is here!

A few tips from the American College Health Association:

• Since most infections are viral (not bacterial), antibiotics may not be the answer.

• Treatment for the cold/flu is meant to relieve your symptoms.

• Eating soup and drinking tea can help ease congestion.

• Drink lots of fluids (water, juice) to soothe your throat.

• Washing your hands frequently is one of the best prevention techniques.

• Make sure you get plenty of rest and sleep.

• If you have severe headaches, high fever, are coughing up green phlegm, can’t hold down your liquids, or are having trouble swallowing, you need to see the nurse.

Remember, nurses can treat cold/flu with over-the-counter medications. So, if you’re sick, stop in at either Health Services (Downcity or Culinary), talk to a nurse, and take some free over-the-counter medications. Dr. Palumbo is available four mornings per week on campus.

Call for physician hours.

Downcity, Xavier Residence Hall Basement: 598-1104

Harborside, 1st Floor Student Services Complex: 598-1151

Does it surprise you that 70% of J&W students average less than 3 drinks per week?

* The Harvard School of Public Health’s 2005 College Alcohol Study reported that 70% of J&W students had 8 or fewer drinks total in the past month.

Want to know more? Call Health Education, 598-2023.
What do you think about Greek Life here on Campus?

Amy Smith '08
Travel & Tourism
Mgmt.

"I am not really sure what they do."

Brandon Druch '09
Hotel Mgmt.

"While it's great for members to make friends, it is often so demanding, making it straining on previous, existing friendships."

Anthony Naiman '09
Int'l Travel & Tourism

"Being part of a constantly growing and changing community that works to better themselves reminds me of home and I'm happy to continue that legacy."

Andrew W. Childers '09
Marketing Comm.

"The concept of Greek life will be perfect for some; those who need help fostering structure and values, but may not be the right directions for others."

Felicia Tharpe '08
Advertising / Marketing Comm.

"Greek life contributes quality programming and development outlet for students in the Johnson & Wales Community."

Justin A. Sacks '07
Food & Beverage Mgmt.

"Greek life on campus really has no impact on me. I like the fact that it's not crazy ubiquitous, but is an option, and a great opportunity for students to be apart of, if they choose to."

Matt Marinelli '07
SEE Mgmt.

"We do things for the community or the school almost every night, and it goes unnoticed...the student body only highlights the bad about Greek life."

Blair Jones '09
SEE Mgmt.

"Although Greek life isn't for me, it helps and enriches a student's college experience."

Kathleen Daggett '07
Hospitality Mgmt.

"There are a lot of things I could say, but I'll say this: My Greek experience changed my life!"

Erin O'Brien '09
SEE Mgmt.

"Greek life has changed the way I feel about Johnson & Wales in general. With out it, I don't even know if I'd still be here."
Letter to the Editor: A Diatribe for the College of Culinary Arts

BY ELLIOTT CARVER
Guest Writer

I USED TO WONDER WHY PEOPLE didn’t like tomatoes. They can be delicious all by themselves. Growing up, all of the tomatoes I remember came from my neighbor’s, Ed Hawkins. Big and juicy, bright red, skin tight, ripe with a perfume unrelated to any mass produced variety that I’ve dealt with since. A standard part of the fruit requisition, I always sought out these “globe tomatoes” and I no longer wonder why people hate tomatoes. I hate those two. Off in the distance, I can still hear the recollection of those tomatoes. My parents would get me a large bag of tomatoes. I would have to turn over all of the tomatoes in the bag to turn off the sound of the tomatoes. I would then load it into my Honda Civic, and take it to the college. The tomatoes were great. My parents would have them all by themselves. My parents would have to turn over all of the tomatoes in the bag to turn off the sound of the tomatoes. The tomatoes were great. My parents would have them all by themselves.

Johnson & Wales claims to be teaching the fundamentals of culinary arts. What is more fundamental than making sure your products are of a certain quality? I think the reason we haven’t had Thomas Keller here as a Distinguished Visiting Chef (DVC) is that the DVC committee (a bunch of old people sitting around in a circle)decides who the students are too embarrassed, not only by the campus, but the food we serve. Wear, you are a senior. You’ve never heard of our DVC’s program. Well, three times a year, we invite a chef to come in and demo for a group of students, who until that day when they were students, had no idea that their friends were cooking in labs and in a last minute scramble for an audience, have no idea who he/she/it is. We are as nice to our DVC’s that we give them a chair, and a very expensive knife kit with their name engraved on it. Although, last spring, the chef received the kit with his name spelled wrong. You, Johnson & Wales Administration knew months in advance that his name was spelled wrong but didn’t want to pay the money to have it fixed. That’s professionalism.

As for our producer, we should all be grateful that J&W supports us in state and New England farmers. The tomatoes come from Mexico, garlic - China; shallots - Holland; ginger - Brazil, etc. I guess it’s not just the food we buy, but what we serve (a completely different letter). We have room (and money?) for fast food and ice cream machines. If I could get a club to start a damn herb garden? We can give away honorary degrees to people who donate (read: dump) their disgusting wine to J&W, and eat lunch with the university president, but we can’t support local farmers?

Speaking of support for our community, I would like to make sure that we all realize something here. The College of Culinary Arts at J&W University in Providence, RI, does not compost or recy-}

Facebook Woes

BY PAUL GORDON
Business & Advertising Manager

NOW THAT “FACEBOOK” HAS been blown excessively out of proportion and is available to virtually anyone, Paul is back again, laying down the universal profile rules. Well, just crisp that should and should not be on one’s individual Facebook profile.

Ah, where to start? I guess let’s break down the reasons we have a Facebook: everybody else does. That it. I guess it might be a good way to stay in touch with friends and whatnot, but so much for cell phones and personal interaction. Now they are deemed inadequate by excessive use of the internet (i.e. AIM, Myspace, Blogs, etc.). All of that aside, Facebook has turned us into mini-stalkers. News-feed, limited-profiles, and Facebook, at its basic level, attest and prove this point. The mini-stalker attribute of Facebook implies that we look at another’s profile to figure out if we like our new acquaintances, where they’re going to spontaneous relationship, how cute they are, etc. This can lead to a plethora of information that is readily available to be placed on anyone’s profile, but be careful, the information on your profile doesn’t mean you have to know.

First thing’s first: names. Put your name on your profile, everyone. If you have one, you already know the point, so that weird guy in class can look and see whenever you update your profile picture. Methods to this this madness probably already stalking your mutual friends, (back to the novice stalker kid that needs to know which one is really you since he can’t baw me through your pictures since he’s not happy that you request your way.) But the picture. Your profile picture should be of you and, if you choose, your significant other. That’s all. What we have is a photo to put to all those other famous pictures of beer pong, drinking and more beer pong. And while you’re at it, please, don’t upload those albums, don’t have blurry, dark, pointless, and repeat pictures in your albums; i.e. the nights where you and your friends took 9 pictures on the same couch in a span of 7 minutes. Facebook photo albums are probably the most overshared feature on the web. I could be a bit, but for sanity’s sake, use the KISS principle: old-school, but tried & true. As an aside and a two part question to the general Facebook population, how do you guys have time to make albums of 50 or 60 photos and then have time to add captions to them? And who has time to look through all of the photos? Please and personally.

Enough is enough (I learned that one from J-Loo). And just to remember to use them appropriately. After you have learned the techniques of navigating, learning, and developing a decent profile, I’ll come back and teach you guys how to “Choose Your Myspace” and “Use Facebook to its Full Potential.” So I don’t have to write the piece “How to deal with an Online Stalker: Tips and tricks for using limited profiles, focusing on the latest Facebook feature: Facebook peep-spy.”
"You should know that money is the root of all evil?" said Francisco d'Anconia. 'Have you ever thought of the reason for that? Money is a tool of exchange, which can't exist unless there are goods produced and men able to produce them. Money is the material evidence of labor, the stock in trade of those who wish to deal with one another must deal by trade and give value for value. Money is that which biggest men are the only men who can command it, who claim your product by tears, or of the looters, who take it from you by force. Money is made possible only by the men who produce. Is this what you consider evil?"

"When you accept money in payment for a product, you are giving up a portion of the future that you will exchange for it. Is this the way you will exchange for it the product of the effect of others. It is not the moocokers or the looters who give value to money. They are the ones who produce the guns in the world can transform those pieces of paper in your wallet into the weapons that can transform them into cash.

Those pieces of paper, which should have been gold, are a token of honor—the claim upon the energy of the men who pro- duce. Your wallet is your statement of faith that somewhere in the world around you there are men who will not demand on that moral principle which is the root of money."

"Have you ever looked for the root of production? Take a look at an electric gener- ator. How does it work? It is driven by the muscular effort of unthinking brute. Try to grow a seed of wheat with- out the knowledge left to you by men who had to discover it for the first time. Try to obtain your food by means of nothing but physical motions—and you'll learn that man's mind is the root of all the goods pro- duced and of all the wealth that has ever existed on earth."

"But you say that money is evil only by the strength of the effect of the weak? What strength do you mean? It is not the strength of guns or muscles. Wealth is the product of men who do not invent but innovate, made by the man who invents a motor at the expense of those who did not invent it? Is money not invented at the expense of the fools? By the able at the expense of the incompetent? By the ambic- ious at the lazy of the easy? Money is made by the mind, cultivated by the un- made by the effort of every honest man, each to the extent of his ability. An honest man is one who knows that he can't consume more than he produces."

"To trade by means of money is the code of the men of good will. Money rests on the ability of the productive and his mind and his effort. Money allows no power to prescribe the value of your effort except the voluntary choice of the man who is willing to give his effort for money. Money permits no deal except those to mutual benefit by the informed judgment of the traders. Money demands of you that you should be the one to judge for your own benefit, not for their own in- jury, for their gain, not their loss—the recognition that they are not because money is the means to carry the weight of your mis- ery—that you must offer them values, not wounds—that the common bond among men is not that they hate each other, but that they have the exchange of goods. Money demands that you sell, not your weakness to men's stupidity, but your talent to their reason, it demands that you are the honestest they offer, but the best that your money can find. And when men live by trade—with money, not with their labor or their trade arbiter—it is the best product wins, the best performance, the man of best judg- ment and highest ability—and the degree of a man's productiveness is the degree of his reward. This is the code of existence whose tool and symbol is money. Is this what you consider evil?"

"But money is only a tool. It will take you wherever you wish, but it will not give you the means for the satisfaction of your desires, but it will not provide you with desires. Money is the scourge of the men who have the leisure to frequent the bar- ty—the men who seek to blend the mind by seizing the products of the mind."

"But money is a tool that the man who has no concept of what he wants: money will not give him a code of values, if he's evaded the knowledge of what he wants, he'll not keep it. With a purpose, if he's evaded the choice of what to seek. Money will not buy intelli- gence nor the courage to be an adver- sary, or the respect for the incompetent. The man who attempts to purchase the braves of his superiors to serve him, with his money, that he will come to him by becoming the victim of his inferiors. The men of intelligence desert him, but the beasts and the fools come flocking to him, drawn by a law which he has not dis- covered: that no man may be smaller than his money. Is this the reason why you call it evil?"

"Only the man who does not need it, is fit to inherit wealth—the man who would make his own fortune no matter where he started. If an individual is equal to the task of serving him; if it, it destroys him. But you look on and cry that money corrupted him. Did it? Or did it corrupt his money?"

"Unless you discover that money is the root of all good, you ask for destruction."

"When you have made evil the means of survival, do not expect men to remain good. Good men will die. We must lose their lives for the purpose of becoming the fodder of the immoral. Do not expect them to produce, when produc- tion means to lose your virtue. Does not the looter, who uses the money is, the muzzle of a gun."

"But money demands of you the highest value of which you wish to live. It will not keep it. Men who have no courage, pride or self- esteem, men who have no moral sense of right to their money and are not willing to defend it as they defend their life, men who apologize for being rich—will not remain rich for long. They are the natural brake of the swarms of men who live under riches for centuries, but come crawl- ing out at the first smell of a man who begs to be forgiven in the guilt of owning wealth. They will hasten to relieve him of the guilt—and of his life, as he deserves."

"Then you will see the rise of the men of the double standard—the men who live by force, yet count on those who live by trade to create the value of their loot money— they are the ones who are the enablers of the crime. In a moral society, these are the criminals, and the statutes are written to protect you against them. But when a society estab- lishes criminals-by-right and looters-by- law—men who use force to seize the wealth of disarmed victims—then money becomes its creators' avenger. Such looters believe it is safer to rob defenseless men once they've passed a law to disarm them. But their loot become the magnet for other looters, who get it from them as they got it. Then the race goes, not to the abilities at production, but to those most ruthless at brutality. When force is the standard, the destruction was one pick of the loot once that society vanishes, in a spread of ruins and blood."

"Do you wish to know what that day will be? Watch money. Money is the barometer of a society's virtue. When you see that trading is done, not by consent, but by compulsion—when you see that in order to produce, you need to obtain permission from men who produce nothing—when you see that money is flowing in those who, not in the interest of man in favor—when you see that men get richer by graft and by pull than by work, and your laws don't protect you against them, but protect them against you—when you see corrup- tion being rewarded and honesty becom- ing a self-sacrifice—you may know that society is dying. Money is a mule that is not free to compete with guns and it does not make terms with brutality, it will not permit a man to remain an enemy and refuse to replace you as the cause. Money is the product of virtue, but it will not give you virtue and it will not redeem your evil. Money will not give you the unearned, neither in matter nor in spirit. It is the root of your hatred of money:"

"And did you ever think of who's the looter, and who's all evil? To love a thing is to know and love its evil. To love money is to know and love the fact that money is produced by graft. Paper money is not power, but an illusion, and your passkey to trade your effort for the effort of the best among men. It's the person who will sell his soul for a stick, who is lowest in proclaiming his hatred of money—and he has good reason to hate it. The lovers of money are willing to work for it. They know they are able to deserve

"It makes me give you a tip on a clue to men's character: the man who has obtained it dishonestly, the man who respects it has earned it.

"Run for your life from any man who tells you that money is the lever's bell of an approaching looter. So long as men live together on earth and are left to deal with each other, they can only substitute, if they abandon money, is the muzzle of a gun."

"But money demands of you the highest value of which you wish to live. It will not keep it. Men who have no courage, pride or self- esteem, men who have no moral sense of right to their money and are not willing to defend it as they defend their life, men who apologize for being rich—will not remain rich for long. They are the natural brake of the swarms of men who live under riches for centuries, but come crawl- ing out at the first smell of a man who begs to be forgiven in the guilt of owning wealth. They will hasten to relieve him of the guilt—and of his life, as he deserves."

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We’re going and you should too...
Sat. December 9, 2006
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Busses depart at:
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Tickets available at both
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"This Week In Greek"

Greek of the Week
This week's Greek of the Week is a member of Sigma Delta Tau. She is a sophomore and the activity's Health & Social Awareness Chair. For Alcohol Awareness week she did everything she could to involve her sisters and other members of Greek Life. To prepare for the week she attended an AA meeting to obtain more information about alcohol symptoms and after effects. She did an amazing job and was definitely recognized by her sisters for her dedication and time on this project.

This week's Greek of the Week is
Rachel Beletz
Congratulations!

Upcoming Events
1/30—IFC Speed Dating @ 8 pm, Pepsi Forum
Come meet new people and possibly a date!
Check us out online at:
www.jwuo.edu/peos/osa/greek

Did You Know?
Greek Life's
Philanthropy is the
Make-A-Wish
Foundation of RI!

Each year J&W’s fraternities and sororities will raise
money to grant two children
their wish. Greek Life
kicked off their fundraising
on November 1st with their
Make-A-Wish kickoff event
in front of Snowden Hall.
Last year's children came to
tell all about their trip to
Disney World. This year's
guest was also announced.
Greek Life is going to try to
raise $1,000 to grant two
more children their wish.

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
When every college turned them down... they made one up.

Place: Harborside Rec. Center
Time: Thursdays 9pm & Sunday 3pm
Admission: Free!!!!!!!
Date: Nov. 9th & Nov. 12th

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BY KATIE SHER
Guest Writer

I have to admit, when I committed to culinary school for college, I was not com-
mited to the culinary arts. In fact, I chose Johnson & Wales University for their Culinary Nutrition Bachelor’s degree pro-
gram with no prior culinary experience. My concern was solely with the nutrition aspect. I was scared to death of culinary labs. What would they look like? What would be expected of me? How would I survive under the pressure? However, not to be outdone by this dread, I thought to myself, “I can do this,” and went each day in full uniform – from the pressed white chef coat with embroidered Johnson & Wales logo, blue neckerchief, and black and white checked pants down to the white socks and school issued black shoes.

The pure thought of preparing a hol-
daiise sauce had me in a tizzy, so when my first day of classes turned out to be a lab called Stocks, Sauces, and Soups, I nearly ran out the door. After a brief lec-
ture session I began to follow my identi-
cally clad classmates into the lab kitchen, but I halted abruptly in the doorway in amazement. There was stainless steel everywhere! Massive six burner stoves lined the back wall like soldiers preparing for battle. Their dominating might radiat-
ing throughout the kitchen. Stainless steel work tables were arranged in rows throughout the center of the room. Where was I going to hide in here? A refrigerator larger than my walk-in closet was hidden behind a thick metal door. I would later learn this is called a “walk-in,” but for now, it looked promising for a quick get away.

The features that set this lab apart from others I would later experience during my education were the four intimidating 100-
gallon, steam jacketed kettles against the right wall. The red tiled floor was hard and cold, far from welcoming, but with a deep breath and a reminder that “I can do this,” I found my way through the unknown surroundings to a table, where I felt very exposed.

After a few days of asking incessant questions on what everyone else felt to be insignificant matters revolving around preparing stocks and soups, I finally began to settle into the whole culinary lab rou-
tine. I was comfortably sitting at my desk on the sixth day of lab when my tall and thin, bright eyed instructor, who I had up until this point adopted as my surrogate mother while away at school, started class with “Today is hollandaise day, probably the hardest day of this segment.” Even now, three years later, I am still uncertain what other material was covered in lecture because I was stuck on her first words of the day.

“Hollandaise? Today? Hardest day of this segment?” I questioned in my head. I thought this entire segment had been extremely demanding for someone with no previous experience, and now it was to get harder? When lecture ended, I yet again fell in line with my uniformed classmates to file into the kitchen. Everyone gathered around the front stainless steel table for a brief demonstration by the teaching assist-
ant. My nerves were becoming so tangle
ed I felt they were suffocating me. Though it seemed the room was spinning, I managed to focus on his hands performing each task. I made a mental note of each detail, from how to prepare the double boiler to what speed to whip the sauce to ensure the perfect, creamy texture. He drew ribbons in the bowl of hollandaise with the sauce dripping off of the whisk. When a com-
plete figure eight would hesitate on the surface before sinking back into the bowl the sauce was ready. Once he finished, we tasted the hollandaise he had concocted. It was delightfully smooth and coated my tongue. The mild taste of butter and eggs with a hint of lemon resonated in my mouth. Before I had time to completely process what I was being asked to do, I was sent away to reproduce this complex process on my own.

My mind in a whirl, I successfully gath-
ered my equipment: wire whisk, pot of boiling water for a double boiler, a stain-
less steel bowl, egg yolks, a lemon for its juice, water, clarified butter, salt, and Tabasco sauce. First try, a deep breath, “I can do this.” I whisked and whisked the egg yolks, lemon juice, and water over the double boiler until my arm was burning as if it alone had run a marathon. Then came the tricky step of adding the clarified but-
ter, not too fast or it will separate (remembering the teaching assistant’s warning). I let out a slight sigh of relief when my sauce reached the ribboning stage and my

figure eight held briefly on its surface before disappearing. The last step was to adjust the flavor with salt and Tabasco. Timidly, I took my product to the instruc-
tor. I was proud of my sauce, my first hol-
daiise, but would she be equally as pleased? “Excellent!” she exclaimed after tasting it. I left class that day with one of the greatest feelings of satisfaction I had ever felt.

After a few months, the kitchens were no longer a strange environment. I had grown accustomed to the roaring exhaust fans, the clanging of metal utensils on metal pots and pans, and the kitchen jargon. I felt comfortable in my uniform, I had bonded with my knives, I was no longer hesitant. Even the red tiled floors seemed hospitable. Cooking had evolved from my fear to my passion; I wanted to learn everything I could.

The tests of culinary school, both men-
tally and emotionally pushed me beyond my comfort zone after time, but I mastered the courage to accomplish each task and overcome each obstacle. One such obstacle even sent me to the emergency room with first, second, and third degree burns on my face from a shower of 400°F oil when a corn kernel exploded. But I not only survived in the kitchens I was once scared to enter, I thrived. I now see that I can do this and that, and everything else I put my mind, heart, and soul into.

Outfits, outfits everywhere.
But nothing I’d be caught dead in.

She needs something to wear.
You need to win a trip to Fashion Week.
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Nokoxema is calling all design students, aspiring illustrators and fashion aficionados to design an outfit for your favorite Nokoxema girl. One talented winner will take a trip to Fashion Week 2007 in New York City sponsored by Olympus and get exclusive access to a major fashion magazine editor. Visit Nokoxema.com for details.

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Culinary Arts

The Campus Herald

Page 10 - November 8, 2006

Culinary Arts

The Campus Herald
Beer Me!

BY NATE MARTELL
Culinary Arts Editor

"Simply Because... Life's Too Short To Drink Shitty Beer" reads the Wickenden Pub mantra. And after 3 years of beer pong with Milwaukee's Best Light, Bud Light, Busch Light, Miller Lite, Miller High Life, Coors Light, and Old English it might be time to explore the wonderful world of beer.

For most college students (my apologies if you can't fit into my stereotype), what you know as beer starts with a brand name and ends with the word light, or any variation thereof. You think all dark beer is like GUINNESS, and you don't like it, but you probably haven't tried it. The irony here is that you probably didn't even like light beer the first time you had it. Like everyone, you eventually killed enough brain cells to be proud of the fact that it takes you 15 silver bullets before you have to break the proverbial seal, and you still aren't drunk, something you are quick to declare. That's ok, it's college, and consequently, it's the perfect time for such behavior. However, it is also a time to expand one's realm, the realm of beer that is. In order to do that, you need to find out what beer really is.

Basic Ingredients: malted barley, hops, yeast, and water.

Remember that line from Tommy Boy where David Spade insults Chris Farley's character, saying all that is left in his head is "malted barley and hoppin' rainin'?" Well, right there we almost have 2 key ingredients in beer making. The first of which is malted barley. I could write a whole different article on malted barley, two rows vs. six row barley, fermentable sugars, adjuncts, etc. The important part to know is that yeast uses the malt sugars as food and the byproduct ends up as the alcohol in your beer. Large producers of light beers use cheaper methods for sugars by using corn and rice. Anheuser-Busch happily proclaims that it is the largest purchaser of rice in the United States. The other thing to know is that the roasting of malt or other grains is where your beer gets its color and most of its flavor.

Hops (Humulus lupulus) are a relative of our friend Cannabis sativa. Hops have long been used medicinally to aid in digestion and are sometimes made into a tea with valerian root and used to combat insomnia. They can grow over 20 feet tall and that is where its Latin name comes from. The word lupulus refers to a wolf (like Professor Lupin in Harry Potter, oh, now you get it) and it's been said that this like a wolf creeping up on sheep, so do hops to a willow tree. What do hops do for beer though? They provide the bitterness, as do roasted malts, and aroma for the beer. Hops may impart a slight bitter, but pleasant, flavor. Aromas can resemble citrus fruits, or even flowers. A properly hopped brew will have a thick and sturdy head, like in Samuel Adams Boston Lager. Yeast and water may not have the same impact on flavor as malts and hops, but if you want alcohol in your beer, they are a very important factor. Alcohol by volume (ABV) percentages can be as low as 4.5%, representing the vast majority of light beers, and as high as 25.6% like the Samuel Adams Utopias that represent less than 0.001% of beers produced and which happens to be illegal to sell in 14 states (doesn't that make you just want to try it.) Most beers fall into the 5-6% ABV range. The types of yeasts used help to determine the classifications of beer. Lagers use yeast that ferments at the bottom of the tank. The lagering process takes longer than ales and stouts because it happens at lower temperatures (low 32-50°F), Ales and stouts use top fermenting yeasts at warmer temperatures (up to 75°F). Generally speaking, lagers are lighter than ales and stouts because of the temperature difference, not to mention the type of roasted malt used.

Up until now, it might seem like I have a vendetta against light beer, but this is untrue. There is a time, place, and person for every beer. But if I continuously overhear my peers talk about how they only drink Bud Light and they think Busch Light is gross, and how GUINNESS tastes like soy sauce (????) and "Natty Ice" is the shit, I might just walk blindfolded into heavy traffic. I won't play beer pong with Chimay Rouge or Celebration Doppelbock, but I also won't drink Miller Lite or Keystone Light out of anything other than a SOLO cup or funnel. At a time in history where we can obtain almost any beverage, either legally or illegally, from anywhere in the world, we should take advantage of that. Whether the beer is from a New England microbrewery or an exclusive Bavarian producer ceases to matter when you enjoy it.
Saving Without Sacrificing

BY STEPHEN MAZZARELLO
Herald Staff Writer

Previously, I discussed the opportunities local banks can offer you in your attempt to get a higher rate of return on your money. I wanted to take a moment to clarify a few points about Certificate of Deposit (CD) accounts. CD’s are beneficial if you have $1,000 or more in your savings account and don’t foresee yourself using the money in the next few months or years. If you don’t plan on utilizing your funds in the short term, then a CD is a good investment choice to get a rate of return that is higher than inflation. However, if you need access to your money and may incur a cost in the short term, a CD may not be your best option.

Before I explore the other investment categories with you, I felt that it would be advantageous to assist you in putting together a budget. There are three components to organizing your finances.

Determine your net worth: Create a personalized balance sheet to have a descriptive look at your personal assets and liabilities. The asset column on your balance sheet should include your bank account balances, savings bonds, and any large item you own that could be sold for cash. Your liability column should include car payments, car insurance, student loans, credit card debt and anything else that needs to be paid off.

Create a personalized income statement: Create a monthly income statement by listing your working income and other income for the month. List any source that brings in a consistent flow of cash. Next, include all expenses that occur regularly on a monthly basis. Once created, you should have a very clear and accurate look at what’s left over after all is paid.

Assess your quality of life: Once you know how much money is coming in each month and what needs to be paid, you can decide how much you can afford to save and how you’d like to live. Envision yourself three to five years in the future, what state do you reside in, where do you work, is your income higher or lower than it is now, will you be living in simplicity or extravagance. (Note: Any lifestyle is fine, simple or otherwise – your budget will just need to be prepared for what’s to come!)

There are many important factors that you need to consider before you can create a budget that will remain useful over the next few years of your life. Some of the things you may want to consider before you decide what’s right for you are your personal goals, future plans, family, lifestyle, and any retirement plans you may have.

My budgeting method that I have found extremely effective over the last few years has been using three percentages that get taken out of your paycheck or revenue source and gets allocated accordingly. To assist in helping you understand the allocation of your money, I have devised a fictional character named Billy Budget. Billy works part-time at Pizza Queen and makes a modest $7.00 an hour and is also a full-time student. He averages roughly 30-35 hours a week and after taxes, brings in $200.00 a week. The table shows his yearly, monthly and weekly expenses and savings. Billy pays his car insurance every 6 months and before establishing this budget for himself, he found himself always struggling to get cash before the due date. Now that he prepares himself each week to pay his bills and budgets his earnings using percentages that accommodate his lifestyle, he has reduced some of the financial pressures in his life.

In my last financial column, I recommended George S. Clason’s The Richest Man in Babylon as being a good place to start improving your financial literacy. The first piece of advice Mr. Clason shares with his readers is that a part of all you earn is yours to keep. Billy Budget saw the wisdom in his words and decided to pay himself first by putting 30% or $60.00 out of every paycheck into his bank account for the future. Previously, he had always spent his money first and saved what was left over and realized that almost always there was nothing left over. Mr. Clason points out that if you aren’t saving for your future and paying yourself first, you’re working for someone else. And that could be any closer to the truth.

It is my hope that this brief explanation of this budget method gives you the information you need to be financially successful. It’s important to understand that a budget does not mean sacrifice, or in any way compromise your quality of life. It’s the realization of your money to cover your expenses, give back to the community and save for your retirement. It means taking control of your financial future and working for yourself first. If you have any additional questions setting up and organizing a budget, please don’t hesitate to contact The Campus Herald and I will be sure to answer your questions in the next edition.

Recommended Reading: Think and Grow Rich – By: Napoleon Hill

SAILING

The Wildcats won a tough battle of the best, capturing an exciting title on Friday with a 2:2 tie on Saturday and a 9:2 out of 17 on Sunday. Senior Betsy Loomis (Centreville, Md.) and sophomore Rachel Leonard (Exeter, N.H.) piloted the team's "A" boat on Saturday while sophomore Tyler Woodruff (Chicago, Ill.) and sophomore Eric Lindoff guided the "B" team. On Sunday is one of the Wildcats top finishes of the year, freshman Sam Talbot (Kill Devil Hills, N.C.) and junior Jameson Lane (Capegapt, N.Y.) guided the "A" boat while Woodruff and sophomore Keira Walton (East Greenwich, N.Y.) had the "B" boat that finished seventh of 17 in their division.

GOLF

The Johnson & Wales golf wrapped up the 2006 fall season with wins over Emerson and Suffolk in a tri-match at the Cranston Country Club. Johnson & Wales posted a team score of 339, followed by Emerson with a 396 and Suffolk with a 435. Leading the way for Johnson & Wales was senior Kyle Morrell (New Fairfield, Conn.) with an 80 while sophomore Dustin Bride (Manchester, Conn.) shot an 82 for the Wildcats.

Johnson & Wales

Skiing

The eighth-ranked Johnson & Wales University wrestling team notched a second-place finish at the Ithaca Invitational in Ithaca, N.Y. The season-opening meet featured 17 teams, including 10 that are nationally-ranked to start the 2006-07 season. JWU finished with 136.50 points while the College of New Jersey took first-place with 146.50 points. Freshman Mike Bastante (Little Falls, N.J.) who was seeded 10th at 125 pounds to start the tournament, posted a 5-0 record and earned Most Outstanding Wrestler honors, taking first-place at 125 pounds for the Wildcats. Junior All-American Steve Martel (West Caldwell, N.J.), currently the top-ranked wrestler in the country, took first-place at 165 pounds, compiling a perfect 5-0 record along the way to become the first wrestler in the history of the Ithaca Invitational to be a three-time champion at any weight class. Fellow junior Brandon McDonough (Des Moines, Iowa), the country's fourth-ranked wrestler at 125 pounds notched a third-place finish with a record of 5-1, including a pair of victories via pin-fall. Freshman Tom Cucinello (Smithtown, N.Y.) also finished third after winning the consolation bracket, posting a 5-1 mark along the way for the Wildcats.

The Wildcats had six-third-place finishes for the tournament, including sophomores Bryan Lombard (Gloucester, Mass.) who tallied a 3-2 mark at 184 pounds. Sophomore Steve Eberle (Aurora, Colo.) placed sixth at 141 pounds with junior Pete Reilly's (Farmingtondale, N.Y.) 5-2 record at 157 pounds was also good for a sixth-place finish.

The Wildcats will return to action next weekend when they travel to Roger Williams for the RWU Invitational on Saturday, November 11th, starting at 10:00 a.m.

SPORTS

Wildcat Watch

By Dan Booth
Director of Athletic Communications

MEN'S SOCCER (15-4 overall, 8-0 Great Northeast Athletic Conference) Johnson & Wales has advanced to the GNAC Championship game for the fifth straight year and will take on Western New England in a rematch of last year's championship game, won by the Wildcats. The team continues to be one of the hottest teams in New England and national- ly, winning five straight and 15 of their last 16 games. The squad is currently ranked ninth in New England by the National Soccer Coaches Association of America while D3Kicks.com has the team ranked fourth in the region. JWU is led offen- sively by juniors Barry Phillips (West Glover, Vt.) and Brian Sousa (Providence, R.I.) who have each tallied 10 goals and added seven assists for 25 points. Junior Alli Oroszi (Ypsilanti, Mich.) is also in double figures for JWU, scoring six goals and adding six assists for 18 points while freshman Paul Dyre (Berwick, Maine) has chipped in with 18 points on the season. Senior goalkeeper Brenton Blanchard (Saline, Mich.) has posted a 1.11 goals against average and a .800 save percentage on the year with seven shutouts.

WOMEN'S SOCCER (9-9-1 overall, 7-1-1 Great Northeast Athletic Conference) JWU, the GNAC Regular Season Champions, dropped a hard-fought 4-2 decision against Western New England in the GNAC semifinals and will wait to hear of their post-season fate when the ECAC Division III selections are made on Monday, November 6th. Senior Leah Farrar (Uxbridge, Mass.), a GNAC Player of the Year candidate, led the team in scor- ing with 11 goals, including three game winners and eight assists for 30 points. Fellow senior Kelly Gill (Pawtucket, R.I.) added seven goals and six assists for 20 points on the season. Roundout the double-figure scorers for JWU is Katie Creichwicz (Howell, N.J.) with four goals and six assists for 14 points while rookie Jennifer Faquin (North Attleboro, Mass.) has five goals and one assist for 11 points. Freshman Kate Nast (Quakertown, Pa.), a GNAC Rookie of the Year candi- date, has recorded six shutouts this year with a 2.23 goals against average and a .772 save percentage.

WOMEN'S VOLLEYBALL (23-13 overall, 8-3 Great Northeast Athletic Conference) Junior Kelle Pfunder (Cincinnati, Ohio) became the fastest player in JWU history to reach 1,000 career kills as she reached that milestone in the Wildcats impressive 3-0 win over Emerson in the GNAC quar- terfinals. The fourth-seeded Wildcats will travel to Emmanuel on Thursday, Nov. 2nd to take on top-seed Emmanuel. Freshman Kaitlyn Pendergast leads the team in scoring with 3.68 kills per game while hitting for a .294 percentage. Junior Audra Vaccari (Winsted, Conn.) also among the GNAC leaders in set assists with 10.29 per game and is adding 3.07 digs per game for the Wildcats. Freshman Ashley Constantino (Marlton, N.J.) has made an immediate impact for JWU, averaging 2.1 kills while her 3.66 per game rank her among the conference leaders. Sophomore Alanna Schloff (Oak Park, Ill.) has been among the team leaders in every category this season, averaging 2.45 kills and a team-best 0.60 blocks per game while sophomore Ramona DiFilippo (Galloway, N.J.) is second in the GNAC with 4.4 dig per game for the Wildcats.

MEN'S CROSS COUNTRY

Freshman Patrick Sandoval earned All- GNAC honors with a ninth-place finish at the GNAC Championship while senior Trenist Montolvo was right behind him, finishing 11th with a time of 30:58.

WOMEN'S CROSS COUNTRY

Danielle Sargent (Dansv, Mass.) was an All-GNAC honoree on the women's side with a fourth-place finish in a time of 21:10. Freshman Alexandra Wessman also had a strong showing for the Wildcats women's team, placing 12th with a time of 22:01.

Johnson & Wales Hockey Takes Dunkin Donuts Cup Championship

By Dan Booth
Director of Athletic Communications

The Johnson & Wales hockey team captured the Dunkin Donuts Cup Championship with a 2-0 victory against North Country Community College at the New England Sports Center on Saturday evening. The Wildcats defeated host Becker by a score of 7-5 in the opening round on Friday night.

In the 7-5 victory against Becker on Friday night, juniors Matt McGilvery (Rochester, N.H.) and Ryan Jacobs (Newport, Vt.) and freshman D.J. McNaughton (Holliswell, Maine) each had two goals. JWU while sophomore Charlie Bacon (Hudson, Mass.) made 12 stops while allowing just one goal in the win.

On Saturday, Bacon was outstanding in goal for the Wildcats, posting 38 saves in the 2-0 shutout victory over McGillivary's power play goal at 12:18 of the first period would prove to be the game-winner. Junior Adam Frew (Concord, N.H.) also added a goal in the victory for the Wildcats while sophomore Dave Notartomasso (Winchester, Mass.) tallied a pair of assists and had one goal and an assist for the weekend.

With the wins Johnson & Wales is now 2-0 on the year. The Wildcats will return to action on Wednesday, November 8th when they host Framingham State in an ECAC Northeast contest at the Rhode Island Sports Center at 6:00 p.m.

JWU Golf Downs Emerson & Suffolk

By Dan Booth
Director of Athletic Communications

The Johnson & Wales golf team defeated Emerson and Suffolk in a tri-match at the Cranston Country Club on Friday afternoon. Johnson & Wales posted a team score of 339, followed by Emerson with a 396 and Suffolk with a 435.

Leading the way for Johnson & Wales was senior Kyle Morrell (New Fairfield, Conn.) with an 80 while sophomore Dustin Bride (Manchester, Conn.) shot an 82 for the Wildcats.

Johnson & Wales Women's XC Takes Third, Men's Take Fourth At GNAC Championship

By Dan Booth
Director of Athletic Communications

The Johnson & Wales women's cross country team placed third while the men's squad had a fourth-place finish at the Great Northeast Athletic Conference Championship, hosted by Rivier College on Saturday afternoon. Western New England took the championship while Morrice captured the men's title.

Patrick Sandoval earned All-GNAC honors on the men's side with a fourth-place finish while senior Trenist Montolvo was right behind him, finishing 11th with a time of 30:58. Danielle Sargent was an All-GNAC honoree on the women's side with a fourth-place finish in a time of 21:10. Alexandra Wessman also had a strong showing for the Wildcats women's team, placing 12th with a time of 22:01.

Johnson & Wales Wrestling Places Second At Ithaca Invitational

By Dan Booth
Director of Athletic Communications

The eight-ranked Johnson & Wales University wrestling team notched a second-place finish at the Ithaca Invitational in Ithaca, N.Y. The season-opening meet featured 17 teams, including 10 that are nationally-ranked to start the 2006-07 season. JWU finished with 136.50 points while the College of New Jersey took first-place with 146.50 points. Freshman Mike Bastante (Little Falls, N.J.) who was seeded 10th at 125 pounds to start the tournament, posted a 5-0 record and earned Most Outstanding Wrestler honors, taking first-place at 125 pounds for the Wildcats. Junior All-American Steve Martel (West Caldwell, N.J.), currently the top-ranked wrestler in the country, took first-place at 165 pounds, compiling a perfect 5-0 record along the way to become the first wrestler in the history of the Ithaca Invitational to be a three-time

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JWU Men’s Soccer Completes Undefeated GNAC Season With 2-1 Win Over Suffolk

BY DAN BOOTH
Director of Athletic Communications

The Johnson & Wales University men’s soccer team completed their first undefeated Great Northeast Athletic Conference season with a 2-1 win over Suffolk on Wednesday night at Filippello Field.

Suffolk took the lead in the game when Nick Celia tallied a goal in the 32nd minute to give the Rams a 1-0 lead. JWU junior Barry Phillips (West Glover, Vt.) responded in the 38th minute when he took a pass from junior Alin Orosz (Ypsilanti, Mich.) to knot the game at 1-1.

Just four minutes later, Phillips assisted freshman Dennis Gold (Lakewood, Ohio) on a header giving JWU the 2-1 lead. The two teams would then play a scoreless second half as the Wildcats took the 2-1 victory.

JWU senior Brenton Blanchard (Saline, Mich.) made three saves in the victory while Scott Panzano (Holmdel, NJ) had five saves for Suffolk.

With the win Johnson & Wales wraps up the regular season with a 13-4 record, 6-0 in the GNAC while Suffolk is 9-4 overall, 5-3 league play.

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Pop-punk legends New Found Glory's Coming Home

BY JACKSON BURTCH
Herald Staff Writer

New Found Glory has always been a musical-staple in many people's hearts. Since the release of Nothing Gold Can Stay and Sticks and Stones so many years ago, it seems that when the weather warms up and the sun shines through the clouds, the pop-punk goodness of NFG is always close in tow. However, the band's latest album hits us as the summer months fade and the air bands to the onslaught of fall. Incidentally, the band's musical thermometer is still intact. Instead of an album full of summer-fist-pumping-anthems, they've released the perfect music by which to watch the leaves change and fall from the trees. It's important to note, though, that while the color of leaves may change, the underlying nature never does.

Being one of the first bands this reviewer ever really adored, and being one of the bands that helped shape the musical taste in his youth, it's only fitting that the band's slightly stylistic changes would be right in tune with this reviewer's own musical taste changes. While the choruses and sing-a-long hooks could compete with the best on any of their previous albums - it's the slower, melodic approach to the songs that truly makes the album come alive and fully breathe.

It's crucial you abandon any pre-conceived expectations for this album. If you're anticipating the band's previous albums or songs like "The Glory of Love (Cover From Karate Kid Part II)" or "From The Screen To Your Stereo," you're going to be completely let-down. However, if you're looking for an album that has maturity and still contains the hooks and catchy nature of pop-punk, this is sure to be one of your favorites. Hand claps, gang vocals, acoustic guitars, piano and... strings! I think that if you're not singing along, you secretly want to.

Sure, bands will attest to learning more about themselves from album to album, but it's not a matter of abandoning the good and bad times of the past to wholly invent a new sound. NFG have taken the good, the bad, and the ugly and melded them into their signature of positive, reaffirming and simply enjoyable music that reminds you of where you are and why you're doing it. The stand out tracks include the lead single, "It's Not Your Fault," the title track, "Coming Home," the classically touching, "Too Good To Be," and the brilliant closer, "Boulders."

Back when New Found Glory's Self-Titled album was released (1998), there weren't many that gave it a chance to be one of the building-blocks for an entire genre. However, in hindsight, it appears as though disc may have had more of an impact than anyone ever could have guessed. While Coming Home may not have the same roaring result as Catalyzer, it most certainly has the qualities that could make it a classic in time.

The Coffee Exchange sets the Bar for Providence Coffee Houses

BY CARA MCAVOY
Herald Staff Writer

Throughout the trimester, I hoped to use this Coffee Column to uncover the "best coffee house" in Rhode Island. As of yet, I have found some great, and some not so great, places to grab a generic coffee and a bite to eat. My search for an actual coffee house had thus far proved futile. As the last issue of the trimester approaches, I think I have found a real-live coffee house, beans and all.

The Coffee Exchange 207 Wickenden St. www.coffeexchange.com Open 6:30 am-11 pm 7 days a week

The aura extended all the way to the paved sidewalk where the first cluster of coffee bearing hands fingered to enjoy the day. On the large outside deck above street level, small tables were clustered with patrons trying to enjoy the last of the warm weather. Conversation between tables gave the feel that these people knew each other, that most of their conversations were on-going and innocent, based on enjoyment rather than necessity. Here was the real "coffee shop" atmosphere. The one place in the hustle and bustle of everyday life where nothing mattered, but life's real problems were mulled over for hours. Passing by the clusters of people, I entered the building blocks to see in vast quantities what I had looked for, for so long: coffee beans, and by the bin! These bins represented coffee from around the world. Each had its own distinct smell, color, roast and story. Any questions about the vast array of beans could be answered by the attendants behind the counter. These were also the wonderful people who chose the "coffee of the day." The name of the daily grind may not be known to you, but as soon as you enter the shop, you can smell that daily coffee choice brewing. The line for the register winds along an old wooden counter adorned with break-fast eats and little coffee treats. A large board behind the counter advertises all the coffee choices and other drinks including several kinds of chai, Italian sodas and hot chocolate. Coffee is, of course, the star player though and any decoration that coffee could ever desire can be found oppo-site the main register. This side table has simple syrup (sugar solution best for iced coffee), cinnamon, cocoa powder, cream- ers, sugar, etc.

As I turned from the counter to find a seat, large daily coffee in hand, I felt the essence of a Sunday morning hit me square in the face. The crinkle of newspaper pages turning was mixed with voices and laughter. Soft light trickling through the windows warming the wooden chairs gave the room a cozy wholesome- ness, hard to find in the fast paced, attitude-driven world we live in. Securing a seat in the corner, I sat to watch the crowd and enjoy my long awaited coffee.

From my perch I noticed the sound of newspapers shuffling would be a common one since The Coffee Exchange offers its guests several complimentary selections. Internet connections were also available for the technologically driven who would rather read their news electronically. While the readers could enjoy their papers, there was a saving grace for the shopaholics: coffee paraphernalia! Everything a coffee drinker needs from filters to decor- ations could be found along the walls and displays.

In short, this local café is a tribute to real coffee houses, whose absolutely captivat- ing aroma envelops you as soon as you enter. Besides capturing the essence of old time shops The Coffee Exchange has taken another personality token from the past: common decency. Forgiving the highest profit margin, and disregarding the race for fame and fortune The Coffee Exchange sends a percentage of all coffee sales back to where the beans began: the farmers. Support agriculture, take part in intelligent conversation, and relax, by indulging in a cup of coffee from The Coffee Exchange.
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