Add Some Refinement to Your Degree

Professors propose 'wine & spirits' concentration for College of Business students

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Students Educating Themselves to Educate Their Peers

BY DARIN WILDENSTEIN
Guest Writer

It is estimated that by the year 2010, there will be 45 million people living with HIV/AIDS. Many of us take off to college to become our own people. In doing so, we engage ourselves in activities that may not always be safe. Some get drunk, bring home random hookups, engage in actions with several sexual partners and even experiment with drug use. Are we putting ourselves at risk?

In recognition of World AIDS Day, Kappa Alpha Psi Fraternity, Inc, the J&W college chapter of the NAACP, the University Involvement Board, Health Education, and the Women's Center attracted about 150 students to their HIV Panel Discussion & Lecture on Dec. 5 in the Pepsi Forum. I was delighted to see student organizations on campus network with on- and off-campus resource centers. They arranged, and successfully pulled off, what I would consider an on-campus forum, making their peers aware of the seriousness of this world wide epidemic.

Showing their support from the on-campus perspective were Residential Life staff, Dr. Ed Hathauer of the Student Counseling Center, Wendy Speck, RNC, of Health Services, Dr. Vietti and Dr. Palumbo of Providence Health Services.

See AIDS HEALTH, page 2

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Inflation roars back with 2 percent wholesale price jump

BREITBART.COM

Reprinted with permission.

US inflation made a surprise comeback in November with a surprising 2.6 percent rise in wholesale prices, the biggest monthly jump in 30 years, the government has reported.

The Labor Department's producer price index (PPI) was far ahead of Wall Street expectations of a 0.5 percent rise and showed strong increases in a wide range of goods.

The core index, which excludes volatile food and energy prices, was up 1.3 percent - the largest increase in more than 25 years - against expectations of a 0.2 percent rise.

The surprise jump in prices challenges expectations from economists and the Federal Reserve that inflation is under control.

But some analysts said the increase may be a one-month quirk.

"The November increases in producer prices should not be viewed with alarm, because of past monthly declines," said Peter Morici, economist at the University of Maryland.

"Over the last year, producer prices, including food and energy, have risen only 0.9 percent, and consumer price inflation is likely to moderate through the early months of 2007."

Because the PPI fell 1.6 percent in October, some said the latest report simply smoothed out the bumps.

"The two months are best viewed as a net 0.4 percent increase, or about 0.2 percent per month," said analyst at Briefing.com. "This doesn't change the overall outlook for consumer inflation."

The latest report showed energy prices rose 6.1 percent in the month, the sharpest gain since February 2003, just before the US-led invasion of Iraq. Within the sector, gasoline prices rose 17.9 percent, the biggest increase since June 2000.

Light truck prices rose a record 13.7 percent, shattering the prior record set in July 1980, when truck prices rose 4.9 percent.

Intermediate goods, which are partially processed materials, rose 0.7 percent in the month, the sharpest rise since May.

The PPI report is one factor considered by the Federal Reserve, which has held its base rate steady since August but has warned it may hike rates again if inflation remains a problem.

Some analysts say the Fed is in a bind because inflation remains troublesome despite soft economic growth.

But Stephen Gallagher at Societe Generale said that the PPI report was skewed by energy costs and auto prices at the wholesale level that may not affect consumers.

"Auto and light truck prices are soft at the consumer level and will remain soft for some time as auto companies work down currently excessive inventory positions," he said.

"The core we should be watching is ex-auto vehicles at 0.2 percent," he said.

"This is what the Fed will consider and the Fed will view auto prices as tame."

Jungle secrets: 52 new species found in Borneo's 'Lost World'

BY JULIE WHEDON
Daily Mail
Reprinted with permission.

More than 50 new species of animals and plants that have never been seen before have been discovered in a 'Lost World' on the island of Borneo in just 18 months, say scientists.

Among them are two tree frogs, a whole range of plants and trees and 30 brand new types of fish including a tiny one less than a centimetre long and a catfish with an adhesive belly that allows it to stick to rocks.

Scientists said the remarkable discoveries on the island - equivalent to one a week over the past year - show why the unique environment must be preserved for future generations.

They said its previously remote and inaccessible forests are one of the "final frontiers for science".

Yet they are under threat from developers wanting to create new rubber and palm oil plantations.

Last year the WWF conservation charity revealed how 361 new species had been identified and described on Borneo since 1994.

Now a new report has revealed how since July 2005 another 52 new species have been discovered.

See JUNGLE, page 2
AIDS Health

Continued from cover.

Medical Healthcare Center, and Sarah Finson of the Office of Student Activities. I was also enchanted to see administrators in attendance, including Vice President of Student Affairs Ron Mangus and Providence Campus Vice President Akhil Gupta.

With her inspiring story, key note speaker Hydies Broadbent ended the evening of events by showing students that even with contracting this deadly virus, there have been advancements and hope is there. Broadbent bravely told her story of how she has lived her life since birth with HIV, and was not expected to live past five years of age. She went on to tell students about the troubles she faces, still trying to break the stereotypes that lay among a large portion of the population today, regarding the HIV virus. She told students the best way to understand is to educate yourself with the facts and then help educate others.

Students were presented with some of the most up to date information about HIV/AIDS from leading experts right here in Rhode Island. Dr. Melissa Gaitanis of Miriam Hospital’s Infectious Disease Division, spoke of the latest information on the development of an HIV vaccine. She dispelled myths the students may have had running through their minds and asserted: you cannot get AIDS from having the vaccination and the government does not want everyone to get AIDS.

She grabbed the attention of the students, informing them about how they could become involved in the development of an effective vaccine for HIV.

Most attention seizing to students, with her high energy and passion for the cause, was Donna Williams, better known as Dee-Dee. Through her work with domestic abuse survivors, as Director of Advocacy at Sojourner House, she has come face to face with AIDS, by “trying to help get women and their children back on their feet.” While waiting for her program to begin, she was on the floor interacting and amusing students, but when the time came for her to deliver her message, she was all business. Williams started by educating the audience on the meaning of the red ribbon in her strong protest against a “mad disease.” She continued and was a wake up call for students, stating that “this mad disease has taken our family, friends, mothers, fathers and even our home boys” and “the actions that you take against [AIDS] will be the direction that we take.” Williams was also a wake up call to the young females in the room, telling them that they were needed to live in success and has a special organ that allows it to stick onto rocks.

Six new species of Siamese fighting fish were also in the fresh-water species on the island, three from the the Heart of Borneo and the rest in Kalimantan.

Borneo has long attracted researchers including the British naturalist Thomas Hallow in the 17th and 19th centuries who established footholds along the northern coast. It has also harboured scientists for at least 15 years due to its remarkable diversity of creatures. However, they are still areas of the island that remain largely unexplored.

The inner region, the called Heart of Borneo contains relatively inaccessible areas. However, it is believed there may be thousands more plants and animals still to be discovered.

In conservation, these areas can harbour a unique and rich selection of species from Asian and Australasian families.

Borneo is very rich in biodiversity compared to many other areas. There are about 15,000 species of flowering plants with 3,000 species of trees, 221 species of terrestrial mammals and 420 species of resident birds in Borneo. Even the largest animals on Borneo are very closely studied by scientists.

It was only in 2003 that experts found that the island’s pygmy elephants are recognised as a distinct species of Asian elephants and are likely a new sub-species. And it wasn’t until 2000 that scientists found that Borneo’s orang-utan population is a separate species from other orang-utans.
Beverage Concentration now Available for Business Students

BY JASON S. WILLIAMS
Editor-in-Chief

"We're just going to wait a few minutes," said Professor Erin Wilkinson, glancing at the clock. Shortly after 4:30 PM on Monday, December 18, students gathered in the Statler Dining room in Xavier Hall for an informal gathering. Students interested in learning more about the Beverage Concentration, proposed by Professor Wilkinson and colleague, Beverage and Dining Services Department Chairman Edward Korry, were asked to attend the "sample wine tasting."

Cheese, fresh bread, and empty glasses graced the room as students took their seats around the main table. Korry and Wilkinson passed out scoring sheets, or "Testing Notes," that would be used to document the various attributes of the respective wines.

Prior to tasting, Professor Korry described the point of the proposed concentration. The courses, he said, were developed to provide students a "toolkit to be used in the beverage world." Student will learn to "develop a high level of proficiency in the beverage world."

Understanding the determinants of quality, taste, color, value, branding, and marketing are all aspects that will be covered by the concentration, which is open to Bachelor's degree students enrolled in the College of Business. "How do you figure all that out?" he asked. "Learn how to taste."

Although an informal presentation, Korry and Wilkinson described in detail, the levels of study that must accompany anyone interested in sincerely learning the details of the lucrative wine trade. The Business of Licensed Alcoholic Beverages in the US (CUL4070) will be a "very rigorous program," said Korry.

Every year, roughly 16,000 new wine labels are introduced to the market, "and most go out of business," said Korry, twirling a glass of golden Muscat Kourtaki.

The goal of the concentration is to allow College of Business students the opportunity to increase their skills and knowledge in wine & spirits so that they are better prepared to work in management positions in a number of beverage related industries.

Following the mock wine-tasting and a detailed history of each of the two wines, the first, a Moet & Chandon Nectar Imperial Rose from France, and the second, a Muscat of Samos Kourtaki from Greece, few glasses were left full.

The inaugural class will be offered in the 2007 Spring term. Interested students are asked to contact Professor Erin Wilkinson or Department Chair Edward Korry.

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NSO Congratulates Competitors

The Competitive Events Institute of National Student Organizations held a Career Day Role Play Demonstration on November 9th in which contestants competed before industry judges including Frito-Lay, Inc., The GAP, and Walt Disney World Swan & Dolphin Resort. Congratulations to this year's competitors!

Marketing Management
1st Place Katelyn Tyrrell
2nd Place Robert Stone

Human Resources Management
1st Place Savannah White
2nd Place Stephen Sperandio

Sports & Entertainment Marketing
1st Place Nicole Eichenlaub
2nd Place Melanie Duec

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Stay healthy with these fitness tips

BY KINSLY GREENLAND
Herald Staff Writer

Almost every student at J&W is aware of the benefits of working out. Regular visits to the gym result in higher confidence, better health, and a more dynamic lifestyle. If all of these MORI-21 stress levels were to reach the end of the day, and much less tired. If consistently exercising still doesn’t give you the energy you’re looking for, try working out after breakfast. This will allow you to get your workout done before the rest of the day leaves you exhausted. I’ve gone to the gym before, but I was so sore the next day I couldn’t bring myself to go again.

This happens a lot with people trying to get into a workout program. The most important thing to realize here is that a great body is acquired over many, many months. If you are just starting to workout, take it easy for the first few weeks. You may feel like you can do more in the gym, but remind yourself those five easy workouts a week produce better results than one hard one with a six day break afterward.

I’ve never gone to the gym before, but I want to start. Where can I find some help? I would recommend bodybuilding.com or any other website. They have a huge list of workouts, nutrition plans, and a great message board where you can talk with other fitness enthusiasts. Don’t let the name deter you; the website is as friendly to gym rats as it is for those just getting started. If a website doesn’t do it for you, Men’s Health, Men’s Fitness, or Shape offer great workouts in every issue, as well as easy to understand directions.

A note from the Health Educator: Be healthy, be safe. If you need help figuring out if a relationship is healthy or unhealthy, you can get advocacy from the Women’s Center (x1138) or professional counseling from the Student Counseling Center (x1016).

In emergencies: Safety and Security is available 24 hours/day (x1103). They can notify an on-call counselor after hours. If you are off-campus, call 911.

Off-campus resources:
Day One, formerly the Sexual Assault and Trauma Resource Center: 421-4100
24 hour RI Victims of Crime Helpline: 1-800-444-8100

Health Services Update

Attention Students: Students who have incomplete medical records will not be able to register for the next trimester. Please contact Health Services.

Health Services Hours and Contact Information: Downey, Xavier Residence Hall Basement: 598-1104
Monday and Wednesday: 7am-4pm
Tuesday and Thursday: 8am-4pm

Physician available: Monday and Wednesday, 9:30-12pm by appointment

Harborside, 1st Floor Student Services Complex - OPEN LATE: 598-1151
Monday, Tuesday, and Thursday: 7am-11pm
Wednesday: 7am-4pm
Friday: 8:30am – 4pm

Physician available: Tuesday and Thursday, 9:30-12pm by appointment
Note: While culinary weekend classes are in session, this office is also open Sundays, 9am-3pm.
"What's on your wish list this Holiday Season?"

Genna Gagnon '09 SEE Mgmt.
Paul Landowski '09 Marketing
Naiyyah Price '09 Fashion Merchandising
Danny Rubner '09 SEE Mgmt.

"All I want for Christmas this year is money towards traveling to Australia this summer."

Monica Chavez '08 Int'l Hotel Management

"For Christmas, all I want is money since I'm so hard to shop for."

"This Christmas I would love to receive a Sidekick 3!"

"All I want for Christmas is cash money."

"I wish for a longer break, so I could sit on the beaches of Hawaii just a little bit longer!"

Jason Shiles '07 SEE Mgmt.

"I really want an iPod, but I'm happy as long as my parents pay my bills."

"First off, I would like to thank God for everything he has blessed me with. And of course, I would like to receive money."

"I'm pretty much content with all my possessions, so I would like world peace!"

"I want an iPod."

"I want my iPod back, and a job to have money for holiday spending."

Dina Fernandez '10 Fashion Merchandising
Andrew McQuesten '08 SEE Mgmt.
Samuel A. Miller '08 Mark. Communications
Gemal Harrison '08 Computer Tech Services
Dear Editor:

I am writing in response to those who say downtown Providence is being held back by the nightlife. When people say the nightlife, I assume they are referring to the college students; because most of the people I see out enjoying the late nights are if not college students, then they at least look like college students. College students who supposedly prevent the full revitalization of the city. Rude in my mind according to some accounts stagger from bar to club to bar to club to bar to pizza joint; passing only for the occasional brawl or barf in the alleys. Well, they seemingly terrify potential residents. Apparently, downtown Providence is like New Orleans. There is a huge, X rated Burlesque show complete with passed out co-eds and frat boys bumping chests. Sodom and Gomorrah incarnate, right here in Rhode Island. And I thought it was "The Ocean State". The only thing missing is the "Girls Gone Wild" cameras screaming, "Chug one more!"

Now these late night debaucheries are preventing further development and scaring off the well-heeled yuppies from resettling the downtown district, not back-room deals and exorbitant prices. Right. $450,000 for an unfinished loft is not the reason why Armadillo lawyers in Bimmers are not matching downtown bargains up. It's the college kids. These very same kids who kept the lights from permanently closing on Providence. The kids who have paid $25,000 to $33,250 (Brown tuition) a year to live and spend here. The same kids who have gone out and dropped their or their parents' hard-earned bucks here, here in the restaurants, the theatres, the coffee shops, and yes, the bars. What was keeping the city alive? It was the students, the ones at RISD, the ones at JWU, Brown, Providence College and Roger Williams. Their money flow helped the city's heart to keep pumping, recharged with a new and eager class every year.

And if these new students need to learn their limits the hard way, why can't we? In a safe environment? Isn't that what college years and college towns are for? Safe surroundings where experimentation and mistakes are made before the outside world makes you pay? What's a little fracas on Friday night or a minor stir on Saturday?

Minor blunders by college kids do not prevent downtown's renaissance; their activities do not inhibit investment. They have invigorated the area and I dare say that anyone moving downtown should brace the exciting and energizing effect.

Sincerely,

James M. Myers
Conference Allows Holocaust Revisionists Freedom of Speech

By Tim Colletto
Ideas & Opinions Editor

On December 11th and 12th, Iranian officials gave the top 67 Holocaust revisionists from 30 countries the chance to speak free from persecution. The conference was put together by the Institute for Political & International Studies to create opportunities for "suitable scientific research so that hidden and unknown angles of the most important issue of the 20th century becomes more transparent." Iranian officials stated that the conference was meant to allow the expression of various viewpoints that cannot be legally expressed in Europe.

A major lesson can be learned from last week's Holocaust conference. Putting aside all the controversies, regardless of the political intentions of President Ahmadinejad, the criteria for speakers, and the violent implications of "wiping Israel off the map," Iran has brought the issue of Holocaust revision and freedom of speech to a global level.

Even if the selection of speakers was one-sided, this two-day conference pales in comparison to the twelve European countries and Israel with laws that enforce only one side. These laws have been enforced for decades, so part of the reason we know only one story is that it's illegal to question the other. But because certain evidence has emerged which questions our basic views of the Holocaust, some have spoken out regardless of the potential prosecution. These people have become known as "Holocaust revisionists," or "Holocaust deniers."

A Holocaust revisionist calls for the re-examination of historical facts relating to the Holocaust. They agree that concentration camps did exist, millions of people were deported and displaced, and massive atrocities were committed against Jews and other groups which resulted in high death tolls. I don't think anyone argues that the discrimination was one of the most horrendous and inhumane acts of modern times. However, revisionists argue that the number of "6 million" includes people who were killed, people who fled to other countries, were missing, and soldiers who died during war, that gas chambers and ovens were not used to systematically kill people, that photographs were improperly attributed to concentration camps or were the result of allied propaganda, Nazi Germany did not have a program which deliberately targeted Jews, and most of the official research is biased and without criticism. Surely, a major investigation should be launched into some of these claims.

There are some that claim the Holocaust was consciously placed in propaganda in order to justify the state of Israel. These people are usually called "Holocaust deniers." Zionist movements have been around for a long time, and were movements long before World War II who pushed to create a state of Israel. While one reason Israel was created was to make up for the Holocaust, that does not give people the right to be anti-Semitic, use violence, discrimination, or for "Israel to be wiped off the map." Others are concerned about free speech and accurate visions of history. If it can be proven that the number of people killed is severely lower than originally thought, due to everything that's happened since then, it would cast a shadow over the entire state of Israel. While there are people in the world who are anti-Semitic, the questioning of a historical event has no implications of anti-Semitism.

There is a major difference between people's specific opinion and their right to express that opinion. In America, the first amendment gives people the right to express their opinions free from persecution. Everyone should have the right to have an opinion, no matter what it is. When a book or article is published that people feel is "nonsense," the author cannot be thrown in jail for it. But in Europe, there are twelve countries that prosecute people for questioning the historicity of an event. The last government in Europe to enforce specific interpretations of historical events was Nazi Germany. Surely, the adoption of these principles by "modern states" does little justice to those who were killed by the Nazi's.

One speaker at the Iran conference was Robert Fairisson (France), who claims to be apolitical and an atheist. For over 40 years, Fairisson has been a leading scholar on the Holocaust and in 1970 came to the conclusion that the Holocaust was not as it appeared. Since then, he has written numerous books and articles questioning the Holocaust. Because of his views, he has been assaulted 10 times, twice nearly killing him, was fired from his job and prosecuted by the law. Reference.com states Fairisson's main argument is that "the Nazi gas chambers would have needed a perfect hermetic sealing; a special introduction and distribution system for the gas; a fantastic ventilation system to eliminate the gas from the chambers after the mass murders; a system to neutralize the exhausted gases; and, quite separately, a device, incredibly clever in design and construction, to eliminate the gas which would adhere stubbornly to the bodies, making further handling lethal." He also claims he's "been waiting 32 years for someone to show me these gas chambers." Do these opinions warrant assault or prosecution?

The main criticism of the conference are obviously Israel, most of Europe, and America. Isn't it odd that the "greatest country in the world" condemns freedom of speech, the one thing we are founded upon and use as excuses to invade countries? Isn't it wrong that Israel condemns a conference in the wake of horrendous crimes they are committing against the Palestinians in Gaza, the West Bank, and Lebanon? Isn't it wrong that Israel is asking the Pope to condemn the conference, when at the same time they denied a fact-finding mission for evidence of human rights violations in Gaza, led by peace activist Nelson Mandela? Furthermore, is it wrong that countries pay 10's of billions of dollars in restitution to Israel, when the United States has paid little for their massive atrocities against the Native Americans, in the Spanish-American War (1898), Philippine-American War (1913), Cuba, France, Germany, Japan, Nicaragua, Guatemala, El Salvador, Colombia, Vietnam, Cambodia, Iran, Afghanistan, Iraq, Palestine, etc. Furthermore, is it a waste of time and energy to debate these issues? Should the Holocaust be considered a unique event in history? Surely it is not. Should we not instead go into history and emerge with knowledge in how to deal with issues today? Should we instead spend time trying to eliminate massacres in Darfur, Iraq, Gaza, and the West Bank? Are we going to stand by and watch idly like the rest of the world while these things continue to happen?

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This Week in Greek

Greek of the Week
This week's Greek of the Week is a member of Alpha Sigma Tau. She is the philanthropy chair for her sorority and has turned her sisters around when it comes to community service events. Within the first two weeks of school Kate has organized a kidney walk, researched alcohol community service events, and a habitat for humanity building. She has also planned days for her sorority to work at a soup kitchen. Kate also holds the Alpha Sigma Tau Bylaws position and is always been the type of sister someone can rely on and talk freely to. Lastly, Kate and her father went above and beyond for the reproduction of the AST rock at Xavier. They took the time out to find, deliver, repair and plant the rock into the ground.

The Greek of the Week is Kate Dube

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Greeds Gave.
- A study by the University of Missouri found that Greeks throughout the US and Canada are more involved in their communities and rate their overall university experience better.
- The same Missouri study found Greeks are more financially successful after they graduate than independent students are, due to involvement in the same extracurricular activities as non-affiliated students.
- Greeks not only participate in their own fraternity or sorority leadership, but are also involved in the same extracurricular activities as non-affiliated students.
- An undergraduate, Greeks raise approximately $7 million per year for charities.

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New York City Bans Trans Fats
Will the rest of the United States follow?

BY JOHN O'CONNELL
Herald Staff Writer

America is a culinary melting pot. Dozens and dozens of world cuisines are all over the land of the free. Could some recent events hurt the culinary world? What are trans fats and how do they hurt us? Trans fats occur naturally, in small quantities, in meat and dairy products from ruminants. Most trans fats consumed today, however, are industrially created as a side effect of partial hydrogenation of plant oils—a process developed in the early 1900s and first commercialized as Crisco in 1911. Partial hydrogenation changes a fat's molecular structure (raising its melting point and reducing rancidity) but this process also results in a proportion of the changed fat becoming trans fat. Trans fats are not beneficial to your health, unlike some other fats. Eating trans fat increases the risk of coronary heart disease. Health authorities worldwide recommend that consumption of trans fat be reduced to trace amounts.

Will the ban hurt the food service industry? An official from the National Restaurant Association in an e-mail interview says, “Yes, it will.” The calorie limit is being set up to hurt the restaurants. So what city was “man” enough to ban Trans fatty acids? It was no other then the eighth largest city in the United States of America—New York City.

Dr. Thomas Frieden, Health Commissioner of New York, responded to this question in an e-mail interview with The Herald. “People are now going to make healthier decisions when choosing a restaurant to dine at,” he said. “By taking Trans Fats out of the world, we are taking obesity out of the world.” McDonald’s and KFC will take a huge hit and sales could drop severely within the next year or two. An estimated $20 million loss is associated with the ban. A McDonald’s spokesperson said, “We are trying everyday to ensure the quality of our food, not just taste wise but the nutritional value of the food. Our main concern is the health of our customers, which is 98% of the world population.”

When asked what ill effects are associated with the ban, McDonald’s responded, “With us having to change the type of cooking oil to an oil that is Trans Fat free, you could see an increase in the prices of your meal items.”

Is this a sign of things to come? With New York City being the first major municipality to ban Trans Fatty Acid, will the rest of the U.S. follow? It is already underway. Chicago banned Foie Gras, and in the spring of 2006, a motion similar to the New York ban was brought forward to Chicago City Council by Aldermen Edward Burke calling for the banning of Trans Fatty Acid cooking items in all restaurants and food service facilities. In California, Oros have been banned, and bills are currently sitting on both the house and senate floors of Congress, with other states such as Iowa, New York State, California, Illinois just to name a few. Some of those proposals could be cost deadly to restaurants, more specifically “moos and pop places” which are running on tight budgets already. One proposal in congress states that all nutritional facts must be shown on the menu. That means all calories, Sodium, Potassium, Protein, Total Fat, and Carbohydrates must be broken down for each and every menu item. The cost could be enormous and with the restaurant business that has an 85% failure rate within five years of opening already and some restaurants barely being able to make a profit, restaurant owners now have to think about possibly hiring a nutritionist or a nutritional firm to break down the facts of the dishes. That equals higher prices on menus.

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The Bigger Healthier Picture
Yes, trans fats do contribute to obesity, but so does the lack of exercise. With this ban, maybe healthier choices will be made by people in what they eat. Calif. Trans fats lead to bad blood pressure, cholesterol, heart diseases and clogged arteries. An estimated 30,000 Americans die every year with trans fat related health problems. That’s a number to keep in the back of your mind next time you’re enjoying those 11 herbs and spices in every deep fried piece of chicken at Kentucky Fried Chicken or that Big Mac with a large order of America’s favorite Fries. “We are doing this [banning trans fats] to help America get healthier. Too bad we can’t get people to work out more,” said Dr. Frieden.

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Programming Yourself To Succeed

By STEPHEN MAZZARELLO
Herald Staff Writer

For me, the holiday season is a wondrous time of year. It provides me with the chance to see distant friends and family, enjoy much needed rest and relaxation and reflect on the weeks and months past. During this season, I am also infused with an extra sense of generosity and goodwill toward others, which is often easy to do when you’ve prepared well in advance for it. This time of year, no matter how or what you’re celebrating, brings with it the opportunity to save.

Since we are mere weeks from the new year, I felt it would be beneficial if I discussed goal setting for the new year. In order to set a clear plan for the future, it is imperative that you sit down and wish to become in 3, 5 and 10 years from now. I have devised a few simple steps to simplify this process.

Set a Broad Goal: A broad goal should be no more than three sentences in length and its purpose is to give you a general idea of how you wish to live your life and what your overall life purpose is. It is a good example of this might be to resolve to live until the day that I die. This broad goal may imply that the person wants to live spontaneously and have an adventurous and fun into all aspects of life. Once a broad goal is established, your short term goals (less than one year) and long term goals should fall under its general purpose.

Set Short Term Goals: It’s recommended to set five to seven short term goals that you wish to accomplish within a one year period. In a sense, the short term goals will act as milestones to assist you in achieving your long term objectives.

Set Long Term Goals: A long term goal is anything you wish to accomplish that will take you more than a year to attain. You might want to consider setting your long term goals first and then implementing short term goals to get you there. For example, if my long term goal was to secure a Front Desk Manager position at the local Hilton Hotel, my short term goals may be as follows: Gain an internship with Hilton Hotels during the summer of 2007 and work to improve my customer service skills by working for AAA’s call center on the weekends.

When setting goals, you should get into the habit of writing them down and reciting them to yourself every morning and night. By recording your goals on paper, you are unconsciously reconditioning your mind to achieve them. In my youth I had a great deal of trouble spelling and can clearly recall the low scores on my spelling exams. My mother constantly told me that there was no excuse for such grades, especially since I had all the answers before the test. The challenge was conditioning my mind to remember them. My mother’s method was one I dreaded then, but am grateful for now. It was to fold a piece of loose leaf paper into four columns and record the troubled word on the top of the page and write it 27 times down the column. By speaking each letter and finally the word aloud each time, I was mentally programming my mind to remember the spelling of each word. Years later I was able to make the connection between written goals and the realization of them.

There are many reasons as to why it is important to set goals. Obvious reasons are to do better, improve your quality of life and perhaps retire comfortably. The most important thing to realize is that everybody hopes to do better. But hope, unaided by clear planning, can actually hurt you. Setting goals and planning ahead doesn’t mean you are restricting your freedom and eliminating spontaneity from your life. Instead, goals will help you identify what’s important to you and can be used as an evaluative tool to measure your success.

What counts is your mental attitude and the power of your desire. Keep an open mind and be willing to break past habits and create new ones. If you stick to the plan, you’ll just need to sit back and watch what you become. You won’t be disappointed!

Latinos are the fastest-growing segment of Rhode Island entrepreneurs. To get a sense of the issues they face, Providence Business News followed 12 people through a 12-week business planning course for Latino entrepreneurs at the R.I. Small Business Development Center. This is the last of 12 articles in the series.

By Natalie Myers
Providence Business News Staff Writer
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Latinos are the fastest-growing segment of Rhode Island entrepreneurs. To get a sense of the issues they face, Providence Business News followed 12 people through a 12-week business planning course for Latino entrepreneurs at the R.I. Small Business Development Center. This is the last of 12 articles in the series.

For the entrepreneurs who participated in the R.I. Small Business Development Center’s ProStart program, the graduation ceremony was more than just a celebration. It was a validation of their desires to grow their existing small businesses or start new ones.

“We are 12 people with 12 different ideas for business,” Oscar Mejias told his class-mates at the event. “We are different in our thinking, but with the same dream.” Each entrepreneur walked away from the experience with a changed perspective on how to start, operate and grow a business, he said. And many already have applied what they learned in their businesses.

Andres Almonte said participating in the free, 12-week business planning workshop — taught in Spanish — has changed his ideas on how to best differentiate his business, ABC Insurance, from its competitors.

Since taking the first class on Sept. 13, Almonte said, he has begun to hold weekly meetings with his three-employee staff to discuss ways to improve customer service. One offshoot of those meetings has been the adoption of customer-service follow-up calls.

His firm also has started marketing to existing clients who have let their car, homeowner’s or life insurance policies expire.

In addition, Almonte has begun seeking a microloan from the R.I. Economic Development Corporation, so he can hire more employees to manage his growing client base.

Miriam Garcia, another participant, said she believes she was able to qualify for a $50,000 loan from Credit Union Central Falls as a direct result of her participation in Primer Paso.

“They liked my business plan,” Garcia said, adding that she had used the SBDC’s services to help her compile the business plan while taking the class.

Learning how to manage cash flow also helped her, she said, especially when communicating with her accountant. Garcia is midway through opening a meat market, called Fiesta Meats, in Central Falls.

To join the program, participants must have started a small business, are putting in the time and effort required to make that business successful and are willing to seek help for any problems they may have.

Aciila Martinez is an example. When she started Primer Paso, he said, she had been thinking of starting a life-coaching or spa business with a friend. The class helped her to focus her attention on a more viable business model.

Now, Martinez is taking serious steps to open a translating business, because it is something she already has the knowledge and capacity to do, he said. It will be a professional service that she can offer to the clients and services she already provides for her community.

“At the beginning of the class, I was lost,” Martinez said. “Now, I know I’m going to have to sit down and do the business plan. I’m going to need several people to help me. ... It’s not something I’m going to jump into without planning.”

Avilia said he will follow up with each participant through scheduled appointments. He also will invite them to participate in Primer Paso alumni group meetings, so they will continue networking with each other and will meet new graduates of the class.

John Cronin, executive director of the SBDC, said he hopes the Primer Paso participants will return for a series of business-to-business forums as well. Those forums would give them an opportunity to network with a wider array of entrepreneurs, not just with fellow Latinos.

“By building a strong network of Latino entrepreneurs, we can connect the mainstream entrepreneurs with them to make [all of the state’s] businesses stronger,” Cronin said.

“The state needs to take advantage of its creative entrepreneurs ... it’s our job to connect them.”
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~Office of the Student Government Association~
Coffee offers a simplistic escape

BY CARA MCAVOY
Herald Staff Writer

A review, by definition, should be an objective representation of facts. Anyone who knows me can tell you that I manage to suppress the urge to write based on my immediate first impression. In the coffee house reviews that I have written, I had to suppress the urge to write based only on my tastes and instead, account for opinions held by all. My success in this category is debatable. Regardless of our taste differences in decor and choice of menu style, I hope this column has been the instigation for at least a few good conversations with a few great friends over a few decent cups of coffee.

Why do we drink coffee? Obviously, it's the caffeine for some. It's the drive and motivation to get up in the morning and the boost to finish the day without dropping the ball. Why then do we drink coffee on a Sunday morning when our only plans for the day involve a TV remote and a comfortable pillow? We drink coffee because it's not only about the coffee. On the way to work, a cup of coffee is a reason to get up. On Sunday, coffee is a reason to lounge around the house, and when you run into a friend you haven't seen in a while, coffee becomes a common ground and a basis for conversation. The place coffee has in American society today has nothing to do with the beans, the water, or the fancy Italian name attached to it, but it has everything to do with the tradition that surrounds it.

The tradition is something that seems almost too burdensome to be present in everyday life. However, it is more about the shopping than the message of that day. Time that was traditionally family time (Sundays, dinner time, etc.) is taken over by work and other distractions. Although even the original cup of Joe has changed with the evolution of Starbucks and other coffee companies, the tradition of coffee still remains. This tradition is simplistic and familiar, and maybe, that is why it has lasted so long.

In the tide of ever changing technology (IPod, HDTV, Chocolate phones, Nintendo Wii), the aura of the coffee house adapts to coincide. As life became more fast paced, to-go cups were available everywhere. As computers became the norm, cafes introduced internet hook up in the establishment. Whatever new trends emerge, the cafe underworld will have a solution.

So why do we drink coffee? We drink coffee because we like to. Because the problems of our economy that is ever teetering on the brink of disaster, a world that is getting smaller everyday, warring people, disappearing rainforests, a wardrobe that refuses to be adequate, blind dates, ex-boyfriends, and the high rent that we all have to pay. It can all be solved, at least, solved for the moment. We drink coffee because it is a little escape that we allow ourselves to take with a few close friends when we just need to get away.

In Rememberance of Champion & Promises Kept

BY JACKSON BUATCH
Arts & Entertainment Editor

Once, in high school, I was asked to jot down my passions in life. So I ripped out a piece of paper, pulled out a beat up pen and began to handwrite as deep as my backpack and began to randomly list the usual suspects: family, friends, sex, my numerous jobs, sports and so on. Yet, one aspect of my life stood out so profoundly I didn’t even notice I had put it around the top of my list – staying positive about my life with music along the way to keep me up. And nothing did that better then good old positive hardcore.

Sadly, most people outside of such a realm have the assumption that “hardcore” is mainly affiliated with bands whose vocal words they can barely understand, off the chart guitar breakdowns and drum solos that go to the extreme. However, this is not the case for positive hardcore. To simply put it, the ideals and notions surrounding positively charged hardcore music reach into the heart of a person, and yanks out their inner most ambitions, doubts and dreams. A handful of friends of mine on the frontlines of Iraq even use this music to help them endure the harsh realities of war everyday. This style of music provides an uplifting, melodic tone through crisp, rough vocals that unify and inspires thousands. Instead of promoting drugs, sex, and violence, positive hardcore rallies around unyielding values and uphold the significance of life and one’s own beliefs. One monumental band to do this was Champion, with their first and only true full length release on Bridge 9 Records in 2004, titled Promises Kept.

Hailing from the far outpost of Seattle, Washington, Champion drank from just a local band playing cramped venues in 1999 to international acclaim with fans all over the world by 2004. When Promises Kept hit the shelves, admiring supporters scooped up the highly anticipated album with no hesitation. For me, it was like opening the most radiant treasure box in years. To say the least, it did not disappoint many, if anyone at all.

The opening title track draws in the engrossed listener with a slow rhythm and bursts the entire album wide open with a short onslaught of fiercely played guitar and drums. The lyrics are blasted in by Jim Hesketh (vocals) with words like, “Friends like these are not easy to live for.” These days are more than we ever hoped for!” Finishing with, “But still our hearts are true to promises kept!” This lone, steadfast introduction sets the stage for a firestorm of songs that gets the hands in the air, hearts pumping and of course, the bodies divning to songs such as Looking Back, Next Year, Decisions Made, Miles To Go and The Truth.

The song Perspective literally draws out driven emotions with diligently crafted guitar riffs by Chris Williams and Aram Aslanyan a sweet bit by Bryon through Andy Norton, fresh beats by drummer Todd Prebiski and the always reliable singing of Jim Hesketh. Together, it gives birth to a memorable, high-powered punch in the face with assertive lyrics such as “Holding on no matter what the costs / It’s not all we have, but it’s all we want / White knuckles, clenched fists, / we’ll make the best of this / And we’ll leave those regrets behind...” With consistent writing, righteous sing-a-longs and meticulous instrument play, Champion effectively carries the listener through the latter of songs including Failure, The Decline, The Break, Different Directions and the final climax Every Word.

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