The STORY OF BLACK HISTORY MONTH

TRISTAN THOMAS-ALLEN
STAFF WRITER

Black History Month, celebrated each February, has become a part of America's journey to cultural acceptance. But less than a century ago, this celebration went unrecognized until one man decided that the annals of historical tradition were severely lacking. This man was Dr. Carter G. Woodson. In fact, the entire study of Black history in this nation owes its very existence to him.

Born to two former slaves in 1875, Dr. Woodson worked in coal mines to help supplement his father's income as a carpenter until the age of 20, when he enrolled in Douglass High School in West Virginia. He finished in less than two years and then continued his education, eventually achieving a Bachelor's of Literature from Berea College, an M.A. from The University of Chicago, and a Ph.D. from Harvard University. In his exhaustive studies, he was appalled to find that no history books acknowledged his own part in history, the history of African Americans. "Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history," he once said. He sought to change his own missing history and established the Association for the Study of Negro Life and History (now called the Association of Afro-American Life and History) in 1915. He also did his own personal part to record the history of blacks in America by publishing several books and articles on the positive contributions of Black Americans in society. He continuously reached out to schools and eventually began the celebration of Negro History Week (the second week of February), the precursor to Black History Month. He strongly believed that Blacks should be proud of their heritage and struggles and that other Americans should accept and understand the original Negro History Week marked the birthdays of two vastly influential men in Black History, Frederick Douglass (February 14, 1818) his chosen date of celebration, although his actual birthday was never recorded) and Abraham Lincoln (February 12, 1809). When the celebration was extended to include the rest of the month in 1976, it covered a great deal more pivotal events in black history, including February 1 (1960): "The famous SEE HISTORY MONTH PAGE 2

Anti-War Protestors Converge on the Capitol

An estimated 500 thousand protestors marched on the Nation's capital this past weekend after a rally attended by celebrities and politicians.

Also in the news:
Lawmaker wants smoking in cars with children banned

The Capitol Police stood watch after about 300 of an estimated 500 thousand people rushed the lawn of the capitol building.

Photo by: Patrick Dyl

THE DARK SIDE

A LOOK INTO THE RISE OF PROVIDENCE'S ADULT ENTERTAINMENT INDUSTRY.

BY PATRICK DYL
EDITOR-IN-CHIEF

Nightlife and entertainment venues have been one of the many industries to benefit from the Providence renaissance of the past few decades. However aside from the theater, the art galleries, and the upscale restaurants, another industry has grown. The legal and illegal sex industry has found a home in Providence, taking advantage of a little known loophole in State law regarding prostitution, brothels, and "bath houses".

Although soliciting sexual favors on the street is illegal in Rhode Island, authorities say a loophole in state law allows prostitution behind closed doors including in storefronts that advertise as massage parlors and spas just blocks from City Hall. "We don't have a law criminalizing prostitution indoors," said Providence Police Lt. Thomas Verdi, who leads the department's anti-prostitution efforts. Police and city officials have pushed for legislation to toughen anti-prostitution laws, although some say adding more laws to punish prostitutes is unnecessary. State law prohibits loitering for the purpose of prostitution, as well as harboring or transporting prostitutes. But the safe of sex indoors is not specifically banned.

The City of Providence responded under the leadership of former, now imprisoned Mayor Vincent "Buddy" Cianci Jr., who is now serving sentence at Fort Dix, as a result of the Federal Bureau of Investigations "Operation Plunderdom" regarding corruption in the City's government. In 1991, after much study the city of Providence rezoned the city, and enacted an amendment that addressed the adult entertainment industry for the first time in the city's long history. The new zoning ordinances allowed strip clubs to open only in zones designated as heavy industrial, heavy commercial and downtown mill districts. The amendment also banned clubs from opening within two hundred feet of a residential zone. However the existing clubs at the time (The Foxy Lady, Sportman's Inn, Sabin Doll and Club Fantasia) were grandfathered and exempt from the new restrictions.

Two years after the new zoning regulations took effect, club Cheaters opened up inside a large pink building at 245 Allen Ave, and became the first of many sex clubs to open in the industrial zone. In

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North Korea denies sharing nuclear secrets with Iran
North Korea on Saturday expressed outrage at a British newspaper's report that Pyongyang was sharing its nuclear weapons technology with Iran, dismissing it as a "liar and mendacious public opinion."

"Their assertion is nothing but a sheer lie and fabrication intended to tarnish the image of the Democratic People's Republic of Korea by charging it with nuclear proliferation," a spokesman for North Korea's Foreign Ministry, quoted by state-run KCNA news agency, said Saturday.

The rebuttal came after a story published Tuesday by London-based The Daily Telegraph that said North Korea is helping Iran prepare for an underground nuclear test similar to Pyongyang's clandestine test in 2006.

The Daily Telegraph, citing an unnamed senior European defense official, said under a new agreement, Pyongyang will share data and information from the October 9 nuclear test with Tehran's nuclear scientists.

It reported, citing "Western intelligence agencies," an increase of travel by Iranian and North Korean scientists to and from Tehran and Pyongyang. The story was picked up by other Western newspapers and TV news channels.

In response to the story, U.S. State Department spokesman Sean McCormack said at a news briefing earlier this week that, in the past, North Korea has cooperated on missile programs with Iran.

"Whether that cooperation has extended into other areas, I don't have any information for you," McCormack said.

The Foreign Ministry spokesman said that North Korea "will continue to exercise its sovereign rights," and added that the international community in the field of nuclear nonproliferation as a responsible nuclear weapons state.

Soldiers abducted in Karbala, killed elsewhere
Four U.S. soldiers the military reported killed in an attack on the governor's office in Karbala last week were actually abducted and killed dozens of miles away, the U.S. military said Friday.

The breach assault, 50 miles south of Baghdad on January 20, was conducted by nine to 12 militants posing as an American security team. They traveled in black GMC Suburban vehicles the type used by U.S. government contractors had Amercian weapons, wore new U.S. military combat fatigues, and spoke English.

In a written statement, the U.S. command reported at the time that five soldiers were killed when the "sappers attacked." The next, two U.S. senior military officials as well as Iraqi officials say four of the five were captured and taken from the governor's complex, where they were found dead and one mortally wounded later that evening as far as 25 miles of the attack.

The U.S. officials said they could not be sure where the soldiers were shot after being captured at the compound. Iraqi officials said they believe the men were killed just before the Suburans were abandoned.

March on DC

Convinced this is their moment, half a million people marched Saturday in an anti-war demonstration linking military families, ordinary people and an icon of the Vietnam protest movement in a spirited call to get out of Iraq.

Celebrities, a half-dozen lawmakers and protesters from distant states rallied in the capital under a sunny sky, seizing an opportunity to press their cause with a Congress resolute on the war and a country that has turned against the conflict.

"Silence is no longer an option," Jane Fonda said to cheers from the stage on the National Mall. The actress once derided as "Hanoi Jane" by conservatives for her stance on Vietnam said she had held back from activism so as not to be a distraction for the Iraq anti-war movement, but needed to speak out now.

The rally on the Mall unfolded peacefully, although about 100 protesters tried to rush the Capitol, running up the grassy lawn to the front of the building. Police on motorcycles tried to stop them, scuffling with some and barricading entrances.

Protesters chanted "Our Congress" as their numbers grew and police faced off against them. Demonstrators later joined the masses marching from the Mall, around Capitol Hill and back.

Study: Students lack verbal, math skills

While many colleges expect students to possess certain verbal and math skills upon admission, a report released last week suggests many students lack these abilities. In an effort to get incoming students on the same level, state universities offer developmental courses that educate 40% of students in their respective subject areas.

According to the report released by the University of Wisconsin System Board of Regents in 2004, 14.9 percent of freshmen need remedial math course and 8.1 percent remedial English.

Media flocks to Obama as Clinton stays ahead in polls

Flip on any television news channel or read any newspaper, and you will find most media outlets are talking about one thing: The 2008 presidential elections.

Every day you will find the latest poll results, who the current frontrunner is, commentary on who has the best shot at winning and so on, all this despite the fact that the election is still almost two years away.

Of course, there is one name that is on everybody's lips: Senator Barack Obama. While Senator Hillary Clinton may be ahead in the polls right now, the media attention she receives may not show this.

"He's new, he's fresh," Craig Cutforth, assistant professor of communications(Illinois State U), said.

"He's a bit different, maybe a lot different. It's almost like a new product. People want to go out and get it."

"Media have been, and in particular, seem to be intrigued by Obama's candidacy," Phillip Chiddister, assistant professor of communications(Illinois State U), said.

"He's a media darling in that sense. He's getting exposure and generating an interest that otherwise might not be there."

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Police investigate brazen Woodsokken robbery

Woodsokken police say they're looking for a pair of robbers who beat two men and robbed one of them.

It's the third robbery in the city in the last four days.

In the latest incident, police say the vic-
tims were approached by two men as they walked downtown a drug store.

One of the victims was punched and the other was punched and robbed of his cell phone.

No arrests have been made. The case is under investigation. Police are looking for a possible link in the spate of robberies.

Fishing vessel with four on board missing in Nantucket Sound

The Coast Guard is searching Nantucket Sound for a fishing vessel with four people on board that failed to return to New Bedford Harbor.

The owner of the 75-foot Lady of Grace said the boat was to return to the harbor at five a.m. yesterday Saturday morning.

The Coast Guard says the boat's last known position was 12 miles south of Hyannis.

The crew from another fishing vessel communicated with Lady of Grace by e-mail until 10 p.m. Friday night, then con-
tacted the Coast Guard when Lady of Grace failed to reply to the last e-mail.

The Coast Guard has a Falcon jet and four ships searching.

Lawmaker wants smoking in cars with children banned

A state lawmaker wants to make illegal for anyone to smoke inside a motor vehicle while a child age six or younger is a pas-
senger. The South Kingstown Democrat says it's important to protect children who can't speak for themselves. She says young children are particularly susceptible to the health hazards of tobacco smoke.

Sonosnowski is following the lead of sev-
eral other states considering similar bans. The proposal is being welcomed by anti-smok-
ing organizations. But a smoker's rights groups call it an invasion of privacy.

Rhode Island already has a law that bans smoking in bars, restaurants and public places.

This page has been compiled from reports provided by The Associated Colleague Press (U-Wire) and the Associated Press.
Industry
Continued from Front Page
1994 the city again amended the zoning ordinances allowing strip clubs only to be opened in industrial zones which were two hundred feet away from a residential zone. And despite the city council's hopes, sex clubs continued to open in several large areas in which they were legally allowed to open. In 1999, the City Council amended the ordinance again, thinking that the city would, for all practical purposes, put an end to the future development of sex clubs. The amendment, citing the "adverse impact of adult entertainment on the citizens," said that any new business featuring adult entertainment uses must be at least 2,000 feet from a similar type of business. Further, it ordered the new adult entertainment businesses to be at least 500 feet from a residence, church, school, park, recreation area, library or open space. The zoning changes have shrunk the available land in the city for adult entertainment from 21 percent of all land in the city to just less than 3 percent.

Much to the chagrin of politicians and other advocates, the more restricting zoning regulations did not halt the development of the adult entertainment industry, rather it focused development in small areas of the city, mostly the Allens Ave industrial area. Years ago, while he was still Mayor, "Buddy" Cianci was asked about the development of sex clubs in Providence, to which he cringed and responded "Who doesn't capitalize on the Renaissance?". "That's not what I had in mind, but it happens."

In July 1999, Alex Bogossian of Cumberland applied for an adult entertainment license and sought to have a liquor license transferred to a new gay strip club, "Brief Encounters: Saints and Sinners," at 257 Allens Ave. Members of the City Council and Board of Licenses rejected the applications, citing morality not zoning. Councilor Bablineh Young referred to the proposed club as "garbage," "trash," and as "contrary to Christian values."

Board member Margaret DeFelice was more direct with Bogossian. "Start selling some religious goods or something," she said. "That's what you ought to be doing. You ought to be ashamed of yourself." Bogossian appealed the ruling in federal court. In February of 2002, U.S. District Court Judge Ronald R. Lagueux, saying the board violated the First Amendment, overturned the Board of Licenses decision and ordered the city to grant Bogossian the licenses. "Those in favor of sex clubs often justify them by stating that people have the right to work as they choose and others have the right to benefit from their services," says Tanya Rogers, Director of the Johnson & Wales Women's Center "I object; no one grows up dreaming of making a living in this way. Those who work in these businesses often do so because it is a last resort and their dignity and soul usually hold the pains of the process long after they finish."

A lesser known club, Club Providence (now known as Club Body Center), at 257 Weybosset St., near the Providence Performing Arts Center, is still in business after 29 years. In 1979, the Providence police raided the private gay bathhouse, creating a firestorm of controversy that resulted in a court battle and a consent decree that barred the police from entering the club without a court warrant. There is also a much darker side to the sex industry of Providence, where women are often held against their will, forced to work as sex slaves. Just this summer, City, State and Federal authorities raided the "Downtown Spa" and arrested the alleged owner, an Asian woman, who was part of a ring of sex traffickers that lured young women to America and forced them to work as sex slaves until their debt was repaid. According to authorities the sex ring constantly transported the girls from one site to another along the East Coast. The alleged owner, Kyoung Polachek was one of thirty one people arrested that day. She is currently being held in custody while she awaits trial in the Federal District Court in New York. When asked about the illegal sex industry in Providence, Rogers said "The sex slave industry is a reality that I have trouble wrapping my brain around. What frightens me the most is the thought of desperation that exists that causes families to sell their children, most often females."

Although none of the women rescued in the Providence raids have been young girls, they are among the most prominent victims across the globe, sold into slavery by desperate families. Poverty in many countries forces women to look for ways out, and they are often and unwillingly forced to work as sex slaves in order to repay the debt they've incurred in being taken to another more prosperous country.

The Adult Entertainment industry is no secret in Providence, and despite many attempts to halt its expansion, it has become part of the City, whether we want it to be or not.

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JOHNSON & WALES UNIVERSITY CONTINUING EDUCATION
Winter Freeze Threatens Citrus Growth

By JESSILYN WOJCIK
CULINARY ARTS EDITOR

The recent weather changes have had more of an effect that just on how much snow we have or have not gotten. All around the country, not just on the East Coast, there have been problems caused by the fluctuating and abnormal temperatures. One problem that is affecting the food industry is the recent freeze in California.

The citrus crop has been severely damaged as a result of freezing temperatures in California. It has been estimated that farmers lost up to 75% of their citrus crops, mostly oranges, and have also lost about a billion dollars. Only about 25% of the crops had been picked when the freeze hit the second week of January. This is not only bad news for the farmers, who make their living from these crops, and the workers (about half of whom have not been documented and therefore cannot collect unemployment) who are employed by the farmers, but also for consumers who now have to pay a higher price for citrus and other produce. Items such as lettuce, strawberries, avocados and carrots have also been affected by the cold snap.

The United States gets its citrus from basically two sources, California and Florida. With the California crop damaged, even prices for Florida citrus will probably go up as well because of supply and demand. There is a great demand for citrus and right now, there is a dwindled supply. There were similar situations back in 1990 and 1998 which wiped out virtually the entire citrus crop and caused about $700 million in damages. Over the next few months, as harvesting continues, the total loss will be realized and assessed. Right now, stores are still being supplied with citrus picked before the freeze and are still good. All citrus still on the trees, though, is likely to be ruined and not acceptable for sale.

On the flip side, however, the freeze has helped farmers of stone fruits such as peaches, grapes and cherries. These fruits benefit from cold weather by allowing the vines and trees to bloom and produce a high quality fruit. In addition, in some states, grocery stores have replaced oranges with apples and pears in advertising and have thus increased the sales of those fruits.

Chunky Chili With Beans, Slow-Cooker Style
PREP. 40 minutes
COOK: about 8 hours
MAKES: about 12 cups or 10 main dish servings

- 4 slices bacon, cut crosswise into 1/2-inch pieces
- 1 1/2 pounds boneless pork shoulder, trimmed and cut into 1-inch chunks
- 1 1/2 pounds boneless beef chuck, trimmed and cut into 1-inch chunks
- 1 jumbo onion (about 1 pound), coarsely chopped
- 1/4 cup chili powder
- 4 garlic cloves, crushed with press
- 1 tablespoon ground cumin
- 1 1/2 cups dried oregano
- 1 can (28 ounces) diced tomatoes
- 1 cup water
- 1 (15 to 19 ounces each) pinto beans, rinsed and drained
- Sour cream (optional)

1. In 12-inch skillet, cook bacon over medium heat until browned and crisp. With slotted spoon, transfer bacon to plate; cover and refrigerate until ready to use. Pour bacon fat into cup and reserve.
2. Increase heat to medium-high; add pork and beef in 3 batches to skillet and cook until well-browned. With slotted spoon, remove meat to 5- to 6-quart slow-cooker pot as it browns.
3. Return 1 tablespoon bacon fat to skillet; reduce heat to medium. Add onion to skillet and cook 8 to 10 minutes, or until tender, stirring occasionally. Stir in chili powder, garlic, cumin, oregano and 1/2 teaspoon salt; cook 30 seconds, or until spices release their aroma. Add tomatoes and water, scraping to scrape up browned bits from bottom of skillet. Remove skillet from heat.
4. To make in slow cooker, add onion mixture and beans; stir well to combine. Cover cooker and cook chili on low setting as manufacturer directs, 8 to 10 hours (or until beans are tender, 2 to 3 hours) or until meat is fork-tender. Skim and discard any fat from chili. Stir in bacon. Serve with sour cream if you like.

Baking

Another Trans Fat Update - Is RI Next?
By PATRICK DYL
EDITOR-IN-CHIEF

Following New York City's lead, Rhode Island lawmakers are considering a ban on artificial Trans fats in restaurants statewide.

State Rep. Joseph M. McNamara, D-Warwick, says he filed the bill last week instead of waiting to observe the measure's effects on the New York restaurant industry. The city's Board of Health only approved the ban last month, and it takes effect in two phases, the first this July and the second Jan. 1, 2008. Rhode Island has yet enacted such a ban, although Massachusetts and Connecticut are also considering it.

Opponents of banning partially hydrogenated oils often point out that the restaurant industry first started using this type of fat in response to public objections to frying foods in animal fat. But subsequent studies indicate that trans fats actually pose a greater health risk than saturated fats.

Helen Drew, associate director of the Rhode Island Department of Health, also praised McNamara's bill, noting that heart disease is the leading cause of death in Rhode Island.

The bill would apply to all food businesses. Anyplace food is "held, processed, manufactured, packaged, prepared, displayed, served, transported, or sold." However, it would not apply to food "served directly to patrons in a manufacturer's original sealed package." So it would apply to grocery stores, but not to bulk food suppliers or full service restaurants, but only to certain products. For instance, it would not apply to cookies baked on-site at a grocery store and sold in the bakery section, but not to a package of Oreos in the cookie aisle.

Nancy Starziano, general manager at Eastside Marketplace in Providence, said passage of the bill, as written, would require big changes in her store's bakery and deli.

Starziano said the store uses butter, palm oil, or canola oil — neither of which has trans fats — in cakes and other items made from scratch. But the store bakes its muffins from a mix, and buys pies fully assembled for baking at the store. Starziano said she thinks both products contain trans fats.

Starziano, a former restaurant chef, said she thinks the bill is "a little extreme," given that the store makes lists of ingredients for every item available to customers. "I think individuals should be able to decide for themselves what they want to eat," she said.

Good Housekeeping
No-Fail Browning and Braising

In the heart of winter, nothing satisfies more than a piping hot stew, chili or ragout with rich, succulent meat. Follow these steps for no-fail browning and braising:

CHOOSE A HEAVY-BOTTOMED DUTCH OVEN or skillet. For best browning. Make sure it has a tight-fitting lid to keep in steam when simmering.

PUT MEAT DRY WITH PAPER TOWELS to remove excess moisture. SEASON MEAT JUST BEFORE COOKING to help prevent it from releasing its natural juices.

ADD MEAT IN SMALL BATCHES (a pound or less at a time) to hot oil over high heat. Do not overcrowd the pan. It will cause meat to steam instead of allowing it to brown. BE PATIENT! Allow meat to turn deep brown on all sides, caramelizing the proteins and sugars. (You may need to reduce heat if bottom of pan becomes too dark.)

ADD LIQUID TO MEAT IN PAN and heat to boiling, scraping bottom of pan with spoon to release browned bits.

COVER PAN AND BRAISE MIXTURE over low heat on top of range or place in oven at moderate temperature (325 F to 350 F) to cook. Do not allow mixture to boil — it will toughen and dry out the meat.

CHECK FOR DONENESS: When meat is tender, it will slip easily in and out of it.

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THE EDITOR'S DESK

"DON'T ASK DON'T TELL" HURTING AMERICA

BY PATRICK DYL
EDITOR-IN-CHIEF

President Bush has announced, despite requests from Generals, Congress, and the American people, that he is increasing the number of troops carrying out missions in the Civil War (excuse me, I mean Sectarian violence) ravaged nation of Iraq. Such an increase in troops, according to experts, will further the war and seeing the ability of the Military to respond to homeland and world events. Military recruiters are finding it increasingly difficult to meet their quotas of millions of dollars from the army, or, in other words, those troops needed, their job is not going to be getting any less difficult under the new administration of George Bush.

The Army general, who was a Joint Chiefs chairman when the Pentagon adopted its "don't ask, don't tell" policy on gays says he no longer opposes allowing them to serve openly.

John Shalikashvili, who retired in 1997 after serving as the Pentagon's top military officer, had argued that allowing homosexuals to serve openly would hurt troop morale and recruitment and undermine the cohesion of combat units. He said he has changed his mind after meeting with gay servicepeople. "These conversations showed me that the policy has not changed, and that gays and lesbians can be accepted by their peers," Shalikashvili wrote in an opinion piece which recently appeared in the New York Times.

New military statistics show that many soldiers with the same skills as former service members the Pentagon is now recalling to active duty in the war on terror have been discharged from the military over the last five years under the "Don't Ask, Don't Tell" policy that prohibits gays from serving openly. The military data show that in some areas where there are critical shortfalls, such as intelligence, military police, and infantry skills, the Clinton-era policy that allowed the dismissal of gays whose sexual orientation is disclosed has deprived the military of some of the same skills it is now seeking by returning members of the Individual Ready Reserve to service.

Critics said that the figures proved the decade-old policy has undermined military readiness and hurt national security at a time when the Pentagon is struggling to meet requirements in Iraq, Afghanistan, and other battlegrounds in the war on terrorism. According to the Center for the Study of Sexual Minorities in the Military at the University of California, San Diego, as of 2004 nearly 10,000 individuals have been discharged since 1994 under the policy. Former Pentagon officials suggested the numbers change, and that gays and lesbians can be accepted by their peers.

By BY RUBEN HRYTZAN
GUEST COMMENTATOR

In a society that is determined to erase the burden on low and middle-class families, the simple solution of squeezing more out of the rich and giving back to the poor seems like the perfect solution. However, those who step back and look outside the box can see that it's not the best way to accomplish solving the problem at hand.

Historically, the wealthiest citizens have always paid more in taxes. But the percentage they actually pay will come as a shock to most people. The wealthiest 1% of Americans are paying what amounts to about 37% of the total federal income tax collected annually by the IRS, which comes out to about $1.3 trillion. But why not take things one step further.

The wealthiest 10% of Americans are taxed to the tune of over $3 trillion a year; over 20% of the income tax collected by the IRS.

That's an incredible amount of money paid out by a relatively small number of people. Why aren't all the middle and low-income groups that account for over 50% of this country's population? What is their thinking?

Families and individuals that comprise 50% of the lowest incomes in the country (making $30,000 or less) pay what amounts to about 3.3% of the total income tax collected. There's no misplaced decimal or missing number in that figure. The rich are already paying more than their fair share.

Those who make up the lower income class and part of the middle income class are barely being taxed as it is. Taking away what little tax that they do contribute would make them become non-contributors in a society that is supposed to be supported by everyone. The United States is the most successful welfare/capitalism-based economy in the world, and tipping the scales to the point of not taxing what accounts for about 50% of our country's citizens would turn the U.S. into a quasi-socialist economy. As our history books have taught us, socialism is like a chain letter; it succeeds in the beginning but eventually fails.

The incentives for getting rich are what make this country great. If people had no reason to want to get rich for fear that the government would take most of what they earned, it would cripple the motivation that drives financial success and the American dream.

The answer isn't to further tax the rich. The right way is to take money away from our government; keeping the government small, manageable and affordable to operate. The question is: Are we willing to pay what many of us may be in the lower part of that 50% now, most of those people who comprise the wealthiest 10% of Americans started out where we are at one point themselves. Success shouldn't be punished; if anything it should be rewarded.
Another Successful Regime Change for America

By Tim Collette

IDEAS & OPINIONS Editor

The execution of Saddam Hussein has officially added Iraq to a long list of governments that have fallen in the U.S. via U.S. Special Forces. The policy isn’t just the removal of the regime, but also replacement. Even though Saddam was in jail for some time and the country was occupied by American forces, the sham of a trial which concluded with his hanger can serve as a warning to regimes in other parts of the world with American interests, watch out for a regime change. Over the last 110 years, America has overthrown at least fourteen governments around the world. Is it democracy, totalitarian regime, communist, or monarchy. America has supported totalitarianism if it was against an overthrowing democracies. This long list of countries includes: Hawaii, Cuba, the Philippines, Puerto Rico, Nicaragua, Panama, Grenada, South Vietnam, Laos, Chile, Iran, Guatemala, Brazil, El Salvador, Venezuela, China (almost), Afghanistan, Jordan, etc. This does not include approximately 40 other attempted regime changes.

All of the following interventions are directly linked to American economic interests, money, corporations, natural resources, military, and American hegemony. The American intervention in Cuba and Iran can be clearly seen from analyzing the past, and quite easy to predict for the near future. The fourteen regime changes were undertaken for several reasons, but overall because a country bothers or restricts American corporate interests. The motivations then are economic and from an economic point to a political one, but the bottom line is always money. Another major reason is the U.S. military presence in all areas of the world. Sometimes the regime refuses to allow the U.S. military bases, or use of their country for staging points of invasion or various strategic location. The U.S. has a military presence in at least 46 countries around the world including hundreds of bases.

Methods for regime change include direct U.S. troop involvement, air and sea support, the training of proxy forces, direct arms-sales, economic and diplomatic support, or combination of all three methods. Examples will follow.

In America by 1890 the Western frontier was won. Americans had a large area of expansion but had already began overseas. The Monroe Doctrine, which was written in 1823, stated that “European powers should not longer colonize with interference with the affairs and nations of the Americas.” But Latin American countries were winning control and independence from the Spanish. By 1894 there were already American military interventions in Argentina, Nicaragua, Japan, the Bonin Islands, Uruguay, China, Angola, and Hawaii.

Regime changes began around 1890, when American forces in 1898 defeated the Hawaiian sugar from being sold to the U.S. When it came to wealth and profits, sugar, at the time, was basically the “oil” of the world. The next stop was to overthrow the local monarchy, Queen Liliuokalani. It succeeded easily, and Manuel Estrada Cabrera was forced to land in order to “ensures the peoples protection.” Congress decided to annex Hawaii in 1898 and it was passed by a joint resolution. Hawaii is now a state.

In 1985, U.S. and Cuban trade exceeded $103 million dollars, so there was a direct economic interest for Cuba’s overall well being. But as with all Cuban rebels we have a urge of expelling the Spanish and establishing their own government, on April 20th, 1989, Congress gave President Bush authority to sell arms to Spain and send U.S. military forces to Cuba. The U.S. had no intentions on helping the Cuban rebels gain independence, but instead, quickly defeated the rebels and placed Cuba under a 20 year U.S. trusteeship. Even though the trusteeship didn’t last long in Cuba, the time this happened was significant. Americans began taking over the railroad, mine, and sugar properties when the war ended. In a few years, $30 billion of American capital was invested. United Fruit moved into the Cuban sugar industry. It bought 1,900,000 acres of land for about 20 cents an acre. The American Tobacco Company arrived. By the end of the occupation, in 1901, former estimated that at least 80 percent of the exports of Cuba’s materials were in American hands, mostly Bethlehem Steel (Zinn 310).

The American military remained for decades, and Cuba remained under close U.S. control until 1959 when Fidel Castro led his revolution (who obviously doesn’t count because he has contacted with the American interest) and was then quickly escalated into an all out war. The war spread across all of Indochina. The United States mobilized Cambodian and other surrounding areas. In Laos, a “Secret War” (1962-1975) was undertaken where 2 million tons of bombs were dropped on the countries. It affected 27 countries. It was not secret to those living in the country, but to the American population. America was declared in 1969 and it was directly or indirectly through proxy forces because it was also considered a strategic location in South-East Asia.

Switching to the reasons for conflicts in the Middle East, if you add the percentage of oil that Iraq, Saudi Arabia, and Kuwait provide, the figure reaches almost 50% of the world’s supply (Saudi 25%, Iraq 12%, Kuwait 8%). When Quasim, the new leader of Iraq in 1988, nationalized the oil wells from Kuwait, the U.S. and the British regime was on our side and control of their resources was firmly in our hands. In 1979 the shah was overthrown in Iran and it was dependent again on U.S. control. They can now be considered “evil” again. Before the shah was overthrown, the U.S. government supported an Islamic revolution.

In 1976 President Ford endorsed the plans which included enriching uranium and purchasing weapon of mass destructions for the bomb. Three key members of the Ford administration who supported the program at the time were Dick Cheney, Donald Rumsfeld, and Paul Wolfowitz, the same crew who is currently denouncing the nuclear program and may use it as a reason for war in Iraq. As a president, members held office and considered Saddam an ally, supported his atrocities, and then used them as incentive for the 2003 invasion, his trial, and execution. After being a pawn for American interests his whole life, Saddam was killed by the very hands that put him in power.

There isn’t a need to discuss the Iran contra affair or the war in Afghanistan and Iraq changes; I think the point has been made. The information that surrounds these events is extensive. If you expect to hear any of these events in the U.S. media think again. Remember, omitted information is not false information. Just because certain information is "new to you" doesn’t make it false information. All this is readily available for anyone who decides to search for it. A book would be useful for the people who are interested in these events, and in fact many have been written. Whole books are written on the Latin American Americans, but it is a shame to keep this side of history in mind while America forces continue to play G.I. Joe around the world. It is the only way I can see that the trauma in Iraq is so haunting in the CIA. We are all just pawns in a great game beyond our understanding.

Staff editorials, letters to the editor, and guest commentary represent the opinions and viewpoints of the individual writer, NOT necessarily those held by The Campus Herald or Johnson County, Kansas, Kansas University Student Newspapers.
2007

Student Commencement
Speakers

The commencement committee seeks three outstanding students to speak at the ceremonies in May. This great honor is an opportunity for students to represent their graduating class by delivering an address that inspires, encourages and reflects the vision and hopes of the Class of 2007.

Applications and criteria are available online at www.jwu.edu/commencement/prov and the following Deans’ offices:

**The Hospitality College**
Xavier 119

**School of Arts & Sciences**
White Center 5th Floor

**College of Business**
Xavier 400

**School of Technology**
Academic Center
(Lobby – Administration Office)

**Graduate School Office**
Harborside Academic Center

**College of Culinary Arts**
Harborside Academic Center

**Deadline is Monday, April 2, 2007 at 4:30 p.m.**

**E-mail questions to commencementspeaker@jwu.edu**

**Visit www.jwu.edu/commencement/prov for more information.**
Greek of the Week

This week's Greek of the Week is a member of Sigma Delta Tau. She has been the community service chair and assistant to the social chair for her organization. This past week she has outdone her self by putting together a community service on the local, national and global level. She planned a food drive, clothing drive and is selling candy to raise money for her sorority to adopt a child. She is also having her organization attend a nursing home to provide entertainment for the residents. To top it all off she organized a speaker to come to Johnson & Wales University to talk about the community service, SDT Goes Global.

This week's Greek of the Week is Natalie Cramer
Congratulations!

Upcoming Events
Check us out online at:
www.jwu.edu/prov/osa/greek
Greek of the Week is brought to you by
Order of Omega

FAMOUS GREEKS
- David Letterman
- Thomas Jefferson
- John F. Kennedy
- Elvis Presley
- Michael Jordan
- Martin Luther King, Jr.
- Steven Spielberg
- Paul Newman
- Neil Armstrong
- Woody Harrelson
- George Bush
- Bill Cosby
- Harrison Ford
- Robert Frost
- Brad Pitt
- Ronald Reagan
- Dick Clark
- Kevin Costner

Wildcats
Johnson & Wales University
Sea of Red
January 31, 2007
Celebrating African History through the Arts

Opening Ceremony & Reception
February 5, 6pm, Multicultural Center

Monday, February 5
New York

Monday, February 12
Jim Crow

Tuesday, February 13
World Immigrant Day

Wednesday, February 14
Black History Month 2007 Opening Ceremony
6pm, Multicultural Center

Thursday, February 15
African Film Festival

Friday, February 16
African American Women's History Month

Saturday, February 17
Juneteenth Reception

Sunday, February 18
Cultural Arts Day

Monday, February 19
Art in the Studio: African American Artists

Tuesday, February 20
African American Women's History Month Panel Discussion

Wednesday, February 21
Art in the Studio: African American Artists

Thursday, February 22
Art in the Studio: African American Artists

Friday, February 23
Art in the Studio: African American Artists

Saturday, February 24
Art in the Studio: African American Artists

Sunday, February 25
Art in the Studio: African American Artists

Monday, February 26
Art in the Studio: African American Artists

Tuesday, February 27
Art in the Studio: African American Artists

Wednesday, February 28
Art in the Studio: African American Artists

Thursday, February 29
Art in the Studio: African American Artists

Friday, March 1
Art in the Studio: African American Artists

Saturday, March 2
Art in the Studio: African American Artists

Sunday, March 3
Art in the Studio: African American Artists

Monday, March 4
Art in the Studio: African American Artists

Tuesday, March 5
Art in the Studio: African American Artists

Wednesday, March 6
Art in the Studio: African American Artists

Thursday, March 7
Art in the Studio: African American Artists

Friday, March 8
Art in the Studio: African American Artists

Saturday, March 9
Art in the Studio: African American Artists

Sunday, March 10
Art in the Studio: African American Artists

Monday, March 11
Art in the Studio: African American Artists

Tuesday, March 12
Art in the Studio: African American Artists

Wednesday, March 13
Art in the Studio: African American Artists

Thursday, March 14
Art in the Studio: African American Artists

Friday, March 15
Art in the Studio: African American Artists

Saturday, March 16
Art in the Studio: African American Artists

Sunday, March 17
Art in the Studio: African American Artists

Monday, March 18
Art in the Studio: African American Artists

Tuesday, March 19
Art in the Studio: African American Artists

Wednesday, March 20
Art in the Studio: African American Artists

Thursday, March 21
Art in the Studio: African American Artists

Friday, March 22
Art in the Studio: African American Artists

Saturday, March 23
Art in the Studio: African American Artists

Sunday, March 24
Art in the Studio: African American Artists

Monday, March 25
Art in the Studio: African American Artists

Tuesday, March 26
Art in the Studio: African American Artists

Wednesday, March 27
Art in the Studio: African American Artists

Thursday, March 28
Art in the Studio: African American Artists

Friday, March 29
Art in the Studio: African American Artists

Saturday, March 30
Art in the Studio: African American Artists

Sunday, March 31
Art in the Studio: African American Artists

Join us as we start off a month long celebration with food, music and laughter.

5:30pm, Multicultural Center
Interested In Greek Life?

Rush
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Fraternity
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Est. 1899

For More Information
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FREEDOM WRITERS: Dangerous Minds All Over Again

BY DUSTIN GEMEREUX
PHOTOGRAPHY & ARTWORK EDITOR

Once again Hollywood has decided to portray a portrayal of how terrible poor inner city minorities have it at their underprivileged public high schools just as we have seen with other films such as Dangerous Minds, The Principal, and The Substitute. All of these films have a white teacher trying to change a group of minority students who are the lost cause of the school. When I saw this it reminded me of 1995’s Dangerous Minds. You have the same plot; a tough, concerned teacher wanting to change the ways of young minority students who grew up in hard neighborhood.

The only argument that one could bring to the table with Freedom Writers is that it is based on a true story of Erin Gruwell, a young English teacher in the early 90’s who taught at the Woodrow Wilson High School in Long Beach, California.

Gruwell taught students who were plagued with violence, poverty, hopelessness in their own lives and homes, and who were in gang wars between one another. Recognizing their potential, Gruwell had her students write journals about their lives. With these journals Gruwell and her class wrote the highly praised book, The Freedom Writers Diary, a phrase coined from the Freedom Riders of the 1960s. The Freedom Writers Diary is an inspiring, remarkable example of how hard work, courage, and determination changed the lives of students and a teacher at the same time.

In the film, Woodrow Wilson High School is voluntarily integrated, and it isn’t working as well as the school committee had planned. The Asians, the Blacks, the Latinos, and a very few Whites not only don’t get along, but also stay with their own and are part of protective and violent gangs. There isn’t much teaching or learning going on at the school. It is a warehouse for young teenagers until they can drop out or are kicked out.

With a director in his first film (and a realistic teacher (Hilary Swank) arrives to teach Freshmen English. She is very edgy, dressed in a middle class, white, well-dressed, and smart. From day one, she doesn’t fit in the classroom with these tough kids, and she doesn’t fit in the school, who have all but given up and resigned themselves to being the keepers of the honor role students, and the student body. Where there are new books sit on shelves collecting dust.

It would be easy to say that Freedom Writers is just a cliché-infested classroom redemption story. But because it is based on a true story of endangered students. I have to avoid accusing it of lacking originality and offer that it relates the essential truth about education. Most students who have characteristics that every student has chance when a teacher creates a sense of family amid chaos, as Erin Gruwell did.

BUSDRIVER Schools New Beatz in ROADKILL OVERCOAT

BY JACK BURCH
ARTS & ENTERTAINMENT EDITOR

This album is all over the spectrum. Busdriver surges up from the beginning, a straight out of the gate, he broadcasts talent. His absolute uniqueness is evident immediately. Fresh and clean, he’s idiosyncratically tasty. Beans that would make even the most seasoned of hip-hop producers drool. A perfect Twin vs. The Flaming Lips. But what is the most prevalent aspect of Busdriver? Well, after drawing you in with oddly catchy beats he capitalizes on the quintessential idea that no two rhymes can be the same. He comes at it with rhythmic rhymes that bump out and up the musical perimeter. As most hip-hop, it’s social commentary. Only, for this ence it’s as if you are first to recognize the word choice and its usage of media headlines, buzzwords, pop culture references, and indiscriminate verbiage. Second, you see how they are intricately woven into a fabric of well-placed patterns. And finally, when you step back one more time and repeat the lines in your head, you see there is a deep message that isn’t just random spliced phrases.

It’s insanely easy to spit forth great sounding lines: what makes it an art form is the marriage of those patterns and word choices with the hidden spinal chord that works under the surface controlling the beast. It’s fluid mastery of intelligent hip-hop and melodic symmetry. So much more than just hip-hop, though, “Roadkill Overcoat” is a collection of genres pressed together like play dough. It’s a challenge when a brain and a dig at the soul. For those of us who want their music to immediately satisfy and yet still challenge our sensibilities, it’s like an early birthday present we weren’t expecting.

Prior to what I understand, up until recently Busdriver had been far more abstract and less catchy or receivable in the broader sense. Keeping that in mind, “Roadkill Overcoat” is even more remarkable as it is incredibly catchy. Years of perfectly one’s craft often yields some remarkable results when coupled with the right collaboration. For this Anti-nebut, he teamed up with some brilliant fellows DJ Nobody and Broom-Hip to make something for a different level. I think in this respect, Busdriver becomes more of a band than just a man and his wagon.

A WICKED Good Time in Providence

By Ashley Murphy
Staff Writer

Wicked an enchanting Broadway musical has come to the Providence Performing Arts Center. The show has won numerous awards including three Tony awards and a Grammy. Its cast includes Grammy and Academy award winner composer Stephen Schwartz and Tony award winner and director Joe Mantello. The musical is based on the novel The Life and Times of the Wicked Witch of the West by Gregory Maguire, which in turn is based upon The Wonderful Wizard of Oz by L. Frank Baum.

Wicked is the untold story of the two witches of Oz, Glinda the Good and Elphaba the Wicked Witch of the West. Elphaba is constantly ostracized by the other children and her own father because she is born with emerald green skin and has magical powers. She is forced to take care of her sister Nessa who can not walk and has to use a wheelchair. Elphaba looks after her sister at Shiz University and is shunned by the community because she is different. Ironically at the University she ends up rooming with one of the most prettiest and popular girls named Glinda. Glinda and Elphaba are total opposites making it difficult when they become roommates. Everyone loves ditzy Glinda and Elphaba is an outcast.

No one would ever had guessed that forcing them to share a room would only bring them closer. They would eventually fall in a friendship and become best friends.

Director Joe Mantello is an outstanding job coordinating the musical. Every part of the stage is meticul-ously decorated. From the glee of Emerald City and the silhouette of the cornfields. The music is uplifting and the detailed costumes were surprising. The comedy puts twists and turns in the play making it enjoyable. The musical is unique and has a message that everyone can relate to. The developing friendship between Glinda and Elphaba instills the moral lesson of judging a book by its cover. No one would ever guess that there could be so much talent in one show. Wicked is a musical I would like to see again in the future.
Top 10 Pop Singles
This Week Last Week
1. Beyoncé ........................................ No. 1
“Irreplaceable” (Columbia)
2. Akon feat. Snoop Dogg .... No. 2
“I Wanna Love You” (Konvict/UpFront/SRC)
3. Fergie ........................................ No. 3
“Fergalicious” (will.i.am/A&M)
4. Nelly Furtado ......................... No. 5
“Say It Right” (Mosley)
5. Akon feat. Eminem .......... No. 4
“Smack That” (SRC)
6. Jim Jones ........................................ No. 8
“We Fly High” (Diplomats)
7. The Fray ........................................ No. 7
“How to Save a Life” (Epic)
8. Justin Timberlake feat. T.I. ..................... No. 6
“My Love” (Jive)
9. My Chemical Romance .. No. 9
“Welcome to the Black Parade” (Reprise)
10. The All-American Rejects ......................... No. 10
“It Ends Tonight” (Doghouse)

Top 10 Albums
1. Soundtrack .......................... No. 1
“Dreamgirls” (Music World/Columbia)
2. Akon ........................................ No. 2
“Konvicted” (Konvict/Upfront/SRC/Universal)
3. Justin Timberlake ........................ No. 4
“Future Sex/LoveSounds” (Jive)
4. Daughtry ........................................ No. 3
“Daughtry” (RCA)
5. Soundtrack .......................... new entry
“Jump In!” (Walt Disney)
6. Beyoncé ........................................ No. 11
“B’Day” (Columbia)
7. Various Artists ......................... No. 5
“NOW 23” (Sony BMG Strategic Marketing Group/EMI/Universal/Zomba)
8. The Beatles ........................................ No. 9

Nickelback
“Love” (Apple)
9. Young Jeezy ......................... No. 7
“The Inspiration” (Corporate Thugz/Def Jam)
10. Nickelback .......................... No. 18
“All The Right Reasons” (Roadrunner)

Top 10 Hot Country Singles
1. Rodney Atkins ......................... No. 2
“Watching You” (Curb)
2. Brad Paisley .......................... No. 1
“She’s Everything” (Arista Nashville)
3. George Strait .......................... No. 4
“It Just Comes Natural” (MCA Nashville)
4. Rascal Flatts .......................... No. 3
“My Wish” (Lyric Street)
5. Jason Aldean .......................... No. 8
“Amarillo Sky” (Broken Bow)
6. Taylor Swift .......................... No. 9
“Tim McGraw” (Big Machine)
7. Sugarland .......................... No. 5
“Want To” (Mercury)
8. Carrie Underwood ........................ No. 7
“Before He Cheats” (Arista)
“Stupid Boy” (Capitol Nashville)
10. The Wreckers .......................... No. 10
“My, Oh My” (Maverick/Warner Bros.)

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ASSESS THE MANAGEMENT TEAM BEFORE YOU INVEST

BY STEPHEN M. MAZZARIELLO STAFF WRITER

In my last article, I briefly touched on the varying market philosophies and attitudes that drive the daily decision making on wall street. However you classify yourself will determine what's important to you in accessing possible short or long-term investment opportunities. The question this article aims to answer is, what's important when evaluating a company to determine its long term success?

So you've found a company that you like, you've used the product or service and you trust the brand. For a long term investor the company's executive team is the single most important factor in determining the potential success of the company. No matter what you're studying at Johnson & Wales University it's widely known that salaries and wages are among the highest cost to operations. With that said, it is important to see if an executive's weekly paycheck is and what kind of stock options they're entitled too. In addition, you need to check other executives pay in the same industry to be sure their compensation is in line with that specific industry. For example you might compare Mattel's compensation with that of Hasbro's. Remember the less a Chief Executive Officer takes home the more they are putting back into the business. Generally the CEO is responsible for the company's vision, strategic direction and operational management. Executive responsibilities and job titles will greatly vary depending on the business sector and the size of the organization. When looking into the management you need to see a clear and understandable plan for the future with a focus on values that you yourself hold dear. An executive team that fails to mention integrity in operating their business would certainly not be included in my portfolio. The executive team and board of directors should also own a significant stake in the company. When the executives own a large portion of the shares outstanding it's within their best interest to increase the value of the stock and fatten their own wallets. Warren Buffet always entrusts his money to management he trusts, I recommend you do the same.

In addition to management you should be concerned about net sales, positive earnings per share, stock performance in the past, short term and long term debt, and a management succession plan if applicable. If you're interested in doing your homework and becoming a serious investor you need to understand a company's balance sheet. Overall, the balance sheet gives the investor a look into the company's assets and liabilities. What are the signs of a healthy balance sheet? Simple, cash and a lot of it! If the company's current assets cover their current liabilities, that's good. If current assets cover total liabilities, that's even better! If your company doesn't pay a dividend, check the retained earnings column and find out where the money is going. Understanding the numbers is an important element in investing.

Once you realize that purchasing stock is buying ownership into a particular business you'll place more value on the research you do and will have a better thought process behind your investments. For each company you decide to own you want to be able to put forth a convincing argument as to why it's a beneficial long term holding. If you don't understand where the company's going, how it makes money, pays its bills or contributes to the community then it's probably a bad deal. Assessing the management team before you invest will provide you with a margin of safety and most likely a better return on your investment.

Get a Head Start on Your Taxes

BY DAVID UFFINGTON KING FEATURES SYND. REPRINTED UNDER LICENSE

It's that time again. By the end of the month you should have all your W-2 and 1099 forms in hand and be ready to file your taxes. That's if you've been organized. If you're starting from scratch here's a method to make it easier. Take last year's return and write down on separate sheets all the categories where you had an entry. Those are likely the same numbers you'll need to come up with this year. Whether you use a computer tax program or pencil and paper, the steps are the same: Gather all your receipts, check register, medical bills and statements for savings interest, credit cards, mortgage interest, property tax and bank accounts, and write down all the amounts on the corresponding sheet. Add them twice with a paper tape calculator, and fill in the blanks on the tax forms or the software program. Some additional things to consider:

If you get a paycheck with tax information on the stub, compare it to your W-2 when it arrives. Mistakes happen. Make sure the Year-to-Date on your stub matches the amount on the W-2 form. If you're self-employed, compare your bank statement deposits with the total on your Form 1099. If any are incorrect, call the company for a corrected form.

If you use a computer tax program, check periodically for online updates to make sure you have the newest information.

If you use an accountant or tax preparer, do some of the work yourself. If you go in with your numbers organized, your bill is likely to be less.

If you do your own taxes with paper and pencil, get your forms early. The last thing you need to add to the stress is scrambling for forms at the last minute. If you have computer access, go to the IRS site to download forms: www.irs.gov, and click on Forms on the left side of the screen.

Free File users will notice a change this year. The Rapid Anticipation Loan (RAL) information has been removed by agreement between the IRS and the software companies.

To learn what's new for this tax season, go to www.irs.gov and click on Individuals. On the next screen, click 1040 Central. You'll see a link to Tax Law Changes.

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Dear Sextpert: I’ve been hearing a lot about genital herpes, am I at risk?

BY HEALTHY HEATHER RESIDENT SEXTPERT

Answer: Basics: Genital herpes is a sexually transmitted infection. 25% of adult Americans have genital herpes and it is one of the most prevalent STDs on college campuses. Having unprotected oral, anal, or vaginal sex can put you at risk for genital herpes and any other STD. There are two herpes simplex viruses (HSV). HSV-2 is the usual culprit behind genital herpes, while HSV-1 is the source of oral herpes (sometimes called cold sores). But, HSV-1 can also infect the genital region through oral sex. In fact, 30% of genital herpes infections are from HSV-1. Prevention Message: use a new condom or dental dam with each act of oral sex.

Symptoms: Herpes is transmitted by contact with an infected sore or through subclinical shedding (very mild or no symptoms). Symptoms of genital herpes will appear 2 to 10 days after the infection and can last 2 to 3 weeks. Symptoms include redness, swelling, sores, or blisters on or around the cervix, penis, anus, buttocks, thighs, or other parts of the body. They can be painful, but will heal after a few days. There may be itching or burning during urination. General symptoms like fatigue, fever, or pain may appear. Like other viruses, not everyone will have these symptoms.

Transmission: After the first outbreak, the virus travels to the nerve cells and becomes dormant. While the virus is dormant, the person will have no symptoms — but they still have the virus. The virus will then become active through another outbreak. When someone is having an outbreak, they may have open sores that can transmit the virus. The good news is that people can take precautions around this time to prevent transmission. The bad news is that sometimes people can also transmit their infections through subclinical shedding — when they might not notice any symptoms. Prevention Message: Genital herpes can be transmitted even without visible sores.

Prevention: The surest way to prevent herpes infection is abstinence. While abstinence is the only 100% method, other methods include mutual monogamy with one uninfected partner, or using condoms correctly and consistently with each act of oral, anal, or vaginal sex (remember — genital herpes is transmitted skin to skin and condoms might not cover the entire infected area, though female condoms may offer more protection). It is important for people with genital herpes infections to monitor their bodies and avoid sex while having an outbreak, this includes oral sex. However, disease transmission is a two-way street and each partner has a shared responsibility to protect themselves and each other. Having genital herpes doesn’t mean people can’t have sex, it just means they have to tell their partners and work out a risk-reduction plan.

Testing: If for any reason you believe you were exposed to genital herpes, you will need to get tested to know for sure. A health care provider may swab the sores if symptoms are present or use a blood test to screen for herpes antibodies. Planned Parenthood Express (383-4811), Whitmarsh STD Clinic (444-0483), or Providence Medical Healthcare Center (521-3270) all offer HSV testing. Call for appointments and more information.

Treatment: There is no cure for genital herpes, but there are antiviral medications to help reduce outbreaks, symptoms, and transmission. Different antivirals are used depending on the frequency and severity of the outbreaks. When people have sores they are more vulnerable to other infections like HIV, so treating the outbreaks is important to their general health. Doctors and treatment can help, if you need a referral, stop by or call Health Education.

Support: Students can also make appointments with Elsa, the Health Educator, to get more information about the herpes simplex virus. Students who have genital herpes or who have a partner who has genital herpes are encouraged to come in for free, confidential antiviral medication testing. Call 598-2038 or stop by the Health Education, 3rd floor, CBCSU. Be healthy, be safe.

BY ARIEL SERAFIN
THE ARIZONA DAILY WILDCAT

With Spring Break just around the corner, UA health officials want students to remember the magic word: "moderation." Following basic safety rules can prevent fun in the sun from turning into a tropical nightmare, the officials said.

Travel immunizations
No matter where students are traveling, there might be an immunization they should get, said Immunization and Travel Clinic Nurse Judy Sivers. Sivers said students traveling to Southern Mexico should ask their doctors if they need typhoid or malaria immunizations, but even travelers within the United States should consider getting a Hepatitis A vaccination.

Sivers said whether someone is traveling across the state or the world, it is possible to get Hepatitis A, usually from unsanitary conditions in restaurants. Because many immunizations don’t take effect for up to two weeks, Sivers said students should consult their doctors or the UA travel clinic immediately to find out what types of vaccinations they need to be safe at their destination.

Sunburns and skin damage
Although the prospects of a week without classes, work or obligations is enough to cause students to forget about sunscreen, those decisions could be a big mistake, said Campus Health educator Lee Ann Hamilton.

Hamilton advised students who plan to spend a lot of time in the sun to wear sunscreen with a minimum of SPF 15 and to reapply often to avoid getting burned. Hamilton said although statistics show that three sunburns dramatically increase the chances of getting skin cancer, any burn is damaging.

"Any amount you get increases your risk (of skin cancer), besides it being painful and ugly," Hamilton said.

Hamilton said limiting sun exposure is the best solution, but it’s possible to spend your days on the beach without suffering long-term side effects.

"If you’re going to stay in the sun and have fun, just wear sunscreen and you can avoid the pain, peeling and potential for skin cancer," Hamilton said.

Safe sex
Students who plan to increase their sexual activity during Spring Break should reconsider, Hamilton said.

"It doesn’t matter if it’s spring break or midterms," Hamilton said. "You need to protect your health."

Hamilton advised students to think about the long-term effects of their choices.

"You do have to think, ‘Is this opportunity worth a disease that can last a lifetime?’" Hamilton said. "Is this potential orgasm worth the worry of a pregnancy?"

Hamilton also said students should know that although "expressing sexualtiy" through ways other than intercourse is a safer option than sex itself, the instance of herpes transmission through oral sex is on the rise.

Drinking moderately, using birth control and condoms or even being an educated sexual partner to wait until protection is available are all ways to minimize the risks of pregnancy and sexually-transmitted diseases, Hamilton said.

Drugs and Alcohol
UA alcohol and drug prevention specialist Lynn Reyes said students who drink should know that the higher their blood alcohol content, the higher their risk for other problems.

"We recommend that you use those drugs in moderate amounts and that you take medications as directed by a physician," Reyes said.

Reyes said that due to the dangerous nature of alcohol, it is important for students to have a non-alcohol tolerance attitude toward them is the best way to keep safe. However, students who do choose to use alcohol should be aware that the risks of being coupled with alcohol can be harmful or fatal.

Taking some depressant medications like anti-anxiety pills or painkillers with alcohol is far from safe, Reyes said. Reyes also said that people who are vomiting from alcohol poisoning should not be given any food because it could cause them to choke.

The Basics
Hamilton reminded students that whether they’re traveling to Phoenix or to Europe, there are certain safety tips they should remember.

All outdoor activities like hiking and swimming should be done in groups, Hamilton said. Safe driving is also an important issue during Spring Break and year round.

"Use your seatbelt. Drive the speed limit," Hamilton said. "Those are some of the best pieces of advice to follow all the time."

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Spring Break Safety
Health, Safety Experts Offer Tips For Break

HEALTH SERVICES UPDATE!

If you’re traveling for spring break, call Health Services for a referral to the Miriam Hospital’s Travel Clinic. You may be advised to get additional vaccinations.

Remember to stop by Health Services for colds/treatment and a free wellness kit! Friendly nurses can treat colds/flu with free over-the-counter medications. Flu shots available at Providence Medical for $25.

Call Health Services for more information.

Meningitis Vaccines FREE to all J&V students. Call for more information.

Health Services Hours and Contact Information:
Downcany, Xavier Residence Hall Basement: 598-1104 Monday and Wednesday: 7am-4pm Tuesday and Thursday: 6am-4pm Friday: 8am-2pm
Physician available: Monday and Wednesday, 9:30-12pm by appointment
Harborside, 1st Floor Student Services Complex - OPEN LATE: Monday, Tuesday, and Thursday: 7am-11pm
West Campus: Monday and Thursday: 7am-8pm Friday: 8:30am - 4pm Physician available: Monday and Tuesday, 9-12pm by appointment
Note: While culinary weekend classes are in session, this office is also open Sundays, 8am-5pm.
Johnston & Wales Men’s Volleyball

Sweeps Emmanuel, 3-0

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales University men’s volleyball team defeated Emmanuel by a score of 3-0 in a non-conference contest at the Harborside RAC on Tuesday evening. Johnston & Wales took the first game by a score of 30-25 and went ahead 2-0 after a 30-23 win in the second game. The Wildcats completed the sweep with a 30-28 win in the third game.

Johnson & Wales sophomore Kyle Phalen (Torrington, Conn.) tallied 10 kills, seven digs and two service aces while junior captain Albert Trevino (San Antonio, Texas) registered 31 assists and six digs in the victory for the Wildcats. Sophomore Hapaku Kaulanala (Laie, Hawaii) narrowly missed a double-double with eight kills and a team-best 11 digs for JWU.

Leading the way for Emmanuel was freshman Michael Townsend (Beaverdam, Va.) with 15 kills and 11 digs while sophomore Taylor Loye (Malibu, Calif.) added 39 set assists for the Saints.

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

No. 6 JWU Wrestling Takes Second Place at NECCWA Duals

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales University wrestling squad, currently ranked No. 6 in the nation, claimed a 22-16 victory over Union (Conn.) on Sunday afternoon.

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales University women’s basketball team defeated UMass-Lowell on the road on Wednesday night.

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

Johnson & Wales & Men’s Basketball

Debuts Daniel Webster

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales University men’s basketball team dropped a 44-40 decision against Daniel Webster in a Great Northeast Athletic Conference game on the road on Saturday afternoon.

Sophomore Shannon Hunter (Thoreau, N.M.) and freshman Alexis Ramirez (San Marcos, Calif.) each tallied nine points and six rebounds in the setback for Johnston & Wales. Daniel Webster’s Briana Deligunuma led both teams in scoring with 12 points while Erin Mosley pulled down 25 rebounds for the victory in the Eagles.

Both teams struggled to score in the first half with the two teams shooting a combined 10-for-60 from the field with the Wildcats holding a 14-11 lead heading into the locker room at halftime.

Daniel Webster responded in the second half, however, going 11-of-21 from the field en route to the 44-40 victory.

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

Johnson & Wales University’s men’s volleyball team dropped a 3-0 decision to Springfield in a non-conference contest on the road on Tuesday evening.

Springfield senior libero Peter Sander (Burnt Hills, N.Y.) finished with a team-best 11 digs in the final two games, and junior middle blocker Mike Walker (Kennmore, N.Y.) ended the game with seven kills and four blocks. Freshman outside hitter Peter Manguin (Oakland, Calif.) recorded nine kills, five digs and one block in two games played for the Pride.

JWU was led by sophomore outside hitter James Scott (Fairfield, Conn.) with eight kills, 11 digs, two service aces and two blocks. Junior setter Albert Trevino (San Antonio, Texas) finished with 19 assists, six kills, seven digs and three blocks for the Wildcats.

JWU is now 2-1 on the season with improvements to 4-3 for the season.

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

Johnson & Wales Women’s Basketball

Blanks WNEC

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

Matt McGilvary scored a hat-trick to lead the Johnson & Wales University women’s hockey squad to a 4-0 shutout victory over Wagner in an ECAC Northeast contest at the Rhode Island Sports Center on Saturday afternoon.

After a scoreless first period, JWU jumped on the board at the 8:26 mark of the 2nd period on a power play goal by freshman Kevin Marchesi (South Portland, Maine) to take a 1-0 advantage. McGilvary then netted back-to-back power play goals at 12:00 and 12:36 to put JWU ahead 3-0 after two periods of play.

JWU pushed its third goal of the evening, a short-handed tally just 2:10 into the third period, to take a 4-0 lead and the Wildcats would then cruise to the 4-0 victory.

Junior Charlie Bacon (20 saves, 0 GA, 60.00)

Johnson & Wales Ice Hockey

Blanks WNEC

BY DAN BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

Matt McGilvary scored a hat-trick to lead the Johnson & Wales University men’s hockey squad to a 4-0 shutout victory over Wagner in an ECAC Northeast contest at the Rhode Island Sports Center on Saturday afternoon.

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Manning’s best throw of the day, a 31-yard corner pattern to the left, the ball laid in Fletcher’s hands perfectly.

One play and one penalty later they were down to the Patriots’ 11. New England fumbled, and the kick was blocked real line defense. Remember the one that stopped the Colts on the one-yard line a week ago? But it was different this time. The Patriots were exhausted. The no-huddle had drained them. They were ready to be blown out of submission, and the game was over, with three timeouts running passes that put six on the board.

Right now this is the defining element in a year that was the best of the Manning era, and entirely different.

It can exert its will over the toughest defenses. Remember when they used to be called a finesse outfit? Forget. Right now they’re anything but. In the playoffs they opened by pounding the Chiefs, a muscle team, for 188 yards rushing. Against the Giants, the self-proclaimed toughest (and certainly the loudest) defense in the NFL, they dominated at the line. They ran 13, 11 on the board, to use up 7:16 and put the game away.

“For the past three weeks, the concept of a running game was something we had to do,” Manning said. “That’s nothing like being able to close out a game on the ground.”

“The Pat were tired,” said Dominik Rhodes, the power back. “Our Quick Offense did that to them. When you get to this part of the season, you don’t want to give a finesse team. You don’t want to dominate. That’s the kind of team we are now.”

The Patriot defense was on the field for 82 plays. If you’re a team that can lavishly substitute, and the Patriots weren’t, it’s very hard to stand up to this kind of pressure.”

“Quick Offense took away their legs,” said guard Ryan Lilja. “Sooner or later it’s gonna get people. It’s our bread and butter. I don’t know if other teams can practice against it, if our scout teams can simulate that every day. It’s funny, you see players on the other team tying down, doing whatever they can to take injuries to buy a little time. You see people taking themselves out of the game for a play or two.”

Well, the Chiefs brought a hurry-up they called the K-Gun into four Super Bowls, and got no victories. I remember talking to their linemen about how much the up-tempo took out of them, as well as the opposition.

“Nah, we’ve used to it,” said Indy RT Ryan Diem. “We do it all year long. We’ve practiced it from day one in the summer.”

What’s Ahead?

I really don’t understand turnovers and why some teams are good at causing them and others aren’t. I mean doesn’t every defensive player want to strip the ball? Don’t all defenses work at it? But to build a whole season on the turnover premise... well, that might be OK for the regular season, even for an opponent such as the Saints, but I can’t see it putting a Super Bowl trophy on the table.

So why do I assume that the Colts will be influenced by the Ravens, the Seahawks, and the Titans? Just a feeling that they’re too experienced, too sound offensively, to get snookered that way.

I can’t see Grossman beating anybody, if he played the way he did against the Saints. Then again, I don’t know what kind of pressure Indy will bring.

“We’re not a blazing team,” said Andy McFarland, the DT imported from Tampa Bay to firm up the run defense. “We rely on our small, quick one to get an outside rush, and our inside stunts to give us a push up the middle. And we’re good at controlling the pocket.”

Grossman comfortable? Or maybe if they go max-press to give him time to air out the long ball? What then? Who blinks?”

“Um, might be different guys,” McFarland said. “Nobody that I really aware of.”I think that’s the only way Chicago can win, if Indy decides, just as New Orleans did in crunch time, that a serious blitz package is just too unsound, and the rush will be of the conventional variety. And I also don’t know the condition of LCB Nick Harper’s injured ankle that kept him out for three quarters against the Patriots.

Chicago’s springboard to success is in a very strong ground game, but Indy’s good against the run now that Rob Morris has joined their running game, and Bob Sanders is in the secondary.

I see a big Indy win, with the hurry-up, gradually breaking down an opportunity, but worn out Bears defense. Final score: Colts 34, Bears 24

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