Johnson & Wales' Best Week Ever

BY TOM CONTE
CAMPUS NEWS EDITOR

You know it is the end of summer when you start feeling those cool breezes blowing through, end of summer sales at your favorite retailers, and the word "school" being uttered every now and then. Yes, the start of the Johnson & Wales and the 2007-2008 academic year is almost here. While we waved goodbye to one class, we are welcoming a new class to Johnson & Wales as well as those returning to complete another year. For all those that planned on dragging their heels all the way to school and those going through summer withdrawal, you are in luck! For summer to be extended that much longer, the Office of Student Activities (O.S.A.) has organized a week long activities night beginning on September 1 continuing all the way to September 9.

"JWU Best Week Ever 2007" has been dubbed the official name to the list of events. You might recall that JWU uses "Best Week Ever" as the name for one of their television shows. Well, VIII is kindly sending some of their representatives to participate in a "VIII Best Week Ever" being held in the brand new Xavier Auditorium on Saturday, September 8. One could hope that this event would be recorded and aired on television, (I know I did!) but unfortunately that's just the opposite. Still though, this event looks to be one of the highlights of the week and one that is sure not to be missed.

For all the football fans out there, the NY Giants will be playing the Dallas Cowboys on Sunday September 9. JWU is offering the chance to view this game on a big screen out on the Harborhill Greenspace as well as Gaebe Commons. Kickoff is at 8:15, so grab your popcorn, blankets and a good seat to watch the start of the 07/08 NFL season.

On Sunday September 2, the Providence Performing Arts Center is hosting a comedy show featuring Mike Epps. Ladies & gentlemen, get ready to laugh... a lot. Mike Epps is probably most known for his role in "Friday After Next" but he has also acted in various other movies such as "Resident Evil: Apocalypse" and "All About the Benjamins". The laughing starts at 9pm and admission is free for all JWU students.

To find out more information as well as the other list of events taking place, visit the front desk at the Citizen's Bank Center for Student Involvement.

Wait! Before you grab your running shoes, or your dancing shoes, or whatever shoes you feel comfortable in, take a look at the schedule of events listed on the next page to see what other activities interest you.

Providence: so small,
So much to do

BY JACK BERICH
ARTS & ENTERTAINMENT EDITOR

So you’ve finally left your parents’ house. As students leave the confines of their parent’s home, their life line for who knows how long and head into the new adult world, it can be daunting no doubt. The fact is that for most students, this is a new and unfamiliar place (and even if it is familiar, it still might help to read on for a refresher) and they are looking for experiencing, fresh places to adventure, explore, and discover to enhance the experience here at Johnson & Wales University.

For such atiny state, with an area of only 37 by 48 miles, Rhode Island offers and impressive 400 miles of meandering coastline, an exciting city scene in Providence, and a rich history dating back to the days before our country came to be. People of all ages will find Providence a charming city with much to see and do, both historical and cultural. The following are some particular places and things to see in and around Providence:

The neighborhood spirit is alive and welcoming on Federal Hill, where Providence takes on a new world flavor. Savor the nuances of Italian culture and cuisine while visiting traditional bakeries, shops, groceries and restaurants. Not everyone realizes that Providence has an area of Italian dining that rivals Boston’s North End and Little Italy. Camille’s and Blue Grotto highlight Providence’s Federal Hill eateries. Many are high-end for that special night out and some of the best Italian bakeries are sprinkled in as well. In the warmer months, outdoor seating at many restaurants makes for a great "see-and-be-seen" atmosphere.

Roger Williams Park/Zoo (1000 Elmwood Avenue) is one of America’s premiere historic urban Parks and listed on the National Register of Historic Places; the 435 acre Victorian park boasts of lovely lakes, varied species of mature trees, and a fabulous rose garden. "The Jewel of Providence" attracts over 3.5 million visitors each year and offers an incredible selection of attractions including an award winning zoo, the Museum of Natural History and Planetarium, circa 1895, the Casino, circa 1897, Charles Smith Green Houses and Botanical Gardens, carousel village, life-size bronze sculptures and fountains.

When it comes to shopping, Providence has been at it since the very beginning. The Arcade (65 Weybosset Street), the nation’s oldest indoor shopping mall, is a gorgeous space. When it was completed in 1828, it was on retail’s cutting edge in grouping a range of businesses under one roof.

Just down the street from the Arcade is the more modern and readily equipped Providence Place Mall (One Providence Place) featuring three levels of first-class shopping, two movie theaters (IMAX and

See Things to Do
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<td>NFL Football vs. the Big Show - NY Giants vs. Dallas Cowboys, 8pm, HGS &amp; GC</td>
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Contact Student Activities:

- CHCS — Diversity ext 1195
- Harbourside Rec. Center ext 1993
- PP — Pepsi Forum
- GC — Lake Commons
- HGS — Harbourside Green Space
- HRC — Harbourside Rec. Center
- XA — Xavier Audition
Quick Reference For Student Advising Needs

This quick reference guide is designed to assist JWU students with a variety of needs — academic, career focused, residential life related or other more personal needs. If you have a question or a concern, this guide will serve as their first step in finding an answer. Clip and save this for future reference!

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<td>Center for Academic Support, Learning Center</td>
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<tr>
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or e-mail: studyabroad@jwu.edu

Info Session Every Friday @ 1:00pm Kinsley Building Room 308
Jack B's Shows to Check Out

AUGUST 31
Ringworm
Merrurder
Strong Intention
@ Palladium (Worcester) / $15
- Doors: 6 p.m.

SEPTEMBER 3
LABOR DAY SIDEWALK BBQ
Cadence Green
The Dodo's
@ AS220 / $7
- Doors: 6 p.m.

SEPTEMBER 4
The Almost
Meg & Dia
@ Middle East (Cambridge, MA) / $15
- Doors: 7 p.m.

SEPTEMBER 5
Dannes Rice
@ BoA Pavilion (Boston, MA) / $30
- Doors: 7 p.m.

SEPTEMBER 6
Artic Monkeys
@ Lupo's / $22.50
- Doors: 6 p.m.

SEPTEMBER 6
Providence Poetry Slam
@ AS220 / $4
- Doors: 7 p.m.

SEPTEMBER 9
FALLEN FRIENDS IV 2007
Hardcore Punk Metal Showcase
@ Brockton, MA / Doors: 12 noon

SEPTEMBER 10
Sun 41
Yellowcard
Amber Pacific
Monty Are I
@ Lupo's / $20
- Doors: 6 p.m.

SEPTEMBER 14
Dropkick Murphys
@ Lupo's / $22.50
- Doors: 7 p.m.

SEPTEMBER 15
The Lost
The Bled
@ Palladium (Worcester, MA) / $25
- Doors: 7 p.m.

SEPTEMBER 15
The Starting Line
Permanent Me
@ Lupo's / $15
- Doors: 5 p.m.

To suggest show listings, please e-mail: campusherald@psu.edu

Fight Club's heir novel Survivor Proves Palahniuk's Perspicacity

BY JACK BURCH
ARTS & ENTERTAINMENT EDITOR

Okay, so your first novel, Fight Club, is an angry Gen-X declaration of war against the Baby-Boomers. It's amphet in a dense, hyper-charged style that sends critics back to their thesauri (or "genius" synonyms). It becomes an underground hit. It's bought by a major Hollywood studio, adapted by a hot new screenwriter who doesn't build the material and directed by one of the decade's hottest talents. The final film is praised by younger critics, frightened every one over forty and stars Brad Pitt! What do you do for a follow-up?

Start with a great premise: The narrative is presented as being a recording inside the black box (orange, really) of a 747 about to crash in the Australian outback from lack of fuel. So to reinforce the point, the pagination in Survivor runs backward, from 289 to 1. The narrator, Tender Branson, is alone on the plane. All the passengers have disappeared, and the pilot has long since parachuted to the ground. Now, in Tender awaits the inevitable crash, he intends to tell how he arrived at this point.

Continue with a memorable protagonist: Before his short career as airline hijacker, Tender Branson was a domestic servant. Before that, he was a member of a cult. After that, he was a media messiah. Wait. Rewind. Tender's cult childhood has prepared him to be the best domestic servant there was. But after the whole cult suddenly self-destructs, the Government assigns a caseworker to prevent Tender from killing himself in the same way the exiled members of the community were doing. As things evolve and his remaining fellow ex-cultists all commit suicide (or are they really?), Tender finds himself the last surviving member. Fame is only one step away, and that's how Tender finds himself sneaking shoes at the local Sports Center half-time show. No, wait. Dam.

That's too much stuff to compress in one single paragraph.

Wrap up everything in witty details: The world of Tender Branson is a fun-house parody of ours, with mass suicide cults and moody clairvoyants that are also steroid-charged mothers and underground suicide lines to pick up chicks and big murdering brothers and case workers who can preview their clients and prefabricated celebrites and pornography landfills and tricks to get almost any stains out of almost any material. Go ahead; ask him how.

And polish off with a sheen of style: Fight Club would be a daunting act for anyone to follow, and indeed Chuck Palahniuk's second novel is far less memorable that his debut, but Survivor is still a blast. Palahniuk's style is a mix of catchy quotes ("the only difference between suicide and martyrdom is press coverage") and a mass of technical details to provide irrefutable, a compulsively readble, narrated and some truly off-the-wall concepts. Not to mention the wacky humour: Survivor is surprisingly funny, with plenty of laugh-aloud moments that will positively bother your fellow bus passengers. Tags media messiah chapters or Survivor reminded your reviewer of Mark Leyner's underrated El Ti, Babe. (In sheer manic satire of egomaniacal ce-lebrities.) Palahniuk's vision of the world is almost positively science-fictional in nature, mocking today's obsession by extrapolating trends to their logical out-comes. As with Fight Club, one finishes Survivor with a sense of giddy exhaustion, a whirlwind trip through an imaginaion littered with his own language.

So lead your readers to a conclusion: Survivor is a worthy follow-up to Fight Club. Less angry, less unique, but suf- ciently enjoyable in its own right. The latest rumors assign Jim Carrey and Jerry Bruckheimer as protagonist and producer of the upcoming film adaptation. Isn't that weird enough for an uncanny enough book?

An important note: The ending is not what it seems. Check out the Official Chuck Palahniuk page at http://www.checkpalahniuk.net for more details.

Actor/Musician Pursues Solo Pop-Rock Venture in Coconut Records

BY JACK BURCH
ARTS & ENTERTAINMENT EDITOR

Coconut Records is the irresistible, pop-rock brainchild of actor/musician Jason Schwartzman. When Schwartzman quit playing drums for Phantom Planet (known for its popular opening song on the popular FOX show The O.C.), it heavily divided their fan base. So, why did he decide to re-lease a solo album? I've got my theories, but none of them satiate the multitude of questions. Maybe his acting career hasn't been fulfilling as he had originally planned. Marie Antoinette, Shopgirl, Bewitched. Maybe playing on 2 tracks of Ben Lee's 2005 release Awake is the new sleep made him hungry for more. Or maybe his little brother Robert Carmine (of Rooney) has inspired him to get back on the bandstand. Regardless of the rationale, the results are spectacular and I still can't get past the fact that Nightingale has garnered so little attention.

Nightingale is Schwartzman's solo effort since Phantom Planet and it is with- out a doubt the show of any of the releases put out this year. The Mike Einziger (Incubus guitarists) produced record convinces with the sluggish "This Old Machine," merely serving as a preface to the cel- ebrity-filled record. None other than Kirsten Dunst provides the reposhelf, female back- ing vocals on this track I find fitting for this fact, but I continually wonder how her guest appearance came to fruition. I'm a fan of Roxy Roxette for its time when it comes to dis- ecuting albums.

By the time I contemplate it a hit, I'm thrust full-force into the Planet- eteas West Coast. The infectious pop song, massively orchestrated by string ar- rangements and gang vocals, recalls the See Schwartzman Page 6

Did the Net Kill Hip-Hop

BY BOB LIESZT
COURTESY OF LIESZT.COM

We were living in a hip-hop nation. What happened?

The Internet.

Hip-hop evolved into a marketing juggernaut. The sound of the people made by performers who would endorse any prod- uct, tie-in with anybody willing to pay them. And the marketers paid them. And the mainstream media covered the shenan- igans. And then suddenly nobody wanted real rap records anymore. Of course rap became a caricature of itself. Then again, if you were cutting edge, you got no airplay. And with no national business to speak of, and with disc sales declining, you needed that airplay. So ever more bland hip-hop was forced upon the public on MTV and radio... and suddenly people had somewhere else to turn.

The broadcast was dead.

Breadcast began not only YouTube, but the demise of Don Imus too. If it won't for Media Matters, and its posting of the Imus clip, this story would have blown over, it would have been business as usual. But the Net kept the story alive. The Net MADE the story. The Net fanned the flames.

The major labels believe the Internet is synonymous with theft. Sure, a lot of stealing goes on via the pipe. But a lot more is exchanged between people. Information. New music.

The old system was built upon control. We decide to who, we decide what to distribute, you choose from our slim pick- ings. But suddenly there was more choice.

But you weren't supposed to like those new choices. They didn't sound like the mainstream, they didn't have the same tration, they weren't INTRUSIVE! And that's exactly why the public embraced these new acts. They hearkened back to the days of the late sixties and early seventies, when the man had AM and we had FM. And the labels purveying the music were icons we wanted to work for, when they were doing their best to中期 the cutting edge, what we wanted to hear. You know that doesn't describe the major labels today.

We've been reading over and over how Americans are bombarded with marketing messages, which are ignored. What makes the music industry believe it's immune? That it when they it's happened something it's got the full force of the media trying to con- vince us to try a new soup.

And with so much money at stake, the usual suspects ramp the hype even up more. Jay-Z is EVERYWHERE when his new album comes out. But that doesn't sell it. Because people can see the sell. And the sell has nothing to do with the music.

And didn't the labels cry that CDs have to cost so much because of the MARKET- ING COSTS? The HYPE costs? It's exact- ly these costs that are putting their acts in the ground. Only the lowest common de- nominator ever seems to be selling. Doubt me? Then why do the Shins See What Happened? Next Page
What Happened? Continued from previous page
sell more albums the first week than the vaunted J. Lo?

Most albums sell a pittance. They’re far from the ARIA charts’ number one hits; one Coachella music festival sold only 10,000 tickets. Suddenly, with a fraction of the marketing budget you can reach enough people on social media, you can sell thousands of these or the scorch-earth policy overtypes. Think about that?

In other words, there’s more money in the niche. Not only are niches selling a lot of records, they’re doing so for a fraction of the cost. And people want the album, since they believe in the act.

We’re in a new golden era. Pay no attention to what the major labels are saying. Don’t worry about iTunes and DRM and lawsuits. They’re the detritus of an old world. What’s fascinating is that those who desire music are pulling it on the Web.

They’re going out and finding it, they’re searching for great new stuff. And when they find it, they buy it, and it goes to see if live, they BELIEVE in it. And it sounds anything but formulaic.

In reality, it is less of a revolt against hip-hop than a setting loose of music lovers in a vast candy store. Why eat the same thing over and over again when you can try something new?

If you’re playing only the hits, you’re missing most of what people want to hear. Then again, to get most of those people, you’d have to play ALL KINDS of music. The question of whether broadcast- ing is even the best name for it, is this space, it’s more about niches. Whether satellite’s tens and tens and tens of stations are necessary to fill the need.

You complained about the lack of melody in today’s music?

No problem, you no longer have to listen to it. You can find something more appealing on the Web. Friends help. But even searching turns up all kinds of appealing stuff.

We’re seeing a great democratization of the landscape. Dictation is no longer the norm. It’s not about strong-arming some- one into liking your wares, it’s about trying to do something so great, so appealing, so honest that people will flock to you, and sell it for you.

The landscape will never be the same.

Johnston & Whitney

Getting your back in order: Tactics for College students

Recognization! Attention! A legion of loyal music industry folks have been trying for what seems like years to convince musicians that they are not only cool, but also vital.

But now they have a new twist. All musicians need to act now to protect the integrity of their music, and avoid falling into a hole that many have found.

The concept is simple. If an artist does not protect their music, they lose control over how it is used and distributed. This can lead to a loss of revenue and diminishing returns on future projects.

So, how can you protect your music?

1. **Register your music with the **Recording Industry Association of America (RIAA). This will give you legal protection against copyright infringement.

2. **Use a music distribution service that provides you with control over how your music is used.** Services like SoundCloud and Bandcamp allow you to set the terms for your music, including who can distribute it and how it can be used.

3. **Develop a marketing plan.** This will help you promote your music and reach new audiences. It will also help you understand how your music is being used.

4. **Use social media platforms to engage with your audience.** This will help you build a loyal fan base and increase your visibility.

5. **Consider offering your music for free.** This can be a great way to get your music in front of new audiences and build your fan base.

By doing these things, you can protect your music and ensure that you get the most out of it.

But remember, the battle is ongoing. Stay vigilant and be prepared to defend your music at all costs.

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"Getting your back in order: Tactics for College students"
Music Review: \textit{High School Musical 2} soundtrack is at the top of its class

By DERRICK J. LANG

Associated Press Writer

You don't have to worry about "Breaking Free" from the \textit{Start of Something New} because the \textit{High School Musical 2} soundtrack will "Get'cha Head in the Game" and, if history serves, "Bop to the Top." If you didn't catch at least one of those, \textit{High School Musical} song references, you're in a pity-harty clique who didn't see the made-for-Disney Channel movie, listen to the soundtrack or go to the arena concert tour of this multi-platform pop-culture phenomenon, responsible for the best-selling album of 2006. Or maybe you're just in denial. Whatever the case, everyone can catch up with Troy, Gabriella and their East High classmates before \textit{High School Musical 2} debuts Aug. 17 on the Disney Channel with the soundtrack's 11 new tunes.

This time around, school's out and poolside hijinks replace the original locker-lined backdrop. Just like the bounty "Saved by the Bell" and "Beverly Hills 90210" gorges before them, the Wildcats are spending their summer at a ritzy country club. Some simple living. Others have part-time jobs. Everyone sings.

Naturally, the catchy sun-soaked songs tackle seasonal specific topics, such as beinganothertimesummergigs with each percussion instrument known to man ("Work This Out") or playing basketball amid a heavy "butter, butter," chorus ("I Don't Dance").

Visitors will find fun-but-kindly-flat-pedestrances, \textit{High School Musical 2} successfully embeds some late '80s/early '90s camp nostalgia within its mega-produced mega-mixtape beats, although typical "High School Musical" fare... amen, squarely 14-year-old girls... will probably be more thankful for totally way more Troy.

Smiley Zac Efron, who transcended the small-screen as Link Larkin in this summer's "Hairspray," has much more of a vocal presence on the \textit{High School Musical 2} soundtrack as East High's conflicted jock/drama nerd Troy, most notably with his synthy-sassy Mi- chael Jackson-style solo "Be On It." Teens and tweens will dig "You Are the Music in Me." Troy's gyrly ballad with Gabriella (Vanessa Hudgens), and its more rockin' reprise featuring Ver- oca Salt-flavored tempestress Sharpay (Ashley Tisdale) Parents, however, will appreciate the wholesome affirmation of songs like "All for One" and "Everyday." Everyone else... meanwhile, shouldn't deny themselves the cheesy pleasure of it all.

Community Service-Learning (CSL) Registration

Do you need you know need SVL1001 & SVL2001 to graduate? If you have not registered for these courses you can do so now!

Registration for CSL will take place on the Downcity campus Wednesday, September 5 and Thursday, September 6 from 9AM-4PM on the 5th floor of the John Hazen White/TACO building in Conference Room C.

Registration for CLS will take place on the Barbourside campus Monday, September 10 and Tuesday, September 11 from 9AM-4PM on the 2nd floor of the Recreation Center. Students may also drop by the Feinstein Community Service Center on the 5th floor of the John Hazen White/TACO building up until Friday, September 14.

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Include all your details have been published regarding this state, but hey, advertisers are not giving all the time.

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Your Dorm Checklist

Nest a tidy

- Room or desk vacuum (1)
- Dish cloths & towels (6)
- Cylinder hamper (1)
- Trash can (1)
- Drying rack (1)
- Laundry basket (1)
- Linen folder (1)

Student Body Needs

- Towel set (6)
- Towel bar (1)
- Bath towel folder (1)
- Bath rug (1)
- Shower curtain (1)
- Shower ring set (1)
- Shower caddy (1)
- Soap holder (1)
- Bath brush and pad
- Electric toothbrush (1)
- Replacement heads
- Over the door hook
- Magnifying mirror
- Hair dryer
- Body wash & lotion
- Cosmetic organizer
- Tissues
- Curling iron (1)
- Hair straightener (1)
- Electric razor (1)
- Robe & slippers (1)
- Hair towel & shower wrap
- Scale (1)
- Electric fragrance diffuser

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Judges rules out crime and courts shows for sitting jurors

HAMILTON, Ohio (AP) — A Butler County judge doesn't want jurors confusing television justice with their roles in her courtroom.

Common Pleas Judge Patricia Oney in this southwest Ohio city tells sitting jurors not to watch shows ranging from the "CSI" crime investigation shows, to the "Law & Order" shows to "Boston Legal."

Such shows can create unrealistic expectations for jurors such as about what can and cannot be done with evidence, said Oney.

While judges often instruct jurors to avoid media coverage of the case they're considering, she adds fictional coverage to hers. She also includes such criminal justice coverage as the "Nancy Grace" interview program on CNN Headline News.

"So many shows now are pulled in part from cases all over the country," Oney said. "I don't want jurors watching them while they are in deliberation."

Butler County Prosecutor Robin Piper said seminars in dealing with the "CSI Effect" are common in training conferences for attorneys.

Defense attorney Melinda Cook-Reich said she agrees with Oney's no-viewing list while jurors are in the middle of deciding a case.

"But I think otherwise those shows can be a benefit to make people aware of what kind of testing can be done," Cook-Reich said.

Things to Do Continued from Front Page

regular) as well as a food court. The stores range from Pac Sun to Nordstrom to Urban Behavior and more. Whatever you're looking for whether it is handbags to shoes to maybe a few quick things at the CVS drug store, you'll probably find it at Providence Place.

In terms of art in Providence, there is a plethora right there to see. The Rhode Island School of Design (RISD) Museum traces the history of art from antiquity to the present through exhibitions and a collection of nearly 80,000 works of art in all media including painting, sculpture, decorative arts, costumes and textiles, prints, drawings, photographs, and video, representing cultures around the world. And this is just one of numerous art galleries in the city of Providence alone, so be on the lookout for them.

Providence Performing Arts Center (220 Wayneworth Street) was opened as a Loew's Movie Palace on October 6, 1928. Over the years, the theatre has survived many changes; it was nearly demolished in the seventies. Now, it is listed on the National Register of Historic Places and plays a vital role in the City's ongoing renaissance. The beauty of the Theatre combined with the excellence of the productions makes every event at the Providence Performing Arts Center a work of art. Another theater, the Trinity Repertory Company (201 Washington Street), is internationally renowned, a Tony Award-winning, resident theatre company that provides classical, contemporary and new works year-round in two theaters.

If live music is on your mind, Providence offers a couple decent venues which regularly bring in quality regional and national tours. The main music venues include the Living Room (23 Rhode Street) and Lupo's (79 Washington Street) which cater to larger name artist and acts from hip-hop to metal to indie. Other alternative venues include: AS220 (115 Empire Street) – featuring poetry slams, open mic hip-hop as well as local indie/folk singers and songwriters, Taaza Caffe (250 Westminster Street).

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CONTACT:

Jeannette Williams
Jeannette.Williams@jwu.edu

in itself (if you choose to do so) winding through cobblestone walkways, gardens, colonial style houses and the leisurely feel of the sidewalk laden with trees.

All in all, this is just the tip of the iceberg to get started delving into Providence and the surrounding area to see what it has to offer this school year. And even if all of that doesn't work, every JWU student doesn't get free bus fare anywhere in Rhode Island. Plus, the commuter train (it's pretty cheap) provides transportation to a fun-filled day in Boston from Providence. The Amtrak station is located right across from Providence Place Mall, providing a whole other world of options.

Whether it is a mint day on the beach, maybe a relaxing day in a café or even a night out shopping and dining, one is sure to encounter an array of various experiences around Providence and beyond.
2007 Parents' Association Essay Contest

Enter to win a $1,000 scholarship!

Write a 500 word essay about:
Describe a significant event that occurred in your life and explain how that event helped to shape you as a Johnson & Wales student.

Rules:
1. Essays must be no longer than 500 words.
2. Composition must be type-written, double-spaced, with a font size of 12.
3. Entries can be submitted to Professor Donna Thomas, Room 514, John Hazen White Center no later than 3 P.M. on October 1.
4. Entries will be judged on creativity, composition and grammatical accuracy.
5. All undergraduate Johnson & Wales students currently enrolled are encouraged to participate.

The winner and his/her family are requested to attend the President's Breakfast at the JWU Inn on Sunday, Oct. 14 to read the winning essay.

Email submissions are not accepted.

The final selection is the decision of the Committee and is final without further discussion.

2007 Parents' Association Essay Contest.

www.jwu.edu/prv/sna/greek
STUDENT ACTIVITIES

**Sponsored by Office of Student Activities**

**Night of Comedy**

**Sept. 2**

**Sunday 9 PM**

**At The**

**PPAC**

**Free for J&W Students**

**With Mike Epps**

**Johnson & Wales University**

**Fall 2007 Film Series**

- September 6
- September 13
- September 20
- September 27
- October 4
- October 11
- October 18
- October 25
- November 1
- November 8

- Pirates of the Caribbean at World's End
- Ocean's 13
- Knocked Up
- Fast Food
- Transamerica
- Beyond the Sea
- Harry Potter and the Order of the Phoenix
- The Bourne Ultimatum

Second Sunday. Mondays 8pm Ravens Restaurant. For more information please call Ext. 4669

**Total Entertainment Live**

**September 12**

- Robert Channing
- Mind Reader
- Pepsi Forum

**September 24**

- Bingo and Comedy Palooza
- Featuring Comedian Lee Camp
- 8pm Bingo
- 9pm Comedy Harborside Rec Center

**September 26**

- Battle of the Sexes Game Show
- 9pm Pepsi Forum

**October 10**

- Comedian Ryan Belleville
- 9pm Pepsi Forum

**October 17**

- Inspirational Comedian Wendi Fox
- 8pm Pepsi Forum

**October 24**

- Magician Joel Meyers
- 9pm Harborside Rec Center

**November 7**

- Comedy Juggler Josh Casey
- 9pm Pepsi Forum

For more information call 401-594-4668
The Editor's Desk
Of Slackers, Money & Education

by Patrick Dyl
Editor-in-Chief

It is no secret fact, the cost of higher edu-
cation is rising every year and the amount of money the government provides stu-
dents in aid is shrinking. More and more students are being forced to take on loans in order to pay for their much needed col-
lege degrees. Aside from the obvious cost of room and board, students also have to come up with money for books, computers, and the other must haves of college life.

There is one thing I do not understand about many students I see (well not just one thing, but this is the biggest). Those who, after paying exorbitant amounts of money to become enrolled here at Johnson & Wales University, don’t show up to class or worse yet who show up and don’t pay attention.

You know who I’m talking about, that kid who sits in the back row and sleeps, or the one texting away on their sidekick while their professor tries to teach and the others in the room are trying to learn. I’ve completed nine trimesters at JWU and in all my time here, in all the classes I’ve ever taken, seldom have I seen a professor re-
primand a student for sleeping, texting, or being ignorant in class, and only once have I seen a professor actually toss a student out of class.

I believe this is something the university must begin to crack down on! Not only do the actions of this minority of students per-

It's an insidious and inaccurate stereotype of JWU student in Providence, it is also an insult to the professor and unfair to fellow classmate.

In my experience these are the same stu-
dents who beg other students for copies of their notes or homework. Who annoyingly pesters for more review time before a test or quiz, and who ask the most irrelevant of questions such as “how many questions are on the test?” like knowing that answer will help them.

Perhaps these are the same students whose mommy and daddy pay for every-
thing and they don’t understand the value of what is being given to them, or maybe they just don’t care and are going to col-
lege just to get others.

Either way I really wish they’d grow up and participate in class, or stand up to their parents and tell them they don’t want to be in school. I prefer the first choice though.

I believe that education and knowledge are sacred and you can never have too much of either. It is the educated who work to make this world a better place, where as the igno-
rant drag society further into the pits of shame. Those with knowledge are able to defend themselves against closed minded ideologies. Those who understand others are able to be understood themselves.

If you don’t want the education JWU provides you, save the rest of us the annoy-
ance of your presence, and go home, get a job and live your life your own way so we can live ours in our way.

Advice from the Herald Staff for the Class of ’11

The staff of The Campus Herald has put together a list of simple Do’s and Don’ts that can help you with your time in at John-
son & Wales University, and in the City of Providence. So sit back, digest what we have to say and don’t take any of it too per-
sonally.

1. Do attend opening weekend events. Johnson & Wales University has one of the largest Student Activities budgets in New England. Take advantage of it.

2. Do make sure you have all the books you need from class. Nobody likes that guy who is never ready. Don’t think you have to buy all your books at the bookstore. They are cheaper elsewhere.

3. Do buy a JWU hoodie from the book-

4. Do look at a map of the campus and of the city. Don’t show up and ask where the mall or Thames St. are. Worse, Don’t ask about Sidewalk.

5. Don’t step on the University seal in Gabe Commons. Even if you don’t believe in superstition, why tempt fate?

6. Do attend at least one Athletics event.

The Ideas, opinions, or views express in the Ideas & Opinions section of THE CAMPUS HERALD are those of their individual author or authors and not necessarily those of THE CAMPUS HERALD or its Editorial Board, or those of Johnson & Wales University. Unsigned Editorials are those written by the Editorial Board and reflect the views of the majority of the board.

THE CAMPUS HERALD invites letters and commentary from the university community. All submissions must include your full name, contact information and major (for stu-
dents) or department (for faculty and staff). THE CAMPUS HERALD reserves the right to edit submissions for space, and content.

Our Question This Week:
Do you think the Orientation Program would have eased some of your new student anxiety when you were a new student?

Caitlin Sheehan ’10 Baking & Pastry

“Definitely. I was the only student from my high school to come to Johnson & Wales so it would have been nice to know some peo-
ple before I came here in the fall. Also, a tour around the city, which I know was offered at Orientation, would have been helpful.”

Kyle Britto ’09 Accounting

“Absolutely. If I went to New Student Ori-
etnation I would have already established a
core group of friends so when I came here in September, the transition would have been easier from high school to college. I would have also been able to see the city and know where my classes are!”

Reggy Joseph ’08 Computer Graphics

“Yes. I think my freshman year would have been different if I went through Orientation because it opens your eyes a lot more to what JWU has to offer.”

Speak Out

By Caitlin Nangle
Staff Writer

The interactive ‘Speak Out!” section of The Campus Herald is meant to provide the University community a professional forum to voice their ideas and opinions.

To submit a question for Speak Out!, please e-mail campusherald@jwu.edu.

Jennifer Lombardi ’11
Travel & Tourism

“Yes, definitely! The Orientation Program helped me so much. I don’t think I would have been as comfortable as I now am if I didn’t go to Orientation. It was such a fun experience that I want to be an Orientation Leader next year!”

Jillian Kent ’10
S.E.E.

“Yes! As an Orientation Leader, I saw the impact it made on the incoming freshmen class. I don’t think anyone could have imagined what this seminar provided for them. I honestly wish this program was here when I was a freshman because I was so nervous coming here and this would have helped me so much, especially with the fear of meeting new people.”

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How to Network Without Being Killed

BY TRISTAN THOMAS-ALLEN
ASSISTANT EDITOR-IN-CHIEF

One day back in July, I was walking past a building in midtown-Manhattan that was still under construction when I last saw it. The completed structure was pretty impressive, so when I saw a man in a suit with a name tag hanging a cigarette by the edge of the building and I asked him what the building was, "Bloomberg Tower," he said. Then he started to tell me about what it was like to work for Michael Bloomberg about the corporate structure. I asked if they had an internship program. He told me that he would look into it if I gave him some contact information. I only gave him my first name and my personal e-mail address to be on the safe side. Even though he did clearly work there, there was no reason to throw caution into the wind.

He sent me a message a few days later saying that he had asked a few friends in Human Resources about the internship program and that he would shop my resume around if I wanted him to. Then he asked if I would want to have coffee at some point before I went back to school. Now, starting to get the feeling that this was a romantic advance more than a professional one, I hesitated in sending anything further to him. Then I got a very sinister anonymous e-mail from one "Natalya" warning me: "Watch out for older men trying to help out younger women. Think about it, what can you do to return the favor?" Thoroughly creeped out, that successfully ended all communication with the man in question and any interest I had in working for Bloomberg L.P.

Why is networking so difficult for young women? On the one hand, how many of us have old family friends that are C-level executives for Fortune 500 companies? Most of us don't come to college with those kinds of connections already made for us. The only thing left for us to do is to forge those connections by networking, meeting the people that will one day help us climb the corporate ladder. On the other hand, we cannot limit ourselves to straight women that are old enough to be our great-grandmothers in an effort to mitigate the risk of romantic advances or even potentially dangerous situations, because if we do that, by the time we graduate college, all of our network will have passed away or had hip-replacement surgery.

So what are we supposed to do? There are a few things that you can do to assure that you are safe and that you can build a valuable and diverse professional network.

1) There's always safety in numbers: Go to networking events. The likelihood of a predator lurking at an MBA open house, a job fair, or a large seminar is relatively low.

2) Start with someone you trust: "Six Degrees of Separation" is a lot safer than "Random MySpace Guy who Claims to Work for Microsoft." If you want to work for Microsoft, chances are that you can find a way to make a valuable contact by beginning with people you already know. Start by asking around at church or a family gathering to find someone who has worked for a particular company or in a particular field. If Kevin Bacon is right, within 6 phone calls, you will have the contact you need.

3) Repeat after me. "This is not a date": Should you decide to have coffee with someone from an industry that you would like to explore, you must not lose sight of the fact that this is a business meeting. Do not show up in a low-cut top, tramp stamp-revealing low riders, or six-inch Lucite heels. Do not talk about your ex-boyfriend and how glad you are to be single again. Do not ask the person if they "work out" even if it is abundantly clear that they do. Feel free to be witty and polite, but keep the topics of conversation centered on industry research.

4) This is kind of like a date, though: The same way that you should have a safety escape plan in the event of a blind date gone horribly awry, do have an escape plan for an industry lunch gone sour. Always, always meet in a public, well-lit place. And, if the man from Lehman Brothers with the horrible breath and buzzard of dandruff has picked one too many lints balls off of your breast pocket, excuse yourself to the bathroom, call a friend with your location and get them to pick you up, or call a taxi and tell them to meet you in 10 minutes. If you have a significant other (or even someone who wants to pretend to play the part), tell them where you are so they can "drop in to say hello."

It is important to develop a diverse network while here at school because it gives you a leg up on finding your way into a job you truly want. But there are still those who want to mix your business with their pleasure. Take small steps to safeguard yourself, and you should safely be on your way to a work without uncomfortable social or romantic pressure.

Quote of the issue...

"We don't all agree on everything. I don't agree with myself on everything."
- Rudy Giuliani, 2008 Republican Presidential hopeful and former Mayor of New York City. He has been accused of changing his stance on many social issues.
The Campus Herald takes a look back on the Summer of '07 and the events that helped shape the world today with

The War in Iraq

The troop surge ordered by President George Bush has failed to contain insurgents and civil war in Iraq this summer. While US casualties have slightly dropped, the number is not significant to call the surge a success.

Gas Prices lower than expected

Much to the enjoyment of American vacationers everywhere, TIME magazine recently reported that gas prices have been lower than expected this summer due to increased refinery capacity.

“I don’t recall”

Almost nobody was happy with the testimony of embattled Attorney General Alberto Gonzalez. He used the phrase more than seventy times during only one round of testimony! His resignation was announced on August 27.
Teacher in space
Barbara R. Morgan (above) made her first space flight aboard the shuttle Endeavour (right).
She was the backup to the first teacher in space, Christa McAuliffe, who died in the Challenger explosion.

ROVE RESIGNS

Mr. Rove’s departure removes one of the White House’s most polarizing figures, and perhaps signals the effective end of the lame duck administration’s role in shaping major domestic policy decisions, where the former Texas political consultant was a driving force.

Children Left Behind
To cut the state’s multi-million dollar deficit, Rhode Island Governor Donald Carcieri cut money from child health care as well as lowered the adult criminal age to 17.
HEALTH | CULINARY | MONEY | TECH & SCI | PUZZLES

New Students! Welcome to the College of Culinary Arts

BY: JOHN O'CONNELL JR
LITE EDITOR

Welcome to Johnson & Wales. It's that time of year again, time to go back to school and for some, it's time to embark on a new journey in life. In just a few days the daily rituals of standard mise en place & uniform inspections will become second nature to you. Today you join the ranks of many famous alumni such as the Food Network's Emeril Lagasse and Tyler Florence, Sam Talbot from Bravo's "Top Chef", and Sous Chef Scott Liebfried from Fox's hit series "Hell's Kitchen". In just a few days you'll be meshed together with strang- ers from all across the USA and the world from all different walks of life.

After eleven weeks those strangers you meet on September 4th will feel like family. What you are about to experience has been referred to as one of the best times in life. For many it is also the scariest time because it may be the first time you are leaving "the nest" for a prolonged period of time, or maybe you are afraid to start fresh because you are used to the cliques in high school. But most of all you are scared because you don't know what is in store for you as you enter this stage in your life.

Well, don't fret too much: college academi- cians aren't as scary as the media makes them out to be. So here are some tips to help you out in your first term at Johnson & Wales University and at the College of Culinary Arts a successful one.

Study! College life is not all about the parties. Remember it costs someone, somewhere money to send you here. If you are planning to do Cos- ip you need a minimum GPA of 2.75 to partir in this truly enrich- ing experience. Also, if you plan on en- tering the Nutrition and Baking and Pastry baccalaureate programs, you'll need a 3.4 just for consideration.

Take Notes! Despite the age of com- puters and teachers having their own notes on PowerPoint available to you at anytime from your J&K e-mail account, it doesn't hurt too much to write the key points of the lecture down to ensure a higher likelihood of achieving good scores on your quizzes and exams.

Go to Class! Out of all the tips I could give you this one is probably the most important. Unlike other colleges and univer- sities, J&K has a very strict attendance policy. During a 9-day Culinary Lab Seg- ment, you are allowed one absence. Upon using this one day, you are going to bemoan the fact you will miss the lecture thus because you'll be dropped from the lab. If you drop two classes, the university drops you for the term. In Baking and Pastry Lab classes, you are allowed two absences. Nu- mero tres results in the teacher sending you a nice little e-mail saying "Thank you, try again". During Academic classes, you are allowed two absences and will be dropped upon a third as well. Unless you enjoy spending your Sunday's in school from 7 a.m. to 7 p.m., I advise you to go to class. A Chef of mine told me in one of my first classes during my freshman year, "Treat going to school like it is your job. Show up early work hard and show up for class." Unless you are completely and totally disgusted, attend all of your classes.

A little FYI: It costs close to three hundred dollars a day if you miss attendance (but don't worry, it won't ruin your grades). Stick to your brains because you never know why your comrade is always late. Find out why hollandsia sauce breaks if mishandled. That's why they are here and you (or your parents) are paying them to answer your questions.

Get involved in clubs and activities. It is possible to be too involved in too many clubs where you just need to go out and find. It join the Spe- cial Functions Club and have the chance to work with famous chefs at some of the world's best foundations. Join American Culinary Federation and help launch your professional career. If you are interested in pastry or cake decorating, we even have a club for that. If you like helping prospective students, join the Culinary Ambassadors Team and give tours during open houses.

And hey, the Campus Herald could always use new writers and photographers. There so many clubs and activities here and you should find one that suits you.

Take Knife Skills and Pastry Skills Class- es. Why not? They're free! And it will re- ally pay off in the long run on the practical exam and in industry. Maybe you'll even get bonus points in a class if you go.

Need Help? Go to the Learning Center. Free tutoring in any subject along with proofreading is available at the Learning Center. Their tutors' lecture notes are also available there if you really need to see what happened on slide 13 of the PowerPoint. REAR! Stay on top of your game by reading industry related publications. There are many waiting at the University solely dedicated to the Culinary Arts, take some time to browse it and get some reading ma- terial.

Shine your shoes and iron your uniform. On Day one of classes the Chefs will go over the uniform policy. A small sugges- tion: Know it, Love it, Live it. Professiona- lism starts with how you look. It shows your Chef that you take a lot of pride in your work and take pride in yourself.

Take care of your equipment! Make sure your knives are clean and sharp everyday for class. A good investment is a knife sharpener which can be purchased in the university bookstore on the Harbor- side Campus.

And finally, fun! You have another on embark on a life-changing experience. Make the most of it. Don't be afraid to meet new people.

Ask the Health Educator

BY ELAS LARSON
CONTRIBUTING WRITER

Question: "Crazy parties, reckless behav- ior, one-night stands... We must be talking about college, right?"

Answer: Wrong. Welcome to JWU Health Education. We provide the data, you draw the conclusion. Here's what college students reported on the American College Health Association's latest National College Health Assessment:

- 62% drink less than 4 drinks at a time.
- 76% had 0-1 sexual partners.
- 67% exercise 1-5 times per week for at least 20 minutes.
- 65% don't smoke.
- 94% consistently wear their seat belt.

Does is surprise you that college students care about their health? While you may run into the student who looks like they should be starring in "Animal House," the major- ity of college students drink moderately (if they drink at all), are sexually responsible, and exercise regularly. In fact, a study done at JWU reported that 70% of JWU students drink less than 9 drinks per month. So less than three weeks per drink. Students have creative strategies to stay healthy within a busy schedule. Not drinking and drinking moderately (1-3 drinks) is a good way to stay safe, stay focused, and even avoid the freshmen 15.

Studies indicate that freshmen gain on weight, but the freshman 15 is really more like the freshman 6. Luckily at JWU there are lots of healthy eating options at Dining Services. With a little planning, nutrition education, and regular exercise, you can prevent weight gain. All students have free access to the JWU gym. Find a work- out buddy, check out the aerobics schedule, and look for Health Ed workshops in your halls about fitness and nutrition.

Regular exercise and good nutrition are great ways to keep your body and mind healthy. Also, make sure to stop by Health Services for free healthcare or to speak to a nurse about any of your health concerns. Health Services and Health Education also offer free condoms to stay safe if you are sexually active, or planning to be. Wheth- er you choose abstinence or condoms, we can provide you with the information, sup- plies, and support to stay safe. Look for sexual health workshops from Health Ed about safer sex, STDs, Pap tests, HPV, and more.

Would you rather talk to someone one- on-one about your concerns? Students are always welcome to come in for confidential health consultations with Elsa, the health educator. Ask questions about fitness, nu- trition, sleep, sexual health, alcohol or other drugs. Start the year off right, get fit and stay well! Health Education is located in the CBC3, 2nd Floor, 401.598.2023.

Elsa Larson is the Health Educator for Johnson & Wales University. Her office is located on the third floor of the Academic Center for Student Involvement. She is also a frequent contributor to The Campus Herald.

www.cha.org

HPV Vaccine Update for JWU Female Students

As the new school year begins, college health professionals at JWU are urging female students to consider the HPV vaccine.

Although most women are unaware of the HPV vaccine, there are several reasons why female students should consider it. Among the reasons for considering the HPV vaccine are:

- Prevention of cervical cancer: Studies have shown that the HPV vaccine can prevent 70% of cervical cancers.
- Prevention of genital warts: The HPV vaccine can prevent the majority of genital warts.
- Prevention of other HPV-related diseases: The HPV vaccine can prevent other diseases caused by HPV, such as vaginal, vulvar, and anal cancer.

Women who are sexually active and have not been vaccinated are at increased risk for HPV. The HPV vaccine is recommended for girls aged 11-12 years.

The HPV vaccine is made up of four fractions that are used to create a single shot. Each fraction is equal in size and is delivered through a single needle. The fractions are as follows:

- HPV16: The first fraction is used to protect against HPV16, a type of HPV that is associated with 50% of cervical cancers and 80% of vaginal warts.
- HPV18: The second fraction is used to protect against HPV18, a type of HPV that is associated with 10% of cervical cancers and 90% of vaginal warts.
- HPV31: The third fraction is used to protect against HPV31, a type of HPV that is associated with 5% of cervical cancers and 1% of vaginal warts.
- HPV45: The fourth fraction is used to protect against HPV45, a type of HPV that is associated with 1% of cervical cancers and 1% of vaginal warts.

The fractions are administered in a single shot to the upper arm. The shot is repeated three times at six-month intervals, followed by a booster shot at 12 months.

The HPV vaccine is a safe and effective way to protect against HPV-related diseases. It is recommended for all girls aged 11-12 years, regardless of sexual activity.

Health Education at JWU provides free health services to JWU students. There is a health center on each campus and the professionals are available by appointment by telephone. The health center is open Monday through Friday, 8:30 AM to 5:00 PM. For more information, visit the health center website or call 401-598-2023.

**JWU Health Services provides free health care to JWU students. There is a health center on each campus and the professionals are available by appointment by telephone. The health center is open Monday through Friday, 8:30 AM to 5:00 PM. For more information, visit the health center website or call 401-598-2023.**
Can you really avoid the “15”?

BY NICK OERLEIN
STAFF WRITER

A plethora of opportunities awaits a new student’s first year of school. Positive things like making friends, learning new subjects, getting acquainted with a new city are all exciting. New students also face a number of challenges including the dreaded “Freshman Fifteen.”

The “Freshman Fifteen,” as it is widely known, is common due to a number of circumstances including parties, new atmospheres, new freedom when it comes to food, lots of available food and just the general transition to college during the first year.

“Studies indicate that freshmen do put on weight, but the freshman 15 really only means the freshman 6” says Elta Larson, the Health Educator here at Johnson & Wales. Here are nine great tips for avoiding the freshman fifteen and staying healthy year-round.

1. Maintain a well-balanced diet. When eating a well-balanced diet you need to focus on eating lots of food rich in carbohydrates but not simple sugars, mainly complex. Also include vegetables and fruits but don’t drink too much fruit juice because it has a lot of simple sugars. Then have lean sources of protein such as salmon or beans and you can get some protein from dairy products or substitutes which is a good source for calcium. Most people have different needs depending on age, gender and other variables so find a balance that works good for you.

“Luckily at JWU there are lots of healthy eating options at Dining Services” says Larson.

2. Eat reasonable portions. When you go to a restaurant you usually get a 16 ounce piece of steak instead of 2 to 3 ounces which is a normal serving for protein. At your favorite bakery you get a large bagel that is 5 servings of carbohydrates instead of 1 or 2. Sometimes it is hard to eat good portions because everything is thought to be “more is better” rather than “quality over quantity.” By scaling back your portions you can reduce the excess consumption of food.

3. Take a multivitamin. Your body needs vitamins and minerals in order to work right. Not many people have a diet where they get all of their daily value for their vitamins and minerals. It may seem odd that multivitamins are available for weight loss, but there are a number of vitamins that help contribute to overall health. Too much or too little vitamin intake can negatively affect the body in many ways and it is important to get the right daily values for your body type and size.

4. Eat breakfast and regularly throughout the day. People think that if they eat less throughout the day they lose weight faster, but it just isn’t true. One of the common bad habits is skipping breakfast and going on with very little food. This means that you will feel tired and have a lack of energy which also affects metabolism and how food is digested. Breakfast gives your body energy for the day but don’t go for the empty calories in sugared cereal. Statistics show that fiber helps provide satiety, meaning you will be less hungry throughout the day. Also, eating something light every few hours like fruit, whole grain bread, or vegetables, will help you feel full.

5. Weight train three times a week. One of the most important factors in losing weight is muscle mass because it takes more energy to fuel the body. Asking a weight training professional for advice is a good idea and you can create a workout plan and set goals because if you keep doing the same routines without a sense of accomplishment, it can feel like a waste of time. Make sure you are careful and stay within the range.

6. Take the stairs instead of the elevator or escalator. This may seem small but by making small adjustments you will gradually burn more calories. Just because you have the opportunity to be lazy doesn’t mean you have to be. This is perfect for those trying to burn an extra amount of calories without much effort.

7. Make your workouts fun and get your friends involved. Making fun workouts will encourage you to keep working out. If you wake-up early and can’t stand the thought of going to work out, then you probably need a new workout. Pick the things you like to do and do them with some people you enjoy it well. We tend to do things if we like them and workouts should be no different.

8. Set Realistic Goals. Nothing occurs overnight so it’s important to make small goals that will progress into the main goal getting to where you feel comfortable for weight but don’t over do it. No one is perfect and there is no “perfect weight.”

By using a body mass index (BMI) you can determine if you are over or overweight depending on your weight. However, BMI doesn’t measure muscle so it’s important to understand that you could be considered overweight on the BMI but have low amount of fat.

“Don’t go “dieting” all the time. Eating well isn’t a short term project and a pattern of “yo-yo dieting”, which is gaining and losing weight, is extremely unhealthy. That doesn’t mean you can’t eat dessert anymore or enjoy some indulgences. Approach your eating plan (Not diet) with moderation you can have your cake and eat it too. One of the most common problems is eating things we love all the time and then after a while, we lose the enjoyment. Good things are nice to have but for example if we had Christmas every day, it wouldn’t feel special. By spacing out your indulgences you please your self without going to extremes.

Submit your Crossword & Sudoku answers to The Campus Herald. The first person with the most correct answers will be our winner. You like free stuff, don’t you?

Weekly SUDOKU

by Linda Thistle

A B C D E F G H I
1 2 3 4 5 6 7 8 9

Place a number in the empty boxes in such a way that each row, each column and each small 3x3 box square contains all of the numbers from one to nine.

DIFFICULT THIS WEEK: ★★

Moderate ★★ Challenging ★★★★ HOO BOY!

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The Campus Herald would like to CONGRATULATE the Office of New Student Orientation on an excellent first year of their program!

Director of New Student Orientation
"Momma" Jeanine Went

Above: The "O-Team"

Tyler L. McClain
Administrative Assistant

Katie Cameron (blue shirt)
NODA Intern and
Caitlin Narkawicz (green shirt)
Senior Orientation Leader

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