Panel Discusses
Environmentalism & Business

The event began with presentations from three experts in the environmental field and was followed up with a Q&A session for JWU students and faculty who were in attendance.

BY PATRICK DYL
EDITOR-IN-CHIEF

Gabe Pacozzi ’09 inquired about the simple act of recycling. Yvonne Capone ’10 asked about which Presidential candidate has the best stance on global warming. These questions are similar to many of the questions asked at Green and the Bottom Line, a panel discussion held Tuesday, December 11 at Xavier Auditorium.

The event was filled with the newly renovated Xavier Auditorium which seats approximately five hundred and thirty eight people. And the audience consisted of Johnson & Wales University students and faculty from every area of the university, from business to technology, to culinary.

The events panel consisted of: Sarah James, co-director of the Institute for Economic Policy Education and Assistance; James has worked for over twenty years in the area of urban and town planning, and specializes in participatory city and town planning and integration of sustainability principles in community planning. Kurt Teichert, environmental co-ordinator at Brown University. Teichert works with students, faculty, and administrators to reduce the negative environmental impacts of the university’s operations; and Dan Raben, executive director of Boston Green Tourism, an organization that encourages the use of environmentally-friendly practices in Greater Boston’s visitor industry.

Sarah James spoke about various eco-friendly practices used by a variety of local governments, which included simple ideas, such as not using chemical pesticides in parks, to constructing new, green and natural based products. James claims that using harsh manmade synthetics was a threat to the planet and the health of everybody.

Though not everybody in the crowd seemed to accept the facts and messages conveyed by the speakers, all seemed to take an interest into what was being said and how it may impact our future.

The event was held in the basement of the Student Union at Johnson & Wales University. Raben says that the event was a prelude to a national symposium on January 21, 2008. On that day, a one-day, simultaneous symposium will be held across the country at member Face the Nation sites. Teams will take part in a national teach-in to address global warming solutions. Johnson & Wales has been participating in this initiative since December 2005.

Faculty, students and staff are all encouraged to participate in this discussion.

Students Line up for Starbucks’ JWU Opening

BY OTTO NEUBÄUER
NEWS & OPINIONS EDITOR

At six o’clock AM on Monday, December 10, the much anticipated Starbucks on the corner of Chestnut and Pine Streets opened for business.

The restaurant features the usual Starbucks menu of hot and cold drinks, pastries and fruit. The décor is also classic Starbucks, subdued lighting, art hanging from or directly painted onto the walls, and floor displays pushing the latest Starbucks products. Both classic and modern jazz tunes play from the store speakers. And free wireless internet access is available for students who bring their computers.

Just one thing throws off the upscale Starbucks atmosphere—the visibility through glass windows of a construction zone. City Burger, the remaining half of the former Chestnuts space, is not scheduled to open until Monday, January 7. Regardless, the unique ambiance is the whipped cream on the proverbial peppermint mocha that is the newest addition to University dining facilities.

Students, University officials and even a professor or two filtered in throughout the day to sample the menu. Executive Director of Practicum Properties Michael J. Downing was caught sitting in comfortable chair in the corner of Starbuck's, listening to music and talking with colleagues.

The University had been planning the opening of Starbucks since early 2007. Downing said. While it is unusual for Starbucks to offer student meal plans, the University was able to negotiate a plan that allows students one large regular coffee or tea (hot or iced), a pastry and a fruit with a swipe of their ID card. Specialty drinks, however, are not covered under the student meal plan.
Federal Appeals Court Rules in favor Johnson & Wales

The first circuit court in Boston accepts the university's claim that it has the right to name students in 'crime alerts'

By PATRICK DLY
EDITOR-IN-CHIEF

In what is being called a groundbreaking decision, the first circuit court of appeals has ruled in favor of Johnson & Wales University in a defamation lawsuit filed by a former student who was cleared by a jury after being accused of assault and identified by name in a campus "crime alert."

The decision, issued by the Boston-based first U.S. Circuit Court of Appeals last week, marks the first time a federal appeals court has interpreted the federal Clery Act, which requires that universities receiving federal money notify students and faculty when certain crimes take place on and around campus.

"The Act stipulates no hard-and-fast rules but, instead, gives institutions of higher learning substantial leeway to decide how notices should be phrased and disseminated so as most effectively to prevent future incidents," Senior Circuit Judge Bruce M. Selya wrote.

"This is a positive result not only for Johnson & Wales University, but for all colleges and universities," said Paul Curcio, the attorney who handled the case for JWU.

"This ruling gives us protection and guidance regarding the Clery Act," Curcio continued.

The events that preceded the court decision are long and complicated and begin in September of 2004.

Christopher Havlick, of Medford, N.Y., enrolled in Johnson & Wales in 2002. On September 17, 2004, he took part in a "heated exchange" with another student, Donald Ratcliffe, on a sidewalk near the intersection of Richmond and Pine streets in Providence, the ruling said. Havlick punched Ratcliffe, and Ratcliffe, who had his head on the sidewalk, received a concussion and a fractured skull.

The Providence police charged Havlick with simple assault, a misdemeanor. A witness told the police Havlick was holding a knife during the confrontation. Campus security concluded the incident probably stemmed from "fraternity-related animosities" and that Havlick "repeatedly flashed a knife." Also, a witness told police he found a friend of Havlick and his fraternity brothers would retaliate against them for cooperating in the probe, the ruling stated.

Three days later, the university notified Havlick that he was temporarily suspended for allegedly assaulting another student, possessing a knife and engaging in criminal behavior. That day, university lawyer Barbara Bennett revised the draft of a crime alert, adding Havlick's name and the name of his fraternity. The ZBT fraternity members were angry that the two students had chosen not to join the fraternity, the alert stated.

"The assualtant was identified as Christopher Havlick.ara. Havlick was placed on leave at the university.

Havlick appealed the board's decision, and met with the university's vice president for student affairs, Ronald Martel, who accused Havlick of lying about the incident and called his fraternity brothers "thugs," the ruling said. Martel turned the matter over to an appeals officer, Vera Sarwagi, who supported the decision to dismiss Havlick.

Havlick was found guilty of assault during a bench trial at the District Court. He was suspended, and a Superior Court jury acquitted him in May 2005. Havlick then sued in U.S. District Court, alleging "defamatory publication of false information by means of the crime alert and breach of contract for the university's failure to provide a fair appeal process."

Chief U.S. District Judge Mary M. Lisi granted summary judgment in the university's favor, saying it acted without malice and had a qualified privilege stemming from its duty to publish the crime alert. Havlick appealed.

When The Campus Herald asked Curcio if the university had had any doubts about it's legal position, he responded "We were confident in our position" though he did admit that this was the first time a Federal Court had addressed the issue regarding crime alerts and the Clery Act.

Havlick's lawyer has stated he will not appeal the most recent ruling, bringing to end this legal saga.

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JWU Honors Friedman; Entrepreneur and Pioneer

By THOMAS CONTE
CAMPUS NEWS EDITOR

Johnson & Wales’ Paramount Building, located on the HarborSide Campus, has had its name changed to The Friedman Center in honor of Entrepreneur Ira Friedman if you were involved in the culinary program, then you must recognize the name as a well renowned entrepreneur and a pioneer in the food service industry. For all those who don’t know, David Friedman has played a major role in transforming Johnson & Wales from a local business school to one of the best culinary universities in the country.

David Friedman, 85, originally owned and operated Paramount Restaurant Supply Co. which provided restaurant equipment, furnishings, and even retail construction and design. "He was a true pioneer in every sense of the word - as a successful businessman in an industry experiencing its infancy, and as someone who recognized the industry's growth would create the need for a whole new category of well educated and trained professionals," said JWU Board Chairman Dr. John A. Yena. Friedman was correct when predicting the food service industry to grow in upcoming years and in

S A F E T Y & S E C U R I T Y B L O T T E R

TUESDAY, NOVEMBER 27, 2007, 11:18AM

ARREST - Off Campus - Three students were arrested off campus for underage drinking.

SUNDAY, DECEMBER 2, 2007, 10:45PM

Stolen Vehicle - on the Corner HarborSide & Shipyard - A non-student reported his vehicle, a black Honda Civic, had been stolen.

He returned to his vehicle to investigate his car alarm sounding and discovered two subjects sitting in his vehicle with a third subject sitting in a white Honda Civic parked nearby. As he approached the vehicles the left area heading up HarborSide Boulevard town vehicle, a black Honda Civic was stolen.

Suspects were described as Hispanic Males.

THURSDAY, DECEMBER 6, 2007, 12:09AM

ARREST - Hospitality Center - Resident student arrested and charged with a narcotics violation.

THURSDAY, DECEMBER 6, 2007, 7:55PM

ARREST - South Hall - Resident student arrested and charged with a narcotics violation.

Please Contact Campus Safety & Security with any questions at (401) 598-1103 regarding the Lost & Found or any other safety concerns.
The Golden Compass

Allegory for atheism

BY SAMANTHA RADOV
STAFF WRITER

I could describe my liking of the film to that of my dislike for the church. Not that has anything to do with it right? Wrong, this film is the vessel in which new ideas are to be shipped to young and old around the country. The Catholic Church is already up in arms over the similarities between the Magisterium and the Church itself. If that is not enough of a reason to go, I don’t know what is.

Truth be told this is quite entertaining, great big armored polar bears, British accents, explosions, futuristic vehicles, and a gorgeous Nicole Kidman. The way she is placed in this film, as Mrs. Coulter, you can’t keep your eyes off her. I love to hate this character; she is so evil yet looks so damn good doing it.

If you are lucky enough to have read the Dark Materials Trilogy by Philip Pullman, do not expect spectacular storytelling. Expect dodgy storytelling, as they stick to the main points and barely string along a plot. For some reason however I am quite sure most of the Johnson & Wales University community has not read his books. I am the only person I know he has read them, and I highly recommend his books to you, if you are looking for something to keep you busy over the winter break. (note: the book is always better than the movie).

The basic story line follows a very brave young girl in a semi realistic alternate England through harrowing adventures trying to save someone here and a best friend there from the evils of the Magisterium. There is the usual Lord of the Rings style of music, super epic sweeping climaxes always with it own fitting build up. Lots of jaw dropping fight scenes, like two armored polar bears brawling to the death, with one ending up with well you’ll just have to watch. Note, I would have preferred another voice for the bear like a Russian for example, seeing how the bears live in that anywhere version of our Russia. Awesome special effects, every person in the film is followed by its daemon, or the external version of its soul, in the form of various fitting animals, think snow leopard, raven, golden monkey, marmot.

This film came just in time, when we all used to receiving on sci-fi fantasy adventure epic every winter, and there were no HP’s coming out, I was quite excited. As you should be even if you are the type of person who hates; enter said thing you hate here this is a crowd pleaser at best. Go to the student activities center on the downsity campus for student-discounted tickets. Shoving at the mall to often to list, call 401.270.4646 for more info.

Save so much on gear that you’ll actually be able to go someplace cool to use it.

College Students
Get 15% OFF full-price items.
Must show your college ID. Permanent damage may occur for details.

Crandon
Garden City Shopping Center
176 Hillside Rd.

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ARTS & ENTERTAINMENT

Holiday Gamer’s Guide

BY LOUIS GARCIA
ADVANCE-TITAN (U. WISCONSIN-OSHKOSH)

For some gamers, finding the right game during the holiday season can be a chore. So many good, and bad, games come out that it becomes difficult to figure out what you should get for the gamer in your life. Here are five games for five different systems that will help sort out the gifting from the rest of the crap.

Super Mario Galaxy: $49.99 “Super Mario Galaxy” for the Nintendo Wii is the best game of the year. Every time I played “Galaxy” I couldn’t put the Wii-mote down. It is a great example of how to make a game fun. It’s similar to “Super Mario 64” but introduces Mario to a new challenge: space. The stages Mario conquers include everything from floating platforms and barrels to a branched house. Many areas have more than one planet.

None of the Wii controls feel forced like many Wii games and are actually fluid. Galaxy introduces many new suits/power-ups such as the new Bee suit that brings back the Fire Flower power-up. Besides the many power-ups, “Galaxy” is also similar to “Super Mario 64” because of the music. Much of “Galaxy’s” music is instantly recognizable. Even the airship Mario battles on are reminiscent of the ones in “Mario 64.”

When all stars are collected, there is even more fun to be had, as a new surprise is unlocked that involves another famous plumber. When you don’t play this game, they don’t like video games.

Score: 10/10
Good: Perfect game experience.
Bad: Maybe a little too easy.

Final Fantasy Tactics: $99.99 This is a game for gamers who love robots and turn-based action. Front Mission is a series that doesn’t get much love outside of Japan. America has received “Front Mission 3” and “4” to date. This DS remake/port of the over-decade old Super Nintendo game, is the first time the Front Mission series started and it has been available on our shores. It is a turn-based strategy role-playing game much like “Final Fantasy Tactics” or “Advance Wars.”

Players control huge robots through a campaign involving war and politics. It is a satisfying game for anyone who enjoys mature stories, huge robots and an old school vibe.

Score: 8.5/10
Good: Great tactical game play.
Bad: Not as in-depth as games like “Final Fantasy Tactics.”

Sonic: $29.99 This is another game to finally make it to America. It is a remake of “Castlevania: Rondo of Blood” the prequel to “Castlevania Symphony of the Night.” “Castlevania X” is a full remake and features the old school Castlevania game play before it turned into the action-adventure RPG hybrid featured in every 2-D Castlevia after it. The game is still a 2-D side scroller, but all of the graphics are now in 3-D. Not only will game get to smile Dracula in full 3-D polygons, but hardcore fans will also be able to unlock the original “Rondo of Blood and Symphony of the Night,” the “Castlevia” that many consider to be the greatest. It is a great deal for not only “Castlevia” fans, but also for PSP gamers looking for a quality title for Christmas.

Score: 9/10
Good: Old school “Castlevia.”
Bad: May be too hard for the casual gamer.

Mass Effect: $39.99 Mass Effect was created by BioWare, the developer behind “Star Wars: Knights of the Old Republic” and “Jade Empire” for XBox/PC. Any gamer knows that those two games are among the best RPGs ever made. Mass Effect lives up to the legacy. Gamers can create their own avatar, take on their fate, and set forth on an adventure to save humanity. There are also classes and different teammates to choose from to a gamer hero-man squad to victory. The game plays out like a fusion between action RPG and turn-based RPG. It makes for a dynamic battle system that takes some getting used to.

During your planet-hopping adventure, many decisions must be made. These decisions may be actions players take or ways they respond to other characters throughout their quest. The way the game plays will lead them down a dark path or light path. This isn’t a game that you should get for a little brother. The game packs in some mature themes and imagery.

Score: 9/10
Good: Great, though chlicky story.
Bad: Bit of a learning curve.

Persona 3: $49.99 “Persona 3” is for the RPG fan. If gamers don’t like RPGs then they won’t bother with this game. It is also like most RPGs that may come to mind, such as “Final Fantasy XIII.” Basically it is an RPG about school kids having dreams. There is a lot of religion touched upon (many of the creatures to fight are characters from Buddhism or Christianity) and some weird things appear in the game. For instance, to summon the character’s inner persons for battle, he or she will shoot themselves in the head with a magic gun to bring out that person. So this is definitely a game for open-minded people.

Aside from a great premise, an eclectic mix of music and stylized art, “Persona 3” also offers something else new to most American gamers – a chance to live out an actual day as a Japanese student. While that may sound boring at first, it actually turns out to be rather interesting. Growing closer to certain characters by making different decisions during the school day will help characters become stronger or healthy for battles later that night. It is a great RPG and a must buy.

Score: 9.5/10
Good: Different than most RPGs.
Bad: Randomly generated dungeon

Christmas Movies

1. It’s a Wonderful Life
2. How the Grinch Stole Christmas
3. Home Alone 1 & 2
4. Miracle on 34th Street
5. A Charlie Brown Christmas
6. A Christmas Story
7. A Christmas Carol
8. Ernest Saves Christmas
9. The Nutcracker
10. National Lampoon’s Christmas Vacation

See page 8 for details.

EASTERN MOUNTAIN SPORTS
An Arabian Adventure

Saturday, February 9th, 2008
Doors open 7pm | Dinner and Dancing 8pm
$20 per person

Westin Hotel
Downtown Providence

Tickets on sale January 9th through February 7th
at both Student Activities Box Offices.
Tickets are limited and will not be available at the door.

For more information, please call 401.598.1195 | Must be 21 or over at the door.

ATTEND ANY OF THESE EVENTS AND WIN $200!

Part of a Club or Organization on Campus? Want to get word out about an upcoming event? Advertising in The Campus Herald starts as low as $20 for Students / Faculty / Staff who want to advertise university related information!

Johnson & Wales students can purchase discounted movie tickets at the Office of Student Activities Box Offices located on the 1st floor of the CBCSI Building. Downtown & 2nd floor of the Harborside Recreation Center.
Speak Out

By Nekoro Giscombe
Staff Writer

The interactive "Speak Out!" section of The Campus Herald is meant to provide the University community with a professional forum to voice their ideas and opinions. To submit a question for Speak Out! please e-mail campusherald@jwu.edu.

What do you want for the Holidays?

Anthony Nichols '10
Fashion Merchandising

"A pair of Kanye West Dunks (size 9), a pair of Alife/Asic's shoes (size 9), and a first generation holographic Charizard Pokemon card with Nekoro Giscombe's signature on it."

Deshawn Ferguson '10
Sports, Entertainment, and Event Management

"I just want clothes and maybe a few pairs of sneakers."

Geoffrey Long '11
Sports, Entertainment, and Event Management

"Cheaper text books, just to keep it plain and simple."

Isaiah Kelsey '08
Food Service Management

"Great health, peace amongst all, warmth to those in need... and an iPod for me! lol."

Yesenia Fuerte '10
Accounting & Finance

"I want money because I'm broke."

Happy Holidays
Ideas and Opinions

The Editor's Desk column will return next issue with even more sharp political commentary & a new focus on campus/university issues.

Lump of Coal

By Otto Neubauer
IDEAS & OPINIONS EDITOR

It's that time of year again. As people around the world decorate their homes and attempt in vain to make trees grow indoors, we await the coming of that fat old man we all love. Some wonder how he jets all around the world, Oscar and Nobel prize in hand, in a single 8-hour flight. Contrary to popular belief, he hasn't adopted a red-nosed caribou from the Arctic National Wildlife Refuge (ANWR)—rather, he flies through the information superhighway, straight to your tree. What else would you expect from the man who invented the Internet? Let's hear it for that intellectual ho (ho ho) ... Al Gore!

Gore and his fellow climate change scientists have sold out scientific integrity in support of a politically attractive but factually unsupported theory; namely, that anthropogenic global warming is a danger to our current lifestyle, or even to our survival as a species. Gore likes to quote Upton Sinclair: "It is difficult to get a man to understand something when his salary depends on not understanding it." Sadly, this seems to be the case with many of the scientists supporting the climate crisis theory. About sixty percent of scientific research is funded by government, either directly to scientists or through state universities. These scientists directly benefit from increased hype of the climate crisis theory. As Congress appropriates more and more funding for climate crisis studies, scientists' job security gets better and better. Environmentally conscious students line up to study the new "cool" science. And when all of their colleagues take a cursory look at the facts and come out in support of the theory, a bit of peer pressure comes into play. Here's what these scientists don't hear—the straight talk, with a little algebra to spice things up. While it's true that carbon dioxide absorbs infrared radiation and causes a global warming effect, the relationship has diminishing returns. Each successive increase in CO2 concentration has a smaller and smaller effect on temperatures. One scientist compared it to painting a white room with red paint—the first coat has an immediately noticeable effect, but subsequent coats have a smaller and smaller effect, until additional painting will make no difference at all. It's generally accepted that since the industrial revolution, atmospheric CO2 concentrations have increased from 0.028% of the atmosphere to 0.038% of the atmosphere. Scientists often talk of a doubling of atmospheric CO2, so think of this increase as 36% of a doubling. Of that time period, temp. has risen 0.6°C. Where is an elementary school student might be tempted to plot these two points, pull out a ruler and draw a line between the two, this would be a fundamental mathematical mistake. No one—not even Al Gore—denies that the relationship is linear; returns diminish, as described above. Using a more realistic curve, a 0.6°C historic rise for 36% of a doubling implies a full doubling would raise temperatures by about 1.2°C, or about 0.6°C more than has been recorded to date. In other words, temperature increases in the coming century will be approximately equal to temperature increases in the last century. And we're still alive today.

Gore likes to use the RBC's (Really Big Charts) to illustrate points. Unfortunately, his charts often hide, rather than reveal, facts. Take his chart showing the relationship between atmospheric CO2 levels and global temperature over the past 660,000 years. At a glance, the charts appear to match perfectly. But the RBC isn't quite big enough to show the key fact, which Gore knew when An Inconvenient Truth was being filmed—that on average, temperature increases preceded the corresponding atmospheric CO2 level increases by 200 years. How scientifically accurate is it, to observing Event A occurring 800 years after Event B, claim that Event A causes Event B? Sorry, Al, but you haven't invented time travel yet.

For those who aren't convinced by the above analysis, I highly recommend reading an 80-page criticism of the climate crisis theory, which can be found at http://tinyurl.com/ysmkzzx. Ultimately, the global warming scare is nothing more than a product of the politicization of science.

A Message from the Student Body President

On Sunday, December 9, 2007, the University Senate met twice, once at 3:30 pm and the second at 4 pm. Speaker of the Senate Andrew Childers was out of state for both meetings due to last minute circumstances. In his absence, Chief Justice Evan Lemoine did an excellent job presiding over the meetings. A special meeting had been called for 3:30 pm to address the Senate Bill SB-0708-02: An Act Relating to Non-Traditional Senator Service, allowing Senators to maintain office while on non-traditional education experience. After brief debate a roll call vote was taken and with 4 in favor 12 opposed and 2 abstentions, the bill failed. The regular meeting of the Senate began at 4 pm. The Senate, led by Chief Justice Evan Lemoine accomplished a great deal during the extended meeting. Some of the things achieved at the meeting were: the recognition of the Green Collaborative and the Surf Club, the establishment of the informal Senate meeting dates, the creation of new ad-hoc committees to plan the opening ceremonies for Senate meetings and town hall meetings, the creation of the Diversity Committee to ensure inclusion among the student body, discussion on possible benefits for Senators, and finally, the election of two new Senators: Brian Yi and Renaldo Johnson. Congratulations to our new clubs and new members! Great work Senators and thank you Chief Justice Lemoine for stepping up!

On behalf of your Student Government Association I would like to wish you all a happy and safe holiday season. We will see you next year!
Holiday Feasts

By John O'Connell

Let's Eat!!

If you haven't noticed, the holiday season is upon us. Hannukah has come and gone and Christmas is approaching quicker everyday. Everyone is out and about shopping for that perfect gift (or for that box of chocolates you loved one) or eight gifts (if you celebrate Hannukah). But what is the holiday season all about? It's about spending time with family (and also spending money) and of course the FOOD! Have you ever wondered what Jewish people are eating on Hannukah or what is a traditional Christmas meal? How about Kwanza, what do people eat there? I will give you all the important information, so you know regarding the various holiday feasts.

After those of the Jewish faith gather around the menorah to celebrate the lighting of the Maccabees over the Syrian and Greek armies they probably get pretty hungry so they eat a traditional Hannukah meal. But what is a traditional Hanukah meal? According to Linda Laron on her Busy Cooks Blog on About.com the traditional Hannukah meal consists of Beef brisket, potato latkes, Vegetable and Garden Salads, Applesauce and a Sponge Cake with Raspberry Sauce. But, keep in mind this is only one meal option on this celebratory meal and their own traditions so this may not be what every Jewish family is eating on one day of Hannukah. According to Laron though, this is what is traditionally prepared in most Jewish households. So if you aren't celebrating Christmas, what do you eat then? Good question, so I asked a friend of mine Jeremy Kohn '10 who is a Jew is what he and his family eat on Christmas Day. "Chinese Food. Every Jew I know in my area goes and orders Chinese food." Well there's your answer. The next stop on the holiday feast train is Christmas. With many different meal traditions celebrated by many different ethnicities this section itself would take up the whole life section in the newspaper, so I decided just to stick to the focus of the traditional American Christmas. In America people are feast on Apple cider and champagne to start off the meal, with champagne ending the meal in many cases as well. For the remainder of the feast we have ham and sometimes turkey, eggnog, candy cane and cookies are thrown in the mix along with cranberry sauce and pie. Still in some hot chocolate and family and that's a good 'ole American Christmas. Oh, and don't forget about the Christmas cookies that seems to be the most regifted gift in the history of Christmas.

And the final stop on the feast express is Kwanzaa. The feast of Kwanzaa is celebrated on the sixth night of the holiday, December 31, or the feast of Karamu which in Swahili means a peace gathering. Like other holidays people like to surround themselves with family and celebrate with food. A traditional Kwanzaa meal varies from place to place but the main dishes are usually okra gumbo, Roast beef, lamb kabobs or jerk chicken. The side dishes for this festive event consist of corn casserole, Rice and red beans, and sweet potato souffle. And the meal is rounded out with some delicious zucchini bread, honey cakes, which are a West African sesame cookie, and sweet potato pie.

So if you feel want and want to experience another holiday, try one of these many holiday ideas or experience another culture's food tradition this holiday. From me to you, Bon Appetite and Happy Holidays to you and yours. See you in 2008.

Christmas Trivia

• The use of a Christmas wreath as a decoration on a front door, mantel or bay window symbolizes a sign of wel- come and life to all who enter.
• Christmas caroling began as an old English custom called Wassailing —toasting neighbors to a long and healthy life.
• The biggest selling Christmas song of all time is Bing Crosby's "White Christmas."
• All modern references of Santa coming down the chimney can be traced to the famous poem "The Night Before Christmas" written in 1822 by the Clement Moore. In it he describes: "And in a twinkling, I heard on the roof, the prancing and pawing of each little hoof. As I drew in my head and was turning around, down the chim- ney St. Nicholas came with a bound."
• Due to Santa's busy schedule, he has 31 hours to deliver gifts.
• The first printed reference to Christmas trees appeared in Germany in 1531.
• Artificial Christmas trees have out- sold real ones since 1991.
• Candy canes began as straight white sticks and were used to decorate Christmas trees. A chorom- mas at College of the Redwoods has been the first to depict a shepherd's crook, and he would pass them out to the children to keep them occupied and out of mischief. It wasn't until around the 20th century that candy canes acquired their red color.
• A traditional Christmas dinner in early England was the head of a pig prepared with mustard.
• The Santa Claus suit was developed when the Wisconsin Company hired American artist Haddon Sundblom in 1934 to redesign Santa Claus. Sundblom chose the official colors of Coca-Cola, red and white.
• In America in 1822, the postmaster of Washington, D.C. complained to the postmaster general that he had to add 16 mullets in Christ- mas to deal with cards alone. He want- ed the use of cards a person could send limited by law. "I don't know what we'll do if this keeps on", he wrote.
• An average household in America will mail out 28 Christmas cards each year and over 2 billion in return.
• In 1836, Alabama was the first state to declare Christmas a legal holiday.
• In 1907, Oklahoma became the last state to declare Christmas a legal holiday.
• In 1947, Toys for Tots started mak- ing toys for a lucky little happy child for children by organizing its first Christ- mas toy drive for needy youngsters.
• According to a 1995 survey, 7 out of every 10 dogs get Christmas gifts from their doting owners.
• The Christmas season begins at 3 PM on November 25 and last- es through sundown on 5th January. For that reason, this season is also known as the Twelve Days of Christmas.

Tips for adding more steps to your day:
• On shopping trips, park far- ther away from the mall.
• Take advantage of winter activities during days off. Take the kids sledding.
• Wear a peadometer to monitor your steps. Aim for 7,000 or more total steps a day.
• Even though schedules are busier, try to maintain your usual exercise routine.

Stress is the number one cause of overeating and exercise can reduce stress. As you can see there is a cycle of controlling behavior for consumption of food. One is exercising lowers stress, burning calories, and this reduces overeating. Other ways to combat stress is by using relaxation techniques. A good massage, hot bath, morning walk, or yoga can combat stress that will in turn help lower the chances of overeating.

4. Family and friends: Most important aspect to human health is the social interactions that affect us on a daily basis. By effective communi- cation people can motivate one another to stay healthy and live to the fullest. Without fam- ily or friends life is very depressing. Remember to spend the holiday season with the ones you love and that they are there for you and vice versa.

Yourself: Only one person is in control of what you do and that is you. Anybody can do something mindless and not realize what they have done such as eat a tray of food. By remembering the activities you have done and the consequences of your actions you will be able to effectively increase your prevention of overeating. If that extra serv- ing of turkey is still lingering in your head go for a walk and burn it off. Counteracting the negative activities will help you combat any holiday indulgences.
TURN UP
THE VOLUME

Class of 2008
STUDENT COMMENCEMENT SPEAKERS

The commencement committee seeks
three outstanding students to speak at the
commencement ceremonies in May.
This is an opportunity to deliver an address
that inspires, encourages and reflects
the vision and hopes of the Class of 2008.

CRITERIA FOR ELIGIBILITY

- A grade point average (GPA) of at least 3.64,
  with expected completion of a bachelor's or master's
derg""' degree in 2008.
- Good academic, financial and disciplinary standing
  at Johnson & Wales University.
- Two faculty signatures; written recommendations
  are not required.
- Candidates may only apply to speak at the ceremony
  for their program.
- Professional staff enrolled as students are not eligible.

Applications and related details are available at
WWW.JWU.EDU/COMMENCEMENT/PROV

Happy Holidays
from the
staff of
The Campus
Herald.

We wish you a safe and happy
winter break and look forward
to serving you in the new year.

winter
films
at Johnson & Wales University

DECEMBER 6, 2007
GOOD LUCK CHUCK

DECEMBER 14, 2007
ACROSS THE UNIVERSE

JANUARY 17, 2008
THE HEARTBREAK KID

JANUARY 24, 2008
SAW IV

JANUARY 31, 2008
DAN IN REAL LIFE

FEBRUARY 7, 2008
BEE MOVIE

FEBRUARY 14, 2008
AMERICAN GANGLIBER

ALL MOVIES BEGIN 9PM
SHOWINGS AT THE HARBORSIDE REC. CENTER ON DATES SHOWN
AND ON THE FOLLOWING TUESDAY IN THE HAVEMAN AUDITORIUM.
MOVIES ARE FREE FOR JOHNSON & WALES STUDENTS.