Providence Pastry Team Brings Home Championship Trophy

By JOHN O'CONNELL
LIFE EDITOR

Providence Pastry and Culinary teams won gold medals at a culinary competition among the four Johnson & Wales University campuses.

Providence took first place in the Pastry competition, with Charlotte placing second, Denver placing third and North Miami placing fourth.

But in what was a three-way tie for the gold medal, Denver edged ahead to take first place in the Culinary competition, with Providence taking second and Charlotte taking third.

“Too come in and perform like the Denver campus didn’t do after getting on a train at 5:30 A.M. and begin work as soon as they arrived, showed the judges a lot about the character of the team,” said Certified Master Chef Daniel Scannell, lead judge for the event and member of the USA Culinary team.

“These are the types of competitions bring out the best in students. It forces them to advance their knowledge and skills and pushes them to become better chefs and individuals.”

Due to difficult weather conditions, the team from JWU Denver was delayed, forcing the cancellation of most events on Friday including Chef Frank Terranova’s Italian Buffet Dinner and a one-on-one session between the teams and the judging panel.

After setting up their kitchens on Saturday, the culinary teams proved their knife skills by demonstrating tourné and julienne cuts, dicing and breaking down a chicken, and filleting a fish.

Pastry teams filled and decorated two cakes while preparing their signature plated dessert.

Culinary teams then prepared a fish appetizer and dessert, along with a classical dish selected by the judges from Escoffier’s Guide Culinaire while they were preparing the former dishes.

As time ticked away for the Providence, North Miami and Charlotte teams, the Denver team arrived from the Providence train station and immediately went to work in street clothing.

As the day progressed, judges walked amongst the students and reminded them to stay on task. “I saw great communication and teamwork from all the teams today,” said Kevin Crawley, a judge. “The quality of the work the students put out really impressed me.”

Later that night, at the awards banquet, Chef Scannell took the stage and announced the winners of the Pastry competition, then paused before announcing the Culinary winners.

“In one of the closest competitions I’ve ever judged,” said Chef Scannell, “only a half point separated each team’s placing. Each and every student, including those competing in Pastry, should be proud of what they accomplished this weekend.”

The Providence Pastry team consisted of John Maieil, Benjamin Witten, and LaSheeda Perry, and was coached by Chef Robert Zieminski.

The Providence Culinary team consisted of Elizabethova, Angelo Ingrati, Daniel Schofeld, Rachel Neitzke, and Scott Gedin, and was coached by Chef George O’Praetner.

The event was coordinated by Chef Rainer Heidervadel, along with volunteer students and staff members.

Audrey K. Gaebe, Wife of Morris Gaebe, Dies at 86

Described as an integral part of JWU’s history, Mrs. Gaebe was also active in local Boy/Girl Scout groups, the RI Philharmonic & St. John’s Church

By PATRICK SYL
EDITOR-IN-CHIEF

The wife of Johnson & Wales University Chancellor Emeritus Morris J.W. Gaebe passed away early on March 5, 2008, according to a memo from Providence Campus President Irving Schneider, Ph.D.

According to President Schneider’s memo, “No job was too small or too big, and she was actively engaged in building the foundation of our university, and is an integral part of JWU’s history.”

Audrey Klee Reidelberger was born in Nashville, Illinois on May 8, 1921.

While attending public schools in Nashville she participated in cheerleading, softball, and basketball, in addition to being an honor student. At the age of 12 she became a music student of Cornie Friderick, a world-renowned piano teacher. She studied piano and voice at the University of Illinois in Champaign.

She won many competitions throughout the country and performed in many places, and on radio shows.

She married Morris J.W. Gaebe in 1941 and the couple moved to Louisville, Kentucky where Audrey worked at a local music store. She not only served as administrative assistant, but she also staged piano recitals for customers.

She reunited with her former music teacher after moving to San Francisco in 1942.

Shorely after World War II the Gaebe relocated to Rhode Island to join their friends Edward and Vilma Triangle in the purchase of Johnson & Wales School of Business.

Audrey Gaebe used her love of music to create both the words and music for JWU’s alma mater.

In 1985 Johnson & Wales acknowledged Mrs. Gaebe’s dedication to the university by awarding her an honorary doctor of education degree.

Mrs. Gaebe spent her last few days with her husband Chancellor Gaebe, their four sons, their wives, grandchildren and great grandchildren.

“As a university family, we extend our deepest sympathy to Chancellor Gaebe and his entire family at this extremely difficult time. Please join me in offering prayers and condolences, and in remembering Mrs. Gaebe as someone tirelessly championed to keep the mission and vision of JWU alive and vital.” concluded President Schneider’s memo.

Cards and notes of condolences may be mailed to J Carver Road, Barrington, R.I. 02806.

On February 17, 2008, sixty of the students, staff, and faculty of JWU came together to honor their peers and mentors as inspiration of diversity at Honoring Flames of Inspiration, hosted by the Student Government Association’s Diversity Committee and the Office of Student Activities.

The event, which concluded Black History Month, was held at the Black Repertory on Westminister Street. Guests mingled prior to the event, enjoying hors d’oeuvres catered by Pampillo’s.

“A bad day has never been to the Black Repertory before, and this was a great event for me to come and check it out,” said Speaker of the House Ashley Masterson, who attended Flames of Inspiration with the Student Government Association.

Guests migrated to booths decorated with spring flower arrangements in the back and rows of chairs facing the stage at about 7:00 for the spoken word artist. Darian Douchard of Astoria, New York captured the diverse audience’s attention. He spoke about self image, stereotypes, politics, and Barack Obama.

After Douchard, Sean Harrell, chair of the Diversity Committee, took the microphone. He and Jeanette Williams honored individualized nominated by their peers for inspiring diversity on campus. Jeanette Went, James Clemons, Isaiah Kelby, Tracey Schwartz, Tanya McGinn, and Christian Epps were nominated and given awards.

When asked how he felt about the event, Sean Harrell said “It went really well, and I hope we can do it again next year!”
CAMPUS NEWS

Club Profile:

AIGA

BY NARA CHRISTYCH
STAFF WRITER

Johnson & Wales is always looking for motivated students who want to start a new club on campus. One of the first clubs on campus to be recognized by the Senate this year was AIGA. I sat down with President, Josh Manley, and here’s what I found out.

AIGA originally stood for the American Institute of Graphic Arts when it was created by 40 graphic artists at the New York Arts Club in New York City 1914. The name later changed to AIGA: The Professional Association for Design when the organization became international.

The purpose of starting AIGA back then is the same reason that Josh wanted to start it on our campus; to have a community of graphic designers to share ideas and for networking opportunities. For Johnson & Wales, the students wanted a design group that they could be a part of. Professor Brian Alves is a member of the Rhode Island Chapter of AIGA and had been wanting to start a chapter at JWU for a few years. Because of Professor Alves’ affiliation, AIGA at JWU participates in activities with the RI chapter such as the RI Student Leadership Retreat.

This year, AIGA hosted Design 101, where they taught students and staff basic use of Adobe design programs. They held design contests within the club, including a contest to design t-shirts for the club members. The club is currently working on publicity flyers for Relay for Life.

When asked where he would like to see AIGA at Johnson & Wales in the future, Josh stated that he would like to see increased membership, especially in freshmen. If you are interested in joining this great new club on campus, please contact Josh Manley at jman382@students.jwu.edu.

AIGA Officer Team

Josh Manley
President
Dustin Genereux
Vice President
Jeff Golenski
Communications/Program Advisor
Julie Johnson
Community Service Officer

Monique Rolle-Johnson, Bahamian artist, exhibits in Multicultural Center

BY OTTO NEUBAUER
ASSISTANT EDITOR-IN-CHIEF

Paintings of Monique Rolle-Johnson are being showcased in the Multicultural Center in the Xavier Complex.

The exhibition opened on March 5 to Bahamian foods and a tour by Mrs. Rolle-Johnson herself.

Students viewed the selection of paintings to steel drum music, performed by Jason Rosenman.

"My inspirations have deep-rooted beginnings in Bahamian culture - especially the flamboyant, expressionistic festival known as Junkanoo," she said.

"It is from this festival and the vibrant life of Bahamians that I derive my spectrum of colors, imagery, and exaggeration of form."

"My images boldly affirm women's strength, their power, their beauty, and their mystique."

-The exhibition will continue until April 1.

APARTMENTS FOR RENT

Spacious, three bedroom, large kitchen and living room, full bath, deck, off-street parking.

Located on Pembroke Ave., near the PC campus.

Please contact: 473-6231

The Campus Herald

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PDYL@JWU.EDU
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SAFETY & SECURITY BLOTTER

THURSDAY, FEBRUARY 7 — OFF CAMPUS ARREST
Commuter student arrested for an alcohol violation.

THURSDAY, FEBRUARY 14 — OFF CAMPUS ARREST
Commuter student arrested for an alcohol violation.

FRIDAY, FEBRUARY 15 — OFF CAMPUS ARREST
Resident student arrested for disorderly conduct.

SATURDAY, FEBRUARY 16, 3:50 A.M. — ATTEMPTED STRANGULATION ROBBERY
Harbor Side Village greenspace between Buildings H and J

Male non-student reported he was approached by an unknown male subject who demanded the victim’s wallet. When the victim refused, a fight between the two ensued. The victim was able to fend off his attacker and keep possession of his wallet. Providence and Cranston Police Departments were notified.

Suspect was described as a black male about 6 ft 2 in tall, 180 pounds with black hair and brown eyes with a large beard and wearing a black sweater and jeans.

WEDNESDAY, FEBRUARY 20, 9:20 P.M. — ARREST AT ROMANESQUE HALL
Resident student arrested for narcotics violation.

Please contact Campus Safety & Security with any information you have about these crimes at (401) 598-2947.

CRIME PREVENTION TIPS:

Criminals look for a quick, easy, low-risk target and don’t want to be detected and caught. When you are alone, you are an easy target.

The use of drugs and alcohol increases your chance of becoming a victim of crime. If you choose to drink, do so responsibly. Keep your own safety and security in mind at all times.
JWU Debaters Take On Faculty, Cambridge Team

BY NICHOLAS ZANDE
WORK-STUDY

Tongue Fu, the University’s debate club, will be hosting the annual student-faculty debate on Thursday, March 27 at 4:00 P.M. in Pepsi Forum.

The topic will be “This House believes Johnson & Wales University should adopt a professional dress code for all students.”

Professor Mary Javary, Jason Atkins and Otto Neubauer will be arguing in favor of the dress code, while Professor Ela Lozinski, Professor Wendy Wagner, and Geoffrey Long will be arguing against it.

The student-faculty debate, however, is simply a prelude to the largest debating event at JWU this year. On Monday, April 7, Tongue Fu will face the renowned Cambridge Union Society, the oldest currently existing student debate group. Four Cambridge debaters will travel from their headquarters in Cambridge, England to debate the JWU team.

Jo Box is studying law and has represented Cambridge at both the World and European Debating Championships. She has reached the Finals of several domestic competitions and was recently appointed The Cambridge Union Society’s Director of Debating for the coming year. In this capacity she will be responsible for lining up the weekly debates at the Union, as well as running training and practices for the Union’s debaters.

Jo plays hockey and badminton and enjoys reading trashy novels or the Economist. When she eventually has to give up being a student and earn some money, she hopes to become a barrister. Her approachable personality may serve her well in this capacity. This might indeed be one of those “lawyer traps”.

When she is not organizing major events or writing her legal interpretations of cases, Jo is the source for all the latest debating gossip, from shocking romantic intrigues to international scandals.

Olga Polunina is a Muscovite by birth; however, she makes Houston Texas her home, y’all. She is currently in her second year studying Economics at Cambridge. After graduation, like about 80% of her classmates, she will probably end up working 14 hours a day at an investment bank. She can’t decide if that sounds exciting, terrifying, or just plain stupid.

Olga has been debating for several years, starting off at school, and taking part in the Oxford Schools competition, then upon coming to University she has now represented Cambridge at a number of competitions in London, and other meets throughout the UK and Europe.

When not debating, her activities include competitive inter collegiate tennis and participation in the Model United Nations in Oxford and New York City. She also serves as the Women’s Welfare Officer at her college.

Netan Dogra is a first year undergraduate studying at Gonville and Caius College, at Cambridge. Gonville and Caius was founded in 1348, so it has been a long wait for Netan’s arrival. He says, “The fact that my degree is in maths perhaps explains why I am so keen to spend as much time as possible debating.”

When not debating he enjoy procrastinating and playing the piano.

According to Netan “Maths and debating might seem an odd combination of activities. I like to think that they both richly reward the deficit of social skills and tendencies towards obsessive-compulsive behavior displayed by those who engage in them.”

Netan expects the Spring Debate Tour to the US will be a most pleasant experience. So let’s be sure to show him our renowned American brand of hospitality.

Richard Lau is a second year mathematician at Downing College and has represented Cambridge at the World Debating Championships in Bangkok Thailand. His team finished as the highest ranked first year debating team. He has also won the Cambridge Freshers’ Debating Competition, represented England at the European Union Parliament IV. Within the Cambridge Union, he is the debating recruitment officer and he coaches beginners at debating workshops. Outside of debating, Richard has a passion for classical music, being a violinist in his college orchestra, and is a tenor in his college choir.

Richard is the Cambridge Union’s resident mathematician. Apart from solving ridiculously long equations and beating lawyers in debates about law, Richard has developed impressive skills as a tour guide.

This past January while at the World University Debate Championships he was armed with a copy of Lonely Planet. He marched his friends around Bangkok to see every known Buddha. This is no small task. If a career in tourism doesn’t work out for him, he will pursue his plans to become an investment banker, or a successful military dictator.

Parking Lot Closure Notice

As of Sunday evening, March 9, 2008, the “C” parking lot adjacent to the Harborside Academic Center will be permanently closed due to construction.

Students, staff and faculty who normally park in the “C” lot will need to park across the street in the “F” parking lot. As a reminder, the “B” parking lot located between the Harborside Academic Center and The Friedman Center is reserved for students in need of parking while visiting the academic, student financial services and other departments on the Harborside Campus.

Library Survey Offers Chance at iPod

BY NICHOLAS ZANDE
WORK-STUDY

Students will have a chance to win an iPod Nano or a digital camera through a survey sponsored by the Downcity and Harborside librarians.

The survey, which will take approximately 10 minutes, will be available until the end of March via a link from the Providence Campus Update.

The survey will focus on how students use library facilities and how satisfied they are with library technology, resources, staff and cleanliness.

The survey is open to all students and is completely anonymous, assures Roiita Hopper, Director of Providence Campus Libraries; however, to enter the contest, students must provide their name, phone number and e-mail address.

Aside from a survey of a tutorial course, the library has not previously conducted a broad survey of student opinion. While there is a comment book in the library, students rarely use it to give feedback.

APARTMENTS FOR RENT

Apartments are available June 1st 2008
Reserve early!
650-1200 per month
1-2 & 3 bedrooms
Minutes from Downtown
laundry on premises, free parking
Some units have all utilities included!
call today
401-273-1117
Retail Employees Unite! This Book is for You

By Jack Berthie
ARTS & ENTERTAINMENT EDITOR

Picture yourself in your younger years lethargically dragging yourself around a giant department store or smaller retail boutique (or anywhere that involves any kind of retail interaction). You methodically ring the cash register, pick up items strewn about by wayward customers and, at the end of the day, contemplate never returning; at the same time, you know you’ll be back for your next shift.

For all of you out there, whether college student, do-it-yourselfer, professional or even politician, there’s now a book that we all can identify with when it comes to working, having worked or planning to work in retail. This brilliant, cynically hilarious yet realizable guide, Pretending You Care: The Retail Employee Handbook, was written by Norm Feuti. A retail veteran of sorts, Feuti has sold toys, arts and crafts supplies, men’s footwear, clothing, jewelry and countless other items over several decades. Feuti is a Massachusetts native who has worked in Rhode Island; at the moment, he authors a nationally syndicated comic strip ironically entitled Retail. Feuti includes about 200 of these comic strips from the first year and a half of Retail in the book. They provide visual entertainment through practical scenarios retail workers face every day and enhance the overall experience of the book, making the reader feel more in tune with what Feuti brings to the table.

From the first chapter, the reader will understand this is not a typical text on the charade people perform in retail. Feuti does right in, dissolving the standard myths relating to employee discounts (nothing more than a perpetual coupon!), how much ‘fun’ it is to work with so many different people, and the conundrum of the flexibility of retail hours (and the responsibility to get them covered, no matter what). One tip Feuti mentions is to always put down that you cannot work Mon-Days. The reason behind this: most holidays land on Mondays, and stores don’t close for these anymore.

From there, Feuti exposes the tricks of the retail trade behind getting hired and the farcical (not really) training process, including everyone’s favorite unrealistic training videos made before most of us were born on a budget less than what we have in our bank accounts.

One of the most comical and “I’ll-be-seeing-it-like-this-from-now-on” moments comes when Feuti divulges his insight about the twelve archetypes of co-workers you’ll encounter on the job. From artists and jerks to whiners and weirdos, Feuti fluidly spils the beans on how to spot and handle their personalities while surviving yourself. Feuti then lists the types of customers you’ll face and reveals the onslaught of scenarios they dish out.

In retrospect, the book does become a bit erratic and the tone fluctuates according to the author’s mood. However, Pretending You Care is optimistic; while the retail trials and tribulations Feuti points out are realistic, he handles them with a zing of comedic humor mixed with satire and cynicism. Feuti tends to show his outright disgust at the way retail employees are treated (by both customers and management/corporate). This, along with plain, pragmatic retail truths, drops down the tone. But Feuti always manages to bring the reader back up to reality with a quick witted line such as “Corporate wants you to be innovative… just so long as your ideas don’t cost money, or involve doing anything differently.”

Feuti also gives valuable first hand accounts from within retail operations. One favorite related the utter hypocrisy and logistical failures that inevitably wriggled down the chain of command and become a burden on shift managers and sales associates. Feuti tells of when he was an assistant manager for an educational toy store. While setting up a new store, Feuti and company find that the merchandise needed to finish the ‘plan-o-gram’ hasn’t all been delivered. To solve the dilemma, the person in charge arranges the products for the photo to seem like they are all accounted for (something they aren’t supposed to do). Weeks later, at his own store, Feuti receives the same products in a shipment and discovers that yet again he is short. The District Manager had been following the sham photo without any understanding of the background behind it, while evaluating stores on their merchandise layout and shaming his mighty finger when they couldn’t comply.

Pretending You Care was one of the first nonfiction books that held my attention, kept my head nodding in agreement and my laughter constant, and embraced experiences many share. Yes, retail has its quirks, but if readers can see them as this book illustrates, they’ll make it out intact and much more satisfied. Readers can immerse themselves in the comic strips and their characters — for example, the ever dynamic stockroom hand Cooper, with his ingenious retail mischief.

The balance between content and comics gives a unique harmony to the book rarely seen and provides an ‘Dilbert-like’ feel more in step with our generation. The book itself is valuable as a gold mine for getting through the grind of the regular work day, and provides useful viewpoints that will make retail work smoother.

If you’ve worked or plan to work in retail, this book is a must have.

Hey, Val! A customer wrote a letter to corporate praising the great service you gave them!

Wow, that’s great!

So, to recognize your efforts, Grabber’s sent you this “I'M AT CUSTOMER SERVICE” pin.

Oh, okay.

So, my “reward” is a garish badge of humiliation. Gee, I don’t know what to say.

Keep up the good work!

Norm Feuti, creator of Retail Employees Unite! This Book is for You

If you want your band's show listed, or know of any other good shows to check out, contact jnb053@students.wpi.edu.
Simple Plan: Back to the Basics

When I began to get more into music, I took a look at Simple Plan's debut album, No Pads, No Helmet...Just Balls and laughed until my lungs gave out. Yet Simple Plan, five pop punk kids from Montreal, Canada, keep it coming with their 2008 release, Simple Plan. These boys certainly have made a turn for the better if anyone ruthlessly judged this band, I can promise that this album will win you over.

Most artists these days will experiment with their music; Simple Plan decided to stick to its original genre. The only difference in their newer music is that they have become more serious and alternative. The sound of their music is a positive outlet for a dark mind, their songs have always been about love, fun and enjoying life. They send a strong message as an alternative to hatred and regret. Simple Plan tells an everyday story of dealing with depression, heart breaks and tough times in a more pleasant manner. The way they perform with their power chords and Pierre's quirky, yet soothing singing voice makes them an attractive band; with them by your side, you can overcome any obstacle because they tell it how it is. You can hear it in the impressible pop rock they make—a passionate, unrestrained, joyful noise that comes surging out of them, both on and offstage.

Since their first 2002 hit, Simple Plan brought on a series of easy listening tunes. These songs are what some might call fun music. It brings out your inner emo and makes you want to jump off the walls and go nuts. These tight and energetic jams are easy on the ears and assertive in regards to the mind. If you tire someone to listen to this hit, you are one of those who do not want to be heard. It can take a toll on your social life, pick up a copy Simple Plan's new release, Simple Plan. It's not so clever a title... or is it just a Simple plan?

HE HA HA HA

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OSA OFFICE OF
401.598.1195

Dance Marathon's
Make-A-Wish
Re-Kick Off
80's Social

Wear Your Best 80's Gear

Johnson & Wales University
GO GREEK

March 13th
8-10 pm
@ Pepsi Forum
$3 Admission Fee

Email: snr653@students.jwu.edu
kar823@students.jwu.edu
For Any Questions!
STUDENT ACTIVITIES

I AM LEGEND
WILL SMITH
THE LAST MAN ON EARTH IS NOT ALONE.

Place: Thurs. HRC/Tues. Xavier Aud. Admission: FREE
Time: 9PM
Date: 3/13/08 &

P.S. I Love You
TAYLOR SWANK DENZEL BUTLER
SOMETIMES THERE'S ONLY ONE WAY LEFT TO SAY...

Place: Thurs. HRC/Tues. Xavier Aud. Admission: FREE
Time: 9PM
Date: 3/20/08 & 3/25/08

Women's History Month
We Can Do It!

March 10th: Healthy Body Image Workshop, 6pm South hall
March 12th: Women’s Fair 330 Pepsi Forum
March 13th: “Killing us softly” 6pm CBCSI

March 17th speaker
March 18th “Battle the Gap” 6pm Pepsi forum
March 26th “Take Back The Night” 6pm Pepsi forum

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 Downcity & 2nd floor of the Harborside Recreation

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!
Ideas and Opinions

Israel’s Assault on Peace

BY PATRICK DVL
EDITOR-IND-CHIEF

The end of February brought with it the end of the winter trimester here at Johnson & Wales University, hopes for a warm spring, students looking forward to graduation, and a violent escalation of attacks by Israel on Palestinians. The Israeli government claims it is acting in response to alleged rocket attacks by Hamas militants on two northern Israeli towns, however as is often the case, Israel’s reaction is disproportionate and reckless, causing the death of more innocent Palestinian civilians.

Israel says it is targeting rocket sites and the homes of Hamas militants, but its missiles have struck mainly in densely populated civilian areas. Scores of those killed have been civilians, including children.

One air strike, aimed at the Palestinian Authority’s (PA) Interior Ministry building in Gaza City, also reportedly destroyed the head office of the Palestinian Medical Relief Society, as well as a clinic, pharmacy and ambulance, and killed a 5-month-old baby in a residential building in the same area. Israel, which receives more foreign aid per capita than any other nation in the region has once again acted irresponsibly and detracting from the feeble efforts for peace in the on-going conflict.

The attacks escalated after Israeli sent in ground troops in an operation code-named “Hot Winter.” On March 1 alone, at least 54 Palestinians were killed, the largest death toll in a single day since the Second Intifada began in 2000.

When protests broke out in the West Bank in response to the attacks on Gaza, Israeli forces moved in to disperse demonstrators, and shot to death a 14-year-old Palestinian boy.

Israel’s real intentions were given voice by Deputy Defense Minister Matan Vilnai. Following a Palestinian rocket attack on the Israeli town of Askalan (in which no one was injured), Vilnai said that a “holocaust” (“shoah” in Hebrew) in Gaza could be the consequence.

“The more fire intensifies, and the rockets reach a longer range, [the Palestinians] will bring upon themselves a bigger holocaust, because we will use all our might!”

Israel is given carte-blanche by the United States and other European nations to continue this Shoah against the Palestinian people. We must do all we can to prevent the government from sending our money, or tax dollars, our reputation to the Israeli military. We must work toward real peace in the region, and not the current status quo in which it is unacceptable for one of the most powerful armies to slaughter innocent civilians.

Democratic Presidential candidates need to let the American people know where they stand in this conflict, what will do to it, and whether or not they support peace or death. Sen. John McCain the presumptive nominee for the Republican party will not speak out against this injustice. McCain needs to sway the vote of Fundamentalists Christians, who while claiming to be “pro-life” support the slaughter of Palestinians by Israel.

We must let Israel know that they cannot continue to act so irresponsibly, that they do not have our permission to kill the innocents in pursuit of land, and “terrorists.” We must find real peace. Real peace be achieved this way. The killing must stop.

All’s Fair in Self-Defense

BY OTTO NEUERER
ASSISTANT EDITOR-IN-CHIEF

Despite being the most militarily and economically powerful force in the world, America has not won a war since World War II. Why?

In World War II, the United States rightly stayed out of the fray when it didn’t directly involve us. When Pearl Harbor was attacked, we put all our efforts into fighting Japan.

After that, America took part in a series of conflicts around the world—killing and maiming millions. We entered World War II, the Korean War, the Vietnam War, the Gulf War, the War on Drugs, and the War on Terrorism.

The enemegy doesn’t play by the rules we do. They disguise themselves to avoid detection. They hide weapons inside mosques, knowing we will not dare to investigate. They beat our own soldiers inside their own borders. We have to be more vigilant.

And when we are fighting a war against an ideology—radical Islam—and give over 3,000 of our soldiers’ lives to creating a political system in which the Iraqis can govern their own enemegy into power, something’s wrong.

And who won the election? The Supreme Council of the Islamic Revolution in Iraq, whose very name defines them as the enemy. Maudgal al-Sadr, who is even more explicit about his intentions, also won a sizable porportion of the vote.

The text should go on...
Super Delegates: Does My Vote Matter?

BY PATRICK DEL
EDITOR-IN-CHIEF

Until this year, very few people had even heard the term “superdelegate,” much less knew what or who they were. But if the current closeness of the Democratic race for the presidential nomination continues, the superdelegates, rather than voters, could end up anointing Hillary Clinton or Barack Obama as the Democratic nominee.

If this happens, it will be another proof that just because an organization has “democratic” in its name, it doesn’t mean it functions according to the basic concepts of democracy.

The “superdelegates” are 796 Democrat officials (including all Democratic gov- ernors and members of Congress), Demo- cratic National Committee members, union officials, lower-level party members and miscellaneous members of the Democratic infrastructure (fundraisers, consultants, poll- sters and the like) who, collectively, hold one out of five delegate seats at the Democratic national convention.

At the party convention, these delegates will cast votes alongside the delegates whose support the candidates won through compet- ing in the party’s caucuses and primaries throughout the entire months of this year.

So many, “nightmare scenario” would unfold if one candidate arrives at the con- vention with a majority of pledged delegates, only to have the nomination handed to the other by a vote of the superdelegates.

Many scenarios can be envisioned, and neither the Clinton nor the Obama camp is about to throw in the towel at this point. In fact, Clinton seems to be banking on keeping the pledged delegate count close enough to win the nomination at the Denver conven- tion in August with the help of the superdelegates.

But Clinton, who has positioned herself as the more experienced and savvy candidate, the kind that would supposedly appeal to superdelegates, may have a surprise waiting for her in Denver.

As the Associated Press reporter Ron Fournier reported, “Top Democrats, includ- ing some inside Hillary Clinton’s campaign, say many party leaders, the so-called super- delegates, won’t hesitate to ditch the former New York senator for Barack Obama if her political problems persist. Their loyalty to [Bill and Hillary Clinton] is built on shaky ground.”

And Obama is far from a beginner when it comes to the game of appealing for establish- ment support. A Center for Responsive Poli- tics study showed that Obama’s campaign committee gave nearly $700,000 to various Democratic politicians, superdelegates all, in the last two election cycles, compared to only $200,000 from Clinton.

Superdelegates may claim to make their decision according to the best interests of the party or the nation, but let’s not forget that money usually speaks louder than words in U.S. politics.

In the end, the superdelegates will choose the candidate who they think will be most likely to win in November, and thereby de- liver on any Cabinet posts, ambassadorships or consulting contracts that they might have promised to win superdelegate support.

The Clinton camp could also press the Democrats to reverse their decision to dis- qualify delegates selected in the Florida and Michigan primaries—which were held earlier than the party rules allowed—where Clinton won overwhelmingly.

In this event, expect a lot of Clinton-stirred protest against voter “disenfranchisement” that would result from the two state delega- tions not being seated. While this is certainly a legitimate point, it should be recalled that Senate advisor, Clinton advisor Jerold Lefek voted with the rest of the party to disqualify Flori- da’s delegates before he knew that seating them might help his candidate in an unex- pectedly close race.

The disgraced Bush v. Gore decision that decided the 2000 presidential election, we learned from the U.S. Supreme Court that voters have no right guaranteed in the Constitu- tion to choose the president. In 2008, we may find out that Democratic voters have no right to choose their party’s nominee.

Dear daylight savings, I hope you die

BY TIM PEAR
OSU DAILY BAROMETER (OREGON STATE U.)

So are you ready to set your clocks for- ward this weekend? Yeah, me neither — los- ing an hour of sleep sucks. In fact, it’s prob- ably enough to piss me off about a week in advance. Why? Because sleep is so effing amazing — you get to just lie there in a state of decreased consciousness for hours on end. It’s like taking mind-shattering drugs without the whole “drug” part. But really though, sleep is important, and a lot of us don’t fully realize that.

The National Highway Traffic Safety Admin- istration estimates that accidents due to lack of sleep cost Americans $12.5 bil- lion in productivity and property loss each year. Over 1,500 people die each year due to fatigue-related crashes. And maybe that is a minor statistic to the number of people who die of cancer (about that many die ev- ery day), but those sleep deprivation-related deaths could easily be prevented.

And if you can somehow overlook the facts, you’ll feel like garbage for the rest of the day if you don’t get enough sleep. But if we talk about sleep, we should get back to the beginning.

There are four stages of sleep, the first being the lightest and the fourth being the heaviest. About 90 minutes after falling asleep, rapid eye movement starts and dreaming begins. From there, our bodies get into a rhythm of shifting between REM sleep and non-REM sleep. REM sleep accounts for about 25 per- cent of a given night’s sleep — so you’re only dreaming for about 25 percent of the night.

The amount of sleep we need to feel awake varies with age: Newborns, in their first two months, need anywhere from 10.5 to 18.5 hours of sleep each day, then from months two to 12 they need 14 to 15 hours of sleep each day. (That much sleep sounds nice, doesn’t it?) From there, the amount of sleep we need continues to decrease to 8.5 to 9.5 hours a night for adolescents, and seven to nine hours a night for adults and old folks.

Speaking of old folks, why does it always seem like people get up at like 6 a.m. and wake up at about 3 a.m. and go for a walk to “start their day”? Maybe I’m missing something, but when I’m old I plan on sleeping in every day. And if anybody tries to wake me up early I’m throwing a lamp at them. Crazy old people … and putting them behind the wheel of a car is like giving a tod- dler a hand gun — bad idea.

Anyway, back to sleep. Lack of sleep af- fects us in different ways. If you think about it for a minute you can probably put your fin- ger on how you act when you’re tired. Per- sonally, I get cranky when I’m tired. I don’t want to talk to anybody, I don’t want to pick up the phone and I sure don’t want to do any work. Occasionally I’ll get a little bit loopy too. One night while tired and trying to finish my homework, I found myself dis- tracted by YouTube videos of fat kids falling off of things. For some reason I thought it was just about the greatest thing ever.

And then things really start to get inter- esting for all of us when we go extended periods without sleep. What’s the longest you’ve ever gone without sleep? Me — it’s 36 hours. This experience grew out of a long, busy, sleepless night in Boston followed by an early flight home to Seattle. By the time we got back to Washington I felt like I was about to fall over. And I guess it doesn’t help that I need a full night’s sleep to function properly anyway. If I only get six hours of sleep, I’m going to have a bad day. I really don’t get how some people can go on little sleep and still get things done. If you’re like that, I shake my fist at you in anger.

Jet lag is fun too, isn’t it? According to the National Sleep Foundation, jet lag can mess us up for your biological clock. Yeah, no s- t. If you’ve never traveled to a destination more than three or four hours out of your time zone you really haven’t experienced the true meaning of jet lag. The only time I was lucky enough to experience this sensation was when traveling to England almost 10 years ago. Seriously, I thought I was go- ing to die. If you haven’t felt this, you don’t know the meaning of pain. Let’s put it in mathematical terms: long-ass plane ride + time change + going through customs + the inevitable cavity search + food poisoning = the international travel experience.

But have you ever tried timing in some awkward place, such as the back seat of a car or in the cramped seat of an airplane? (And why is it that the person in front of you is always the one who has to lean their seat all the way back for the entire five hour flight?) Some people can sleep like this, but I abso- lutely can’t. The last time I was able to come close to sleeping in a car was after- ward a massive three-hour surgery that resulted in me vomiting twice and not being able to peep for right two days. If you have a secret to sleeping like this, please tell me. Also, how is it that some people can fall asleep in five minutes when others can’t? It’s not fair.

So yes, I guess it’s safe to say that some people can fall asleep easier than others and that being able to do so is worth as much sleep. And it sucks to be like me and not have the ability to do either. But a lot or a little, difficulty or none, sleep is important. Well, good luck with daylight savings time.
LIFE
HEALTH
CULINARY
MONEY
TECH & SCI
PUZZLES

Ask The Sexpert

Dear Sexpert: All these events about World AIDS Day made me realize I need an HIV test. Where do I go? What's the process like? Is it free?

Answer: Real quick answer - there is free, rapid HIV testing at Docsway Health Services Tuesday, December 11, from 12-4pm! Rapid HIV testing, the OraQuick Advance, means you get your test results in about 20 minutes! This confidential testing is provided by The Miriam Hospital and by appointment only; call Elsa at Health Education x2023 to schedule a slot if you miss this testing clinic. You can access free HIV testing from community agencies in Providence.

Testingool: The common technology for HIV testing is venipuncture; a phlebotomist will draw a small amount of blood from your arm and perform various tests on your results within 2 weeks. For folks who are uncomfortable with needles, there are a few other options. OraSure testing is an alternating technique, as you can do a saliva drop and wait 20 mins. and you get your results in 4 hours. There are also certain home test kits you can use, but you only get your results in 2 weeks. For the record, that doesn’t mean you can get HIV from saliva: HIV tests look for HIV antibodies, not the virus.

Antibody Testing: All of these tests look for antibodies to HIV, not the virus. Your immune system produces antibodies in response to HIV infection. If you test positive for HIV antibodies, it means you are infected with HIV. If you test negative, it means you test found no antibodies to HIV. It can take your body up to three months (after becoming infected) to produce enough antibodies for the HIV test to detect. This is sometimes called the “window period.” If you have had an exposure in the last three months, it may be too early to detect it, and you may be advised to come back for another test.

Confidential vs anonymous: In Rhode Island, providers can offer confidential and anonymous HIV testing. Confidential testing most often happens at doctor’s offices, clinics, and hospitals. If you choose confidential testing, they may document your results in your medical record. All your health information, including your HIV result, is confidential, and can’t be released without your written permission. Other communicable diseases, doctors are required to report positive test results to the state Department of Health to track HIV rates. This information is highly protected and kept confidential.

If you are concerned about your doctor and your health status, you can choose anonymous testing. This is done using a number code as an identifier. No names are used and your consent is given verbally. There are multiple community sites in Providence that offer free, anonymous testing. All of these sites provide pre and post test HIV prevention counseling. For more information on other local HIV testing sites, call AIDS Project RI’s hotline at 1.800.726.3010.

For more questions about HIV testing, call Elsa, the health educator at 598-2023 or stop by Health Education on the 3rd Floor of the CEHC. In addition, there is an HIV testing counselor and HIV/AIDS educator and can answer your questions and make referrals. All counseling is done with the Health Educator are confidential.

RIAA takes ‘everything’ from U. Conn student who downloaded 109 songs

By Andrew Peters
The Daily Campus (U. Connecticut)

Note from the Editor of The Daily Cam: The name of the student featured in this story has been changed to “Dave” to protect his identity.

When Dave went back to his room after he checked his e-mail Jan. 9, he almost deleted the two spam-like messages.

“The title was like, ‘Fwd: Fwd, some weird numbers from the university,’” he recalled.

But Dave had a sinking feeling when he realized what the e-mails were about. He had been cited by the Recording Industry Association of America (RIAA) for illegally sharing music over the Internet using LimeWire, a peer-to-peer downloading program.

The message came from UConn and another from the RIAA’s lawyers - told Dave he had 20 days to settle the claim by paying the RIAA’s $3,000. If he chose not to settle, he would be sued.

“I was shocked,” Dave remembered, shaking his head. “I know this wasn’t going to go away and it’s just another thing for me to deal with.”

But just sharing 109 songs for others to download was enough for the RIAA to target Dave, along with 24 other UCONN students. In their latest round of pre-litigation settlement letters.

“One-hundred and nine songs,” Dave said. “I know they have thousands of songs. I guess the RIAA is trying to make a point.”

That relatively small number of songs came at a high price. Dave wrestled with the choice of paying the $3,000 settlement or attempting to fight the claim in court.

But the chances of defeating the RIAA in court are slim, according to a statement by University Information Technology Services (UITS) Chief Information Officer Michael Kerntke.

For those who have taken their RIAA cases to court, the RIAA has sought $750 in damages for each illegally shared song. In Dave’s case, the total damages for his 109 songs could have totaled upwards of $80,000. Considering the risks and legal costs, he grudgingly opted to pay the $3,000 without going to court.

“I thought, ‘What are the chances they issue a subpoena?’” Dave said. “But I didn’t know anyone’s taken that chance, and it would have cost me $3,000 to get a lawyer to fight the case.”

Dave barely had the $3,000 that he was forced to pay. Working at his on-campus job 10 hours a week for minimum wage, he would have to work over 43 weeks to recover his losses.

“You can’t think of ways around it,” he said. “But you can’t run away from it.”

Since paying the settlement, he’s had to make some adjustments to his budget. He planned to work out over 43 weeks to recover his losses.

“I don’t go out as much. I don’t drink when I do go out,” he said. “Nothing in this world is free. I wish I could have just paid $10. But to take everything I have, everything I’ve worked for, it’s ludicrous.

“It doesn’t seem like little unfair,” he continued. “They go after the first people they see. Not just big people - they go for anyone.

“They’re going to catch bigger fish.” Dave said, sounding very verbally. There are still no rules governing copyright infringement and material that you may find.

“So I have this problem, I’m upset a lot and I make up for that I do drugs, and I hate living at home because my parents yell at me all the time and I feel like leaving, but I have no where to go. Any suggestions?”

Rolled to the Punches

What I can tell you? The drugs unfortunately have to go! Although they probably make you feel better, they will not and cannot solve any of your problems.

When it comes to your parents you should try not always blaming them. Do you ever actually do something wrong and they rightfully yell at you for it? Could you be talking to them more? You should try to change some things about yourself, and some of your choices (drugs), before you point the finger. If you were to talk to them your parents might understand. Another way is to go to a real psychiatrist. They can really help you! For all you know, you may just need someone who you can trust to just hear you out.

Here’s the thing, I have a girlfriend and we have so much fun together. In fact, I’m pretty sure I love her. The only problem is she always gets these texts from her ex’s and some of them are rude to her, or they are from guys she knows from home. I’m not the jealous type, but how do I deal with the mean guys and not get on her nerves or in her business? And, how can I find out who these other guys are?

Worry Wart

You shouldn’t worry too much, I’m sure your girlfriend knows how to deal with these guys if she has dated them. On the other hand if she does ask for help, step in and take charge! Some women like that. When it comes to the other guys, you may or may not have anything to worry about. If you are sure you love her, see might very well love you back! If you still want to find out either ask a friend or her personally. Make sure of course you ask the right friend. If anything, bring it to her first. Tell her why you want to know, and that it worries you. Her friends may not be her “best” friends so you can’t always count on them.

Submit your question to Samantha by e-mailing CampusHerald@wru.edu. All questions will be kept anonymous!

Samantha Says

By Samantha Curton
Staff Writer

I’m getting mixed signals he shows affection but won’t tell me how he feels, he knows how I feel too, what should I do?

- Two to Tango

What you really need to do, is to talk to him. Tell him straight up, just how it is, how you feel and that you want to know how he feels. You won’t be able to understand him, or know anything about the situation until you understand what he is thinking. Also, you have to find out how he feels. You could be in love with the guy, but if he doesn’t love you back that relationship, sadly just won’t work. Try to do things differently also, get to the point, don’t beat around the bush!

So I have this problem, I’m upset a lot and I make up for that I do drugs, and I hate living at home because my parents yell at me all the time and I feel like leaving, but I have no where to go. Any suggestions?...

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**SPORTS**

**JOHNSON & WALES WILDCATS**

**JWU Rocks House of Blue**

Women over the Pine Manor 86-56; Men lose to Emmanuel in 55-54 heartbreaker

**By Otto Nersacker**
**Assistant Editor-in-Chief**

Approximately six hundred students attended the House of Blue in support of the JWU basketball teams on February 16. Megaphones, inflatable guitars, sunglasses, clappers and other goodies were given to attendees.

Sand art and photography was offered in the lobby of the Harboride Recreational Center, and a large table was stacked three feet high with pizza boxes. Upstairs in the lounge, a variety of blue foods were served.

The Wildcat (Leah persuasive, ’10 Sports/Entertainment/Event Management) was enthusiastic about the game, and hoped for a large turnout. "Most students don’t know we have a basketball team," she said.

**By Dan Booth**
**Director of Athletic Communications**

Junior Mack Spellman (Clinton, N.Y.) hit a three-pointer with six seconds left to give Emmanuel a 55-54 victory against Johnson & Wales in Great Northeast Athletic Conference men's basketball contest at the Harboride RAC on Saturday evening.

Senior Japhet Kerr (Mt. Kisco, N.Y.) tallied 15 points and added five assists, three rebounds and three steals while sophomore Darren Faust (Queens, N.Y.) had 15 points and five boards in the setback for the Wildcats.

Spellman tallied 18 points and 11 rebounds in the win for the visiting Saints. Junior Andreus Bustamante scored eight points and added nine boards for Emmanuel in the victory.

Johnson & Wales jumped out to an early 12-5 advantage after a three pointer by Kerr with 14:48 left in the first half. Emmanuel responded, however, and tied the game at 16-16 on a layup by freshman Torrey Joyner (Bridgeport, Conn.) with 9:42 left in the half.

JWU then used a 14-0 run to take the 26-16 advantage with 5:24 on the clock. The Wildcats took the 30-22 lead into the locker room at halftime.

Emmanuel started the second half with a 14-6 run and tied the game at 36-36 on a layup by Bustamante with 13:53 remaining in the contest. The two teams then traded leads with the Wildcats holding a 54-52 advantage after senior Charlie Ware (Baltimore, Md.) made the last of two free throws with 17 left on the clock. Ware missed the second and Emmanuel controlled the rebound. Spellman’s three-pointer with six seconds left gave the visiting Saints the 55-54 lead. The Wildcats would have one last chance, but a Kerr jumper hit off the side of the rim as Emmanuel held on for the 55-54 victory.

**By Dan Booth**
**Director of Athletic Communications**

Junior Alyse Raggaglia (West Newbury, Mass.) set a school record with eight three-pointers to help lead the Johnson & Wales University women’s basketball team to a commanding 85-56 victory against Pine Manor in a Great Northeast Athletic Conference contest at the Harboride Recreation Center on Saturday afternoon. The win was the regular season home game for seniors Ann Dwyer (Yardley, Pa.), Teri Prado (Columbus, N.J.) and Nicole Lessertiere (Windscham, N.H.).

Raggaglia finished with 30 points in the win for the Wildcats.

Junior Johanna Santosuosso (Salem, N.H.) had 26 points, eight assists and seven steals in the victory for Johnson & Wales. Sophomore Jenipher Moxley (Lakewood, Wash.) was also in double figures with 11 points and seven rebounds for the Wildcats.

Pine Manor was led by junior Amanda Dennis (Haverhill, Mass.) with 17 points, nine rebounds and six blocks.

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Pine Manor was led by junior Amanda Dennis (Haverhill, Mass.) with 17 points, nine rebounds and six blocks. Freshman Enjolee Phillips (Hartford, Conn.) added 16 points, 10 rebounds and five steals while senior Laura Cecil (Solon, Ohio) narrowly missed a triple-double with 15 points, 11 rebounds and nine assists in the setback for the Gators.

The two teams traded leads throughout the early stages of the first half with the score tied 14-14 with 10:55 left on the clock. Johnson & Wales then used a 7-0 run, capped by a three-pointer by Raggaglia to give the Wildcats a 21-14 lead. The Wildcats expanded their advantage to 34-19 on a three pointer by Lafiere with 4:33 left. JWU led by as many as 21 in the first half and took the 42-28 lead into the locker room at halftime.

Johnson & Wales continued to build on the lead and took a 32-point advantage (63-31) on a three pointer by Santosuosso with 15:31 left in the game. The Wildcats led by as many as 38 after a jumper by Raggaglia gave the team a 83-45 lead with 8:04 remaining.

The team then cruised to the 88-56 victory.

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**JWU Wrestling’s Owens & Lenhardt Earn All-American Honors**

Center this weekend. The two standouts became the fifth and sixth All-Americans in the history of the program. Senior Diego Crespo (Garfield, N.J.) also had a strong showing for the Wildcats during the weekend.

Lenhardt went 3-3 at 184 pounds, including an upset of sixth-ranked Nick Coleman of New York University, to finish in sixth place. Owens notched an eighth place finish at 174 pounds, finishing the weekend with a 3-3 record. Crespo went 0-2 at 197 pounds, including a hard fought 3-2 setback against Coe College’s Rob Kramer, the defending national champion.

The Wildcats had one of the most successful seasons in school history in 2007-08, finishing with an 18-6-1 record in dual meets. The team captured the New England Wrestling Association Dual Meet Championship and finished second at the NEWA Championships. The three wrestlers that qualified for the National Championship tied the school record for most ever at the event.
ATTENTION Class of 2008 Graduates

BEFORE MAY 2, YOU MUST...

☐ Submit MANDATORY Online Diploma Application
Ensures name on diploma is accurate and mailing address is correct. Visit www.jwu.edu/sas/degree/diploma.htm and fill out the necessary information.

☐ Complete Student Financial Services Exit Interview and Pick-Up Your Cap & Gown Form
This is required of all graduating students. Sessions will be held April 21–May 2 at the Kinsley Building (Downcity) and The Friedman Center (Harborside).

☐ Pick up Your Cap & Gown
After the interview session, students will receive a cap & gown form. Students not conducting an SFS interview will not receive a cap and gown.

Caps and gowns will be distributed at the JWU Downcity or Harborside bookstores Monday, April 21 through Friday, May 2.

NOTE: Caps and gowns will not be distributed without a completed original form.

Visit www.jwu.edu/commencement/prov for continuously updated information.