Rolo-Overhaul

University Acquisition is New Home to Student Services

With this move, it will no longer be a hassle run through the city blocks to straighten out issues or get the help you need. This transition is a move in the right direction as the university strives for their Focus2011 goals.

"A one-stop shopping model not only provides benefits for our students but for our staff as well," Marie Bernardi '92, Vice President of Student Services, said. "The building is the central hub and starting point for most transit routes. Recently, the transit authority implemented the new Google Transit trip planner on their web site, which utilizes Google Maps to assist in planning a trip on the bus system and makes it much simpler to understand. RIDPA also offers a seasonal ferry (May 16—October 16) service between Providence and beautiful Newport, Rhode Island. You can find out more at www.rida.com or call their information line at (401) 781-5400. More of an essential commodity in the every day life of a JWU student, the Johnson & Wales transportation system provides the vital links between residence halls, academic buildings and other places of interest on the North campus and the Housingport campus. Encompassing an assortment of buses, a majority of them fairly new, the JWU transportation network shuttles students in some places around 5 to 6 AM and ends all routes a little after midnight. The main points of pick-up and departure happen at Gabe Commons dormitory and by the Recreation Center at the Harborhose campus. From there students can make it to any residence hall whether it is Edmund, Renaissance, etc. Schedules for the buses can be found around the university, in residence halls and on the university web site at www.jwu.edu/prov/tra_bus.htm. Make sure to bookmark it on your internet browser, you never know when it may come in handy! If students ever find themselves in a pickle and are stranded due to unforeseen circumstances, a student may call Campus Security & Safety at (401) 598-1103 for a ride home through JWU Ride. This transportation program allows JWU students a safe ride back to their residence if they have absolutely no other way to do so, between the hours of 11:30 PM to 3:30 AM with last calls taken at 11:00 PM. If you’re ever in a bind and in dire circumstances, be sure to take advantage of this service. And remember, all of this is FREE as long as you have your JWU ID card on hand!"
Johnson & Wales knows that every student has a different learning capability, that's why it established a Learning Center staffed with trained tutors.

There are three locations where students can go to the Learning Center to receive the benefits of their services; the student can go to whichever is most convenient for them. The Kinsley Building houses the Learning Center for Downcity during the daytime, while McNulty Hall offers services in the evening. Harborside offers special services for students at the Learning Center, located in the Friedman Center. "JWU's Learning Center offers great tutorial assistance and facilitators have a broad knowledge base and are able to assist you very well with any task or assignment," Jeff Gould '08 explained. "There's really no greater Peer and professional tutoring are available in math, English and all major-specific courses at the convenience of the student. Appointments can be set up throughout the week and in the evenings, depending on the location. Tutors provide individual and group sessions as students' needs and resources dictate.

The Learning Center on the Downcity Campus offers students academic assistance in Business, Hospitality, Technology and Arts & Sciences courses. For undergraduate and graduate students, writing assistance and workshops are offered as well as those of studying strategies. The Learning Center accommodates those with learning disabilities or special needs. They provide tutoring for every kind of written project, assistance in studying as well as help with researching and designing papers. The Learning Center offers a wide availability for hours and support for students for the wide variety of students that attend Johnson & Wales.

The Harborside Campus offers individualized and small group tutoring in culinary and pastry labs in conjunction with academic classes and study skills.

The problem is that not all students in the University are aware of the academic support and workshops that the Learning Center has to offer. "I never knew about it the first trimester I was here, until my English Professor suggested I go, then I went and my grades came right up after only a few visits," said Kiera Erose '10. "It's a great tool to help assist in furthering your education; I highly recommend it."

Student assistance with physical and academic disabilities must be backed by student provided appropriate documentation. Accommodations may include, but are not limited to, oral and/or extended time for tests, Sign Language, use of a tape recorder in class, note taking assistance, reduced course load, preferential scheduling, classroom relocation, and medically excused absences. The Learning Center will be moving to The Rolo Building in January 2009, look for them there.

Kinsley Building Monday-Thursday: 9 a.m. to 4 p.m. McNulty Residence Hall. Sunday-Wednesday: 10 a.m. to 5 p.m. Thursday: 10 a.m. to 10 p.m. The Friedman Center Sunday: 2 p.m. to 9 p.m. McNulty-Wednesday: 9 a.m. to 10:00 p.m. Thursday: 2 p.m. to 9 p.m. Downcity: (401) 598-1485 Harborside: (401) 598-1703


The mission of the Campus Herald is to be the vital source of information for Johnson & Wales University students, faculty, staff and administration, on both the Downcity and Harborside campuses. To this end, we shall demonstrate integrity and professionalism in providing accurate and essential information to the University community.

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1. They’re both ultrapatriots.
Jack Bauer has gone to bat for America more times than we can count. He’s lost loved ones for the country, taken harsh physical punishment, traveled the world and had to fake his own death. But he keeps on ticking. Or at least the clock on the show title cards keeps ticking. Jack Bauer is All-American. Steven Colbert is All-American, too. He left a cushy job on The Daily Show, risking his livelihood to give his fellow Americans the truthfulness they need and deserve. He also helps us know our congressional districts and has an ice cream flavor named after him and America—which shows the two, at least in ice cream form, are intertwined.

2. They both can get high-powered people on the phone.
Can you picture Jack Bauer on 24 without his cell phone? And he doesn’t just talk to Bill Buchanan and Chloe; saving the world would be impossible without being able to get the President on the horn to ask for special and speedy action. Colbert, for his part, can contact instructional league hockey coaches, and he called Candice Bergen just the other day, which

3. They both have connections to torture.
24 is legend for the torture sometimes utilized by Jack Bauer to get answers when he needs them—and he needs them now! Truth serum, shooting a person’s loved one, beatings, finger cuttings: Bauer does what needs to be done. On the Colbert side, anyone who has seen his segments on his “som” bald eagle knows that sometimes his show can, and in itself, be a form of torture.

4. They both give the Thethdown.
Colbert has a segment of his show called “The Thethdown” where he lists all of the things we Americans should be afraid of—and thenZenoe does it, because, threats to our national life change everyday. Except bears. They are a constant threat. On 24, Jack Bauer has at least one segment involving a detailed run down of the threat currently facing the country on that day. “If we don’t do X by this time, Y is going to happen, which will lead to Z, which will result in global thermal nuclear war” Now that’s a Thethdown.

5. They both work best on their own.
Sure, Bauer has a ton of people backing him up, and sometimes he finds people in the field to help him. Often, though, those people end up dead. He’s a solo act, when it comes right down to it — the one man who can TCB and save the world when we’re up against nukes, poisonous gas, biological weapons, assassins, guns, rogue agents, and again, nukes. As for Colbert, can there be any question he’s even more ultra-American now as the host of a show than he ever was when he was a correspondent for The Daily Show? Of course there’s no doubt. Jack Bauer and Steven Colbert—America salutes you.

Jack Burich
Artistic & Entertainment Editor

Television’s Steven Colbert of The Colbert Report (Comedy Central) and 24’s Jack Bauer (FOX) are very much alike. They have different jobs, sure, but both go to work everyday with the intent on defending this great nation. Steven Colbert and Jack Bauer, both true fiction American heroes, may in fact have been separated at birth. Consider the following similarities:

- 1. They’re both ultrapatriots.
- 2. They both can get high-powered people on the phone.
- 3. They both have connections to torture.
- 4. They both give the Thethdown.
- 5. They both work best on their own.

Unlike the acts of the 60s and 70s that seem to track on forever and remain in music lore for years to come, many musicians and bands in the modern era fizz out before they even hit the national arena. In the present day pop-punk world, this is no closer to the truth. Consider those who grew up on bands like Screeching Weasel, New Found Glory, Lagwagon, Mxpx and Blink 182; now compare it to those who, not far down the road, grew up with bands like Fall Out Boy, Boys Like Girls, The All-American Rejects and Yellowcard. If you don’t see the difference, you might want to update your iPod. One band you can start with is Better Luck Next Time and their newest album, Start From Scratch.

Heralding from Los Angeles, California, BLNT is comprised of Brian Bortoli (guitar & lead vocals), Matt Fuzio (bass), Chris Lucas (drums), John Holzer (lead guitar) and Joseph John (keyboards and synth). Together these commendable Californians have brought back mid-nineties style pop punk with a piano/synth induced backdrop. Now don’t get me wrong, you might think this is just another disastrous album doomed for mediocrity but instead, BLNT carries refreshing, simplistic yet eternally pleasing sound that resonates with past artists such as Ace Truckeshooter and Something Corporate as well as the list rest before.

What makes this album truly authentic, though, is the integration of skillfully woven elements from each member of the band. From the exceptional guitar riffs, to the delicate piano induction, to the vocally resonating choruses, hooks and verses BLNT distinctively lays out each track in a unique succession that never seems to fray off to various other genres, thus keeping the music pop punk all the way through the last note. The album’s array of songs is crafted by a sense of effortless instrumential and vocal intricacy that is rarely seen in pop punk.

Kicking off the album, “The Broken Hearts Delight” slowly fades in with a subtle keyboard rhythm and is hit with a barrage of guitar riffs followed shortly by Bortoli’s keen vocals. The tempo

and tone carry briskly through as he sings: “Paint a picture of a certain kind of love and throw it all away/Help me figure out what this is all about, we’re both in this to stay.” It’s true bands of this genre, especially of late, tend to write absurdly dreadful lyrics that stick out due to their utter uselessness and crap, so when a band writes lyrics that work with the song (instruments and all) and don’t exemplify this in that way, cheers. And that’s what you’ll discover in most of BLNT’s work.

My personal favorites on this album include the all-cram together-while-driving-sing-along-as-loud-as-you-can-pogo riffed “Done Time”, “Days Like Today” with its fancy, basic tempo laden with subtle keyboard and epic pop punk hooks and the rougher paced closing piece “Disaster Bound” which ends the album with Bortoli pronouncing behind a seemingly calm the bands and is designed to win the hearts of tweekers and make a zillion dollars. Better Luck Next Time’s Start From Scratch, on the other hand, was made by five diligent leotard coaters who have been together for a little over four years and put all they have into the music. Friends can’t be trusted, love in a hallucinous monster and music is about as volatile and trendy as fashion. But one thing has remained from those early years...pop punk.

While BLNT’s sound isn’t necessarily ground breaking, they implement such a clear-cut and upbeat resonance that it trumps most of their fellows and carries them through, as well as the listener. If you enjoy this stuff, call it a guilty pleasure if you want, check out Better Luck Next Time’s first full-length in Third Time’s a Charm or other artists like all the ones mentioned behind.

Johnson & Wales students may purchase discounted movie tickets at the Office of Student Activities OfficE.OFFICE OF STUDENT ACTIVITIES OFFICES

Location:
1st floor of the CBCSI Building Downcity
2nd floor of the Harborhvides Recreation Center
Welcome Weekend 2008
Johnson & Wales
Presents
Uncensored

Featuring...

Saturday, September 6
R-Rated Hypnotist: Frank Santos
8:30 p.m.
Harborside Recreation Center: Main Gym

Giant Games and More
(Prizes, Music and Food)
10 p.m. - 1 a.m.
Harborside Recreation Center

Sunday, September 7
Trip to Six Flags New England
2 p.m.
Buses leave Harborside Rec Center Shuttle Stop

Trip to Wrentham Outlet
10 a.m.
Buses leave Harborside Rec Center Shuttle Stop

Movie Extravaganza
2 p.m.
Bus departs Harborside Rec Center Shuttle Stop

Stand-Up Comedy Spotlight: Pablo Francisco
8 p.m.
Harborside Recreation Center: Main Gym

Time Warp Celebration (Music, Food and Prizes)
10 p.m. - 1 a.m.
Gaebel Commons

Thursday, September 11
UII Film Series Premiere
8 p.m.
Gaebel Commons (Rain Location: HRO)

Welcome Week 2008

Monday, September 8

Harbor Fest
8 a.m. - 6 p.m.
Gaebel Commons

University Convocation
8 a.m.
Dunkin' Donuts Center

Student Accessibility Night
6 p.m. - 8 p.m.
Gaebel Commons

Live Band Karaoke
7 p.m. - 10 p.m.
Gaebel Commons

Tuesday, September 9

Make Your Own Night
12 p.m. - 4 p.m.
Gaebel Commons

Thanksgiving Gala Show
8 p.m.
Pepsi Forum

Wednesday, September 10

Create Your Own Gel Scope for Fresheners
12 p.m. - 4 p.m.
Harborside Green Space (Rain Location: HRO)

JLUU Luau
8 a.m. - 12 a.m.
Gaebel Commons

Sponsored By
Office of Student Activities

Office Of
401.598.1195
Gaebe Commons
Greek Luau
2008

Wednesday September 10th
8 p.m. - 12 a.m.
Gaebe Commons

September at JWU

5-14: Welcome Week
16 & 17: Work Study Placement
17: Constitution Day
27 & 28: Barefoot in the Park
29-October 2: SGA Elections

Student Activities
DEAS AND OPINIONS

Democrat Prescription on Gas Prices Leaves American Economy Flatulent

Owen Neufbauer

As gas prices have soared to a national average of over four dollars per gallon, politicians of all stripes have their various proposals for reducing prices at the pump. Before we wade into the veritable swamp of policy proposals, a disclaimer (courtesy of Representative Roy Blunt): "Retail gasoline prices are the result of literally hundreds of factors including crude oil supply, global demand, refinery capacity, regulation, taxes, weather, the value of the dollar, etc. Therefore it is impossible to say with certainty what one individual action will do to the overall price. However, based on what we know about the impact of crude oil supply and prices it is possible to develop some potential ranges of impact on gasoline prices for certain policy changes."

With that, let's take a look at the various candidate's plans. Senator Barack Obama, Democratic presidential candidate, has proposed a "windfall profits tax." The liberal view—presumably held by oil companies—is that keeping profits constant increases the cost of gas, and their profits.

What he fails to realize that price fixing is already illegal. If he has evidence that such collusion is occurring, he should prosecute it to the Attorney General so he can prosecute. If not, he should adhere to the principle of "inconceivable innocent proven guilty." Obama is ever-so-eager to give dictators and radical jihadists this presumption—why won't he extend it to upstanding American business leaders? History shows that the liberal paranoia over big business fixing prices is unfounded. The Wall Street Journal wrote in 2005 that "the last time Congress imposed a form of the windfall tax was in the final gloomy days of Jimmy Carter, and the result was: a substantial reduction in domestic oil production (about 5%) thus raising the price of gas at the pump; and a 10% increase in U.S. reliance on foreign oil."

Taxes and perennial investigations aimed at the wealthy aren't the way to get fuel prices under control. Republicans, in contrast, have a common sense plan to cut costs. We need to use the resources we have. That means drilling for oil in ANWR (the Arctic National Wildlife Refuge), and using new technologies to draw oil from shale. We also need to build new oil refineries, as we haven't done so since 1976.

Admittedly, it will take time to expand our capacity as described above. That's why Republicans, led by Senator John McCain, support a gas tax holiday to keep prices steady until we can enact these long term solutions. Tax-the-rich philosophy and Nader-esque rhetoric? Or a long-term expansion of our production capabilities teamed with short-term tax relief? Your vote will decide.

Welcome!

From the President's Desk

JJ Atkins

My warmest welcome goes to the new students who are starting their journey in this fine community of aspiring scholars. You are about to embark on a four year journey that will be like no other here at "America's Career University!". I hope that you are as excited to jump into the full college experience as I was when I started myself.

There are a million questions that run through a new student's mind. What's my roommate like? What class do I want to take and when? But please remember there is more to the college experience. Don't forget about the social aspect! You'll be passed over for your favorite Greek party if you don't speak to over 70 student run clubs and organizations.

You can fooled someone into applying and accepting to any University, that takes a good sales person, but there is no fooling someone once they are here. I am pleased to say that every professor, every staff member, and every administrator are 100% student focused. This ensures you are comfortable in your environment, that you succeed in your studies, and that you find a job after graduation. And somewhere in the mix of things you will realize that you became a well rounded global citizen.

There is something we've got here at Johnson & Wales that really works. It's more than rankings and statistics and the strength of our incoming freshman classes. It's the relationships, connections and knowledge that extends beyond books. I am proud of this and I am looking forward to building upon it.

At a Loss for Words

By Otto Neufbauer, Assistant Editor-in-Chief

ACROSS

3 The real estate developer, found guilty of sixteen counts of corruption ranging from wire fraud to extortion, who strong-armed millions of dollars in kickbacks from Illinois state contractors. He sold Obama a plot of land for $104,500 in January of 2007, more than $500,000 less than he initially purchased it for.

4 The natural disaster Barack Obama claimed had killed 10,000 Americans in one day. In reality, it only killed two.

6 The Nazi concentration camp Barack Obama claimed his uncle had helped liberate at a campaign stop in May. Actually, this camp was liberated by Soviet troops. Obama's uncle was not among them.

7 Barack Obama's pastor of twenty years, who has blamed the United States for 9/11, claimed that the United States created AIDS to kill black men, and cried "God Damn America!" from the pulpit.

8 The political party of socialists, unrepentant communists and other radical leftists who endorsed Barack Obama after he actively sought their endorsement.

DOWN

1 Barack Obama's former pastor, campaign leader, "dear friend, and somebody I interact with closely", who described America as "the greatest sin against God." Obama earmarked $225,000 for this man's church while Obama was in the Illinois state legislature.

2 The number of political rivals Barack Obama forced off the ballot in his first campaign for the Illinois state senate.

3 The number of days Barack Obama has spent in Iraq.

5 The left-wing terrorist responsible for the deaths of three American civilians, in whose home Barack Obama launched his political career.
East Side Eats

Best of the Best

Ashlie Poulet
Contributing Editor

Chinese take-out is a good choice for college kids who are on a budget. If you are looking for something quick that is a step up from Tso’s chicken but still cheap, then head to the East Side.

If you like Chinese food you will love the offerings at Angkor, a family-run Cambodian restaurant on Wickenden Street. From cool summer rolls to spicy fried rice with even vegetables to street noodles, the options at Angkor are affordable and filling. Two people can easily buy an appetizer to share and an entree each for under $25.

Also found on Wickenden Street is the best deal yet to be found in a restaurant: Tokyo Restaurant offers great Japanese food at an unbeatable price. If you order your entree as part of a full meal, you also get to choose a soup and appetizer, as well as being served salad, rice and ice cream for dessert. That’s five courses for about $15. The best part is, all of that can easily be split between two people, meaning that you just got a great dinner for under $20. Delicious sushi is also affordable, starting at $3.50 for a California roll.

Just around the corner on Hope Street is Sawaddiee, a tiny Thai restaurant that serves up traditional soups like Tom Kha (a coconut soup with your choice of meat or vegetables), Thai curry, Pad Thai (of course) and much more. The most expensive item on the menu is Bankok Duck, which is $17.95 for a large portion. Most items are around $9, and portions are pretty generous.

Getting to these great restaurants is easy too. Take the Fox Point trolley (free with your JWU ID) to Wickenden Street. Trolleys leave from Kennedy Plaza about every 20 minutes.

Next time you want great food with a cheap price tag, head over to the East Side. Big portions, fresh flavors and the assurance that you leave full, with money still in your wallet.

Orkut: Not the New Facebook

Caitlin Renois
Editor-in-Chief

Rumor had it that Google was starting a social networking site to compete with Facebook. Well it did, but where is it? It’s named Orkut, and the lack of hype may be because of how it is so different from Facebook, and painfully similar to MySpace.

“I would say as with any Google service, Orkut will be a big player among its competitors,” Orkut’s introduction to the social media market in 2004 changed how people socializing online by not restricting people to certain networks; anyone can see anyone’s profile. Other things like instant messaging and application API shows Google is keeping their eye’s on the horizon with Orkut.” said Corey Cassell ’09.

Google released its beta version of Orkut in January 2008 and oh does it lack in comparison to Facebook. In order to sign in, you must have a Google account. Upon signing in, you must complete the basic forms that traditionally come with online accounts. This is for people 18 years of age or older, but what stops the 14 year old from checking the box saying they are of age? With Orkut’s social networking you have a profile for personal, social and professional life. You can upload photos, videos and something called “scrapbook” which seems to work like Facebook’s “wall” and the not so romantic “Ignore List.”

Facebook is made up of networks, back in the good old days you joined the network belonging to your college or university. Then they opened the floodgates and now you may belong to a city or town’s network, a state network, or no network at all. The purpose of networks was to recognize who comes from one country and to see the profiles of those in your own network and had to request “add a friend” for those who were not. Orkut has no networks, and you may add any member as a friend. Facebook has these things called groups, and they were how people joined for a specific idea or cause. Orkut has communities, and there members post threads such as the ones found on blog web sites. Similarly Facebook, but Facebook groups have since gone out of style, and most users stopped using them.

Orkut proudly displays its demographics, unlike Facebook who has strict privacy settings and restrictions. There’s a reason why you haven’t heard of this new “flap”, 53% of Orkut’s members are in Brazil and 16% are in India while 15% are from the United States and 38% are from Canada. The majority of users (73%) are ages 18-30. The popularity of Orkut continues to rise in the Middle East. East Asia, while Americans are in the dark about its existence.

For those of us who don’t know what Orkut is, it’s ok. The phase probably will not last very long, unless the network dramatically changes. This is not what was expected from our favorite search engine. With the rapid growth of Facebook, there is no room for competition. Those of us who yearn for the days when you knew exactly who was from where, don’t worry – because you can still talk to your people’s content with mini-feeds and the news feed. We have grown to ignore applications and groups, to love “people you may know”, birthdays, the marketplace and events. We’ll never let go, Facebook.

Manage Your Money

Samantha Hassett
Contributing Editor

Money management in college can be a difficult thing to master. In living a city, we all can easily get caught up in the hustle and bustle of your chaotic daily life. Grabbing your daily cup of Joe, going out to lunch, then having a “quick” shopping experience at the Providence Place Mall. Don’t forget, catching a movie at the IMAX. Did I mention, I haven’t even started on plans for that night? Before you know it, you’ve spent all your money for the week, before the week even started.

Melissa Michel ’11, at Johnson & Wales understands this for a fact. Asked how she manages to get the most out of her dollar, she said, “I go to $5 movies every Tuesday or go to club Hell and put my name on the list to save money.”

For some college students, life is not as simple as those who call home to ask for more money. Wa, as college students, should start to be more independent and responsible for our choices and lifestyle.

Here are some helpful tips on how to manage your money, or lack thereof:

Helpful Tips for Saving Money

1. Start saving: Begin putting cash away every week from your summer job.
2. You should save as much as you can, remember there are too many things you will want to do next year and in around campus.
3. Budget: Prioritize what is most important and least important, to understand what you can or can’t give up.
4. Get free checking/saving account: Bank of America offers this free of charge to college students.
5. For every cent you swipe on your debit card, it’s rounded up to the nearest dollar and that money is deposited into your savings account.
6. Buy & sell your textbooks online: This will save and help you make extra cash.
7. Meal plan: Eat up to 3 times a day, as much food as you want.
8. Buy in bulk: Stores such as BJ’s or Sam’s Club are warehouse-style, buy more at a less expensive price.
9. College discounts: Take advantage of restaurants, stores, clubs, and museums.
10. Even if the discount is not posted, it can’t hurt to ask for one.
11. Gift cards: Ask for them on holidays or birthdays to bookstores or the grocery store.
12. Rent movies: From the Red box at Stop & Shop ($1 a day) or from UBB (free).
13. Pay on time: Pay your bills on time to avoid late fees of interest.
14. Drink cheap: Get cheap alcohol or go out on special discounted nights. If you’re 21 years of age or older, of course.
15. Shop wisely: Buy as discount more items, or on sale or buy generic brand products.

Net Curtain and the CVS brand really do the same thing.
Top 5 Shopping Destinations:

5. Atwells Avenue
4. Wrentham Outlets
3. Thayer Street
2. Seekonk, Massachusetts
1. Providence Place Mall

Top 5 Things to do:

5. Visit Thayer Street at night
4. Waterfire on a partial lighting night
3. Roger Williams Park & Zoo, more than just a park
2. Take the $2 Ferry to Newport, RI
1. Five dollar Tuesdays at the Providence Place Movie Theatre

"ASK THE HEALTH EDUCATOR"

"Crazy parties, reckless behavior, one-night stands. We must be talking about college, right? Maybe not.

The American College Health Association-National College Health Assessment reports that most of today's college students are actually quite different. Almost 95,000 college students across the US completed this survey. Here's what college students have to say:

-62% drink less than 4 drinks at a time
-47% reported having 1 sexual partner last school year. 29% reported 0 partners.
-36% exercise 3-5 times/week for at least 20 minutes.

65% don't smoke.
-93% consistently wear their seat belt.

While you may run into the occasional student who looks like they should be starring in "Animal House 2", the majority of college students drink moderately (if at all), are sexually responsible, exercise regularly, are thoughtful about nutrition, and care about their health.

In fact, a study done at JWU reported that 70% of JWU students drink less than 9 drinks per month. That's less than three drinks per week - a good way to avoid the freshmen 15 or adding extra calories to your diet. Free tip: Calories from fluids are recognized differently by your body, so it's easy to put on weight from drinking alcoholic sugary drinks, or soda. Studies indicate that freshen are more like the freshmen 6.

Lucky at JWU, with its fine culinary program, there are lots of healthy eating options at Dining Services. With a little planning, nutrition education (look for student-run Nutrition Society programs) and regular exercise, you can prevent the freshman 15. All students have free access to the gym (HarborSide Rec. Center and Plantations Hall) which is a quick walk from your residence hall. Find a work-out buddy, check out the aerobics schedule, and look for Health Ed workshops in your halls about fitness and nutrition. Regular exercise and good nutrition are great ways to keep your body healthy. Also, make sure to stop by Health Services for free health care or to speak to a nurse about any of your health concerns. Health Services and Health Education also offer free condoms to stay safer if you are sexually active, or to have on hand if you're planning to be. Whether you choose abstinence or condoms, we can provide you with the information, supplies, and support to stay safe. Look for sexual health workshops from Health Ed about safe sex, STDs, sexual health care, Pap tests, HPV and GARDISAL, and more fun stuff!

Students are always welcome to come in for confidential, one-on-one health consultations with JWU’s professional health educator. Ask questions about fitness, nutrition, sexual health, or alcohol and other drugs. Start the year off right, get fit and stay well!

Health Ed Education is located in the CUB, 3rd Floor, (401) 598-2023.