Ishmael Bach Tells Tale of Life as a Child Soldier

At the age of twelve, Ishmael Bach was just a boy growing up in a small village in Sierra Leone. But when civil war broke out, he found himself first fleeing from, then participating in brutal acts of violence, with his own life on the line if he did not comply. Now 26, Bach described to University students in a presentation at Xavier Hall how his family was forced to flee their village in 1992 to avoid being slaughtered. Despite their efforts, his parents and two brothers were killed in the violence.

Bach described how people would run away when he walked into towns alone, afraid that he was going to hurt them. Not knowing where to turn, Bach went to a military base, thinking he would be safe from the violence there.

He was wrong. Continued on Page 2

Vagina Monologues: Stories Full of Passion

CATHLEEN DUNN
EDITOR-IN-CHIEF

The Vagina Monologues are a series of monologues, originally developed by Eve Ensler, a playwright and activist. This year, sponsored by the Women's Center and the International Center, the women of Johnson & Wales once again took the stage to perform her work for their captive audience. Three performances in three evenings on three nights allowed those with busy schedules or various locations to attend.

The cast poses during the Wednesday night showing. Caitlin Dunn / The Campus Herald

student, declared that "Her vagina would say, 'be nice to yourself' and wear simple cotton sweaters". Stephanie Moore, '10, said that her "vagina would wear anything from Carrie Bradshaw's closet - especially the shoes!" True to The Vagina Monologues' original purpose, all proceeds from the event went directly to SOAR (Sisters Overcoming Abusive Relationships) and V-Day. This money will be used to provide scholarships to women who have been affected by sexual or domestic violence, by giving education their hope is that survivors will become financially independent and reach empowerment. Ramsland expressed her passion for this cause by saying "Many women who are in abusive relationships are unable to leave because they lack financial independence, especially in this tough economy. By giving them an education you

NewBCamp Attendees Learn Technology Skills

NEWBCAMP

With eighty-one participants attending breakout sessions, the second annual NewBCamp taught students how to better configure and utilize computer systems and software.

The technology "unconference", held in Pepsi Forum, felt very open and relaxed. Students, faculty and technology experts wandered from table to table, trying out the latest software and computing techniques.

"It's important that participants in NewBCamp think of [it] as their own event," said Sam Streeter, who organized the conference. "I'm very grateful everything worked out without a hitch."

Christopher Penn, co-organizer of PodCamp Boston, led three breakout sessions discussing the use of social media such as Facebook on Page 2
Dancing With the JWU Stars

SAMANTHA KRIVOROT
STAFF WRITER

It was almost as if one walked into a runway show during Fashion Week in New York City. Trendy music was vibrating through the speakers of Pepsi Forum in the dimmed lights reflected on the sequins and rhinestones on the outfits belonging to the cast of Dancing With the JWU Stars. This Relay for Life fundraiser put on by the JWU Ballroom Dance partnered students and professors/chairs together for an evening of cha-cha-ting and comedy as each of the couples took their turns on the dance floor.

The impressive audience turnout included a stellar student cast as well as many rock star chefs and professors who came to cheer on their fellow faculty. Delta Upsilon members as well as other Greeks also were spotted showing their school spirit, and cheering on Tanya McGinn Paolo, the Director of Student Activities. Five couples showed their fanciest footwork to a panel of judges, as well as the audience who later voted for their favorites, very similar to the real Dancing With the Stars.

The evening started off with a brief introduction by Geoffrey Long, Sports Management’11, the man who “brought the funny” for the evening with his vibrant personality, comedic quips and his ability to involve the audience in the competition. Long has been dancing with the club for 5 months, receiving his inspiration from his mother who danced for 32 years. April Geirsey, ’11, the captain of the JWU Ballroom club and team has been dancing for three years, as well as dancing with the club for two. In addition to practicing with the dancers, she is also the treasurer for the Pastys Arts Club. One can imagine that life can get hectic from time to time with all these commitments. When asked how she deals with stress, Geirsey answered “I don’t let my problems show when I’m dancing. I use the energy that I feel to perform better and stronger.”

Performances were nothing short of entertaining in this competition. Jonas- then Arenas and Chief Constantin performed a spicy tango, while Danielle Mass and Professor Timm Rambusch received the audience’s enjoyment. Tom Vardakis and Tanya McGinn Paolo performed a Swing, while Cheslott Johnson and Dr. Vitezlos took a comical approach to the Moresque. However, the combined efforts of Andrew Maury and Chef Roboflorum paid off well when they cha-cha’d into the audience members’ hearts, in turn winning the entire competition.

The evening came to a wonderful end with a few special performances from the Providence Ballroom and Jazz team, a special formation Cha Cha from the JWU Ballroom Dance team, and a closing performance from Mike and Jane, the JWU Ballroom instructors. The club succeeded in over $700 for Relay for Life.

---

Campus News

Bach Tells of Life as a Child Soldier; Escape from Sierra Leone to New York

Continued from Page 1

At the military base, he was conscripted into the army. Bach, along with other children like him, were forced to take drugs by the army commanders. These drugs kept their emotions at bay, Bach said, so that their commanders could easily control them.

“Adults found ways to draw children into this war in a very calculated way,” he said.

As Bach spent an estimated three years as a child soldier, the military had begun to replace family in the minds of the child soldiers. He couldn’t call his adoptive mother ‘mom’ for two years, he said.

While in a major city in Sierra Leone, Bach was able to escape from the military and interviewed for a scholarship to the United Nations International School in New York.

Afters graduating from the International School and then from College, Bach began drafting a Long Way Gone. He worked with his creative writing professors to make his language fit the landscape he was describing, he said. At times, this meant the book was a bit hard to follow. This was intentional, Bach said, as he himself somewhat lost track of time during the war, as a result of the drugs he was forced to take. The constant vigilance required to survive in a warzone

Bach concluded by commenting on the negative effects of war.

"In war, you dehumanize others," Bach said. "What no one tells you is that you dehumanize yourself."

But Bach hasn’t lost hope for the survivors of the war. “All of us have the capacity to love our humanity, and to regain it.”

The event was sponsored by the School of Arts & Sciences Cultural Life Committee.

---

Safety & Security Update

Thursday, January 22, 2009

Arrest, Xavier Mercy Hall, 8:08 PM

Student arrested and charged with a narcotics violation.

Friday, January 23, 2009

Arrest, Xavier Mercy Hall, 2:13 AM

Student arrested and charged with a narcotics violation.

Friday, January 23, 2009

Arrest, Hartshorne Village G, 1:34 AM

Student arrested and charged with disorderly conduct.

Saturday, January 24, 2009

Shooting Incident/Off campus

Corner of Pine and Garnet, 1:53 AM

A verbal exchange between non-students leaving Club Ultra escalated into a shooting incident on Pine Street behind McNulty Hall. A female student was returning to McNulty Hall with three non-students when two other male subjects followed and engaged in a confrontation. The students walked over to his vehicle, retrieved a handgun from the trunk, and fired the weapon in the direction of the two unknown males. Nearby Providence police officers immediately responded, apprehended the shooter, and recovered a handgun. No one was injured as a result of this incident.

Friday, January 30, 2009

Arrest, Off campus

Student arrested and charged with robbery.

Monday, February 2, 2009

Arrest, East Hall

Student arrested and charged with larceny.

Thursday, Feb. 5, 2009 at 12:22 am

Arrest, Renaissance Hall

Two students arrested and charged with a narcotics violation.

CRIME PREVENTION TIP

Take an active part in preventing and reporting potential safety and security problems/Incidents. Plan ahead and make safety a priority in your life.

If you have any further information regarding these incidents, please contact the Crime Prevention Unit. (401) 598-2947

LOST & FOUND ITEMS

LFP #2532, Found 1-29-09, Black wallet, owner unknown

LFP #2353, Found 2-2-09, Black cell phone, owner unknown

LFP #2533, Found 2-4-09, Black cell phone, owner unknown

LFP #2534, Found 2-4-09, Black cell phone, owner unknown

LFP #2531, Found 1-30-09, Black wallet & VW keys, owner unknown

---

The Campus Herald is proud to have a member of The Associated Collegiate Press

---

The Campus Herald welcomes all current suggestions & feedback. If you feel we are not covering a specific event or topic, please feel free to contact us so we can include the information listed here.

All material in this issue is exclusively the property of The Campus Herald and may not be reproduced without the consent of the Editor-in-Chief. A single copy of The Campus Herald may be duplicated for personal use, but may not be distributed for profit. The Campus Herald is published weekly by the Student Government. All material in this issue is not a legal index of university concerns. The Campus Herald is not a legally or financially autonomous organization, and it is not affiliated with or under the control and ultimate responsibility of Student Government. Please report all violations to Student Services.

The Campus Herald does not accept liability for non-essential advertisements or for the content or activities of organizations printed in this publication. The Campus Herald is not liable for any illegal content or activities. The Campus Herald does not condone or support any illegal activities or organizations. The Campus Herald does not endorse any political or social viewpoints.

---

The Campus Herald is a publication of the JWU Student Government.

Members of Delta Upsilon show support for Tanya McGinn Paolo.

Brian Yi

---

The Campus Herald is a publication of the JWU Student Government.

Members of Delta Upsilon show support for Tanya McGinn Paolo.

Brian Yi

---

The Campus Herald is a publication of the JWU Student Government.

Members of Delta Upsilon show support for Tanya McGinn Paolo.

Brian Yi
**Campus News**

**Vagina Monologues:**

*Stories Full of Passion*

**NSO Brings Role Playing To New Height**

**STEPHENV GONZALEZ, STAFF WRITER**

The NSO Regional Role-Play Competition, held on Friday, February 6, showcased the best of critical thinking in a role play exercise that involved nine schools, most of the students being from Johnson & Wales University. JUW hosted the event in the Harborside Recreation Center and in the Harborside Academic Center. Everyone who won a medal will be moving on to the next stage, the PBL National Leaders Conference in Anaheim, California. Over 45 students have been chosen to go.

The students, donning full business outfits and dresses, competed in challenging, real life situations. Students gave business advice and ideas on certain variables while a panel of judges evaluated them. Depending on the event, some students were given just fifteen minutes to prepare themselves in order to force them on their feet. Others had several days to prepare speeches, for the public speaking competition.

Other aspects of the contest included: Market Management, Sales Manager Meeting, written test, Retail Marketing, and a first for the PBLA-PBL role-playing competition, a Culinary Management section. This included not only a case study but also a prepared kitchen experience.

Before each of the interviews, students could be seen sitting nervously, going over figures and theory in their heads. “If you didn’t have outside knowledge of the topic, you would have no idea where to begin,” said Amanda Abrego, ‘12, a marketing major from the University of New Haven. Abrego competed in the Retail Management competition. “Between my school and work experience, I had a pretty good idea on what to do.” In the eyes of Bradley Marcella, ‘10, also of University of New Haven, thought that the event was “Well run, but could have been better food wise and more people directing were to go. Other than that, it’s a great event.”

Stacey Boles, ‘10 of JUW competed under the Financial Service Management aspect of the competition. Her panel consisted of two judges, one of Bryant University and one JUW faculty member. She admitted that she was quite nervous because the JUW judge had actually been one of her teachers. She was nervous because she knew that the judge would expect a great deal of knowledge from her. “In my scenario, there was a medical company that came to me to buy some product and I was the banker. I was trying to get financing for the new product and I had to have all the paperwork: balance sheet, revenue, analysis, and return on investment. I was given 15 minutes to review materials and do some of the calculations. Overall, I think I did well.”

Besides the actual competition there were several workshops being held. Eric Weinberg, a member of Future Business Leaders of America and the 2008-2009 PBL Eastern Region Vice President, ran a workshop entitled “The New Dimension of Leadership, Not Just Something to Throw on a Resume.”

When asked about what the workshop was about, Weinberg stated that he talked about how clubs and organizations are an important aspect to career development, regardless of what the clubs function was. “Getting involved in student organizations is more than something to put on your resume. You develop knowledge, skills, and competencies in the workforce.” Weinberg later went on to make the point that even though it is good to get involved, it is imperative that you enjoy the activity that you are doing.

Well done to those who competed and congratulations to all the winners, from The Campus Herald Staff. Good luck in Anaheim!

**NewBCamp Attendees Learn Technology Skills**

**Continued from Page 3**

Twitter, while Free Geek Providence held sessions which demystified the inside of computers and helped newbies learn about open source software.

“We fulfilled our mission today of helping the needy get nerdy,” said Nathan Hartak, Executive Director of Free Geek Providence. Due to a generous in-kind donation from the University, Free Geek Providence was able to give away 22 complete computer systems, preloaded with the Ubuntu operating system and open source software packages.

Four ten-minute presentations in each of several tracks taught concrete solutions to questions such as “What is good design?” John Speck of New Common’s “How should I manage and keep my online identity secure?” (Steve Malloy of Airon), “How do I keep my eyes open?” Leeuwenburgh of Free Geek Providence, and “Why Blog? (Michelle Riggen-Ransom)” with Adam Danowski of BatchBlue.

**The Big Fish Tie Broken By Panel Of Judges; “Taste of Nations” is Winner**

The winning event of SGA’s The Big Fish Event was “Taste of the Nations”, planned and proposed by the Special Functions Club and Bridging Culinary Arts. The lead students on this were John O’Connell and Bethany Raterh.

At The Big Fish, there was a tie between “Taste of the Nations” and “Sigma Loves Locks of Love” (that was proposed by Sigma Sigma Sigma). Student Government Association then involved a panel of faculty and staff to read the proposals and vote for their choice to win. “Taste of the Nations” was the winner!
Rick’s Roadhouse
Dishes Up Deliciousness

Samantha Kirkfoot
Staff Writer

Rick’s Roadhouse, located on 570 Richmond Street in downtown Providence, is an 80 seat, casual style place perfect for those looking for a good meal without all the fuss of 20 pieces of flatware and white tablecloths. Conveniently located right across from Olga’s Cup and Saucer, this Texas style barbecue is only a few blocks from the Gobe Commons area, or just a short JWU bus ride away from the Harbor Side Campus.

The large, open dining room in a melting pot of Rhode Islanders and some JWU’s finest student body. The servers, dressed in amusing T-shirts and jeans, adorned with a “wicked awesome” nametag such as “Willy Smooth-ride” or “Hot Rod Harry” are friendly and approachable customers as if they are good friends. The walls are painted in a dark red, with comedic references to barbecue as an added decor piece. A door on the left wall leads to a very spacious, open bar and seasonal outside seating.

On this particular day, I was craving a steak. When the waiter approached, I put in an order for a “Texas Filet ($16.99)” with choice of two sides, while my dinner buddy opted for the “Roadhouse Classic Pulled Pork” sandwich ($5.69). I was too wrapped up in conversation to notice the 15 minutes that had gone by waiting for our orders to be cooked, but was quickly distracted when our generously portioned plates arrived. The smell of the best fried macaroni and cheese I have ever had combined beautifully with the smoky aroma from the steak, a perfectly cooked medium. The mashed potatoes were creamy and also made a nice accompaniment for the meat. The sandwich was also reported as properly cooked, as well as juicy and flavorful.

Rick’s is widely known for their ability to create delicious meals with few basic ingredients and of course, a little bit of barbecue sauce. The Pulled Pork sandwich, barbecued chicken, and ribs are one of the most popular menu items. Menu categories include “What’s the catch (fish), “Fire kissed steaks,” hamburgers, salads, desserts, and a few other delectable desires. Appetizers range from $3.49-$8.99, and main courses range from $4.99-$19.99. Food is typically served from 12:00 pm – 10:00 pm, while the bar remains open into the early hours of the morning. The food is cheap, delicious, and well portioned. If you’re of drinking age, refreshing libations are reasonably priced, and with names like “Hillbilly Punch” and “Bootlegger Iced Tea”, who wouldn’t be curious for a sip?

Rick’s Roadhouse
(401) 272-PORK (7675)
rickroadhouseri.com

EAST SIDE APARTMENTS
NEAR CAMPUS

Newly renovated spacious Apartments
1-2-3 Beds
3-4 Beds Townhouses w/2 baths.
Starting at $800 & up.
New amenities, dishwasher, laundry, parking, security system.
Locations: Hope St., Governor St. & Benefit St.
Starting dates: 6/1 or 9/1.
800-799-9858
blpm@comcast.net
www.blpm.homestead.com

Are you a Foodie?
The Campus Herald needs food writers.
E-mail us at campusherald@jwu.edu
to join our staff.

Missed the recent Blood Drive?
Don’t Worry! You still have a chance to save someone’s life, remember 1 person makes a difference!

We are located at 405 Promenade Street, right behind the Providence Place Mall.

Monday - Thursday from 8:00am - 8:00pm
Friday from 7:30am - 5:30pm
Saturday from 7:30am - 2:30pm

Take the RIPTA
26 /Atwell’s Ave/RIC bus.
It will drop you off Monday through Friday right in front of the Blood Center!

Call to make an appointment:
401 838-333 or log onto
eDonor at www.rbc.org/

THE MOST TALKED ABOUT
RESTAURANT IN PROVIDENCE

cubanrevolution.com
50 ABORIN STREET
DOWN TOWN PROVIDENCE
401.331.8829

Open 7 days a week
Sun - Thurs 11 am - 1 am
Fri - Sat 11 am - 2 am
Full Menu Until Close

60 VALLEY STREET
OLNEYVILLE SQ.
PROVIDENCE
401.632.0649

Open 7 days a week
11 am - Midnight
Free Parking
Full Menu Until Close

Your Late Nite Place to Eat
Free Wi-Fi
10 % Discount with Student ID
Ideas & Opinions

What Your Meal Plan Does (Or Does Not) Give you

SAMANTHA KEHOV
STAFF WRITER

I’m sure that most of us are aware of the 4% rise in next year’s tuition, and the recent increase of a meal in any of our dining facilities from $5.90 to $6.25. But has the quality of said food gone up to counter its price? Not in the least. I can’t tell you how many times today (or on a daily basis) I hear fellow students complaining about how “the food at this (insert your favorite dining hall here) sucks and various gripes about resident and commuter meal plans.

Most students have a basic meal plan built into their tuition price, which includes 3 meals per day Monday-Thursday, with the option to purchase an additional two meals on each weekend day. These meals do not have the ability to be carried over into the new day, let alone into the next week. I don’t necessarily think that’s fair.

We pay for these meals in our tuition, but the school basically pockets the money if students don’t use them throughout the week.

Now, you may be wondering why most JWU kids continue to digest the supposed food in the dining halls. And to your inquiring mind, I propose this answer.

MONEY
College kids are widely known to be frugal spenders, especially with our Economy’s current condition. Going out for a meal is a minimum of $10 a meal, and a minimum of $15 to get the delivery guy to come to you. Also it’s not all that bad...sometimes.

I have had some good meals on campus, but that number would probably have to be raised to the fifth power to match the number of bad meals I’ve had. It’s a hit or miss situation, but with more misses than a children’s ‘T-Ball’ game. Bon Appetit!

Conan Has No Shame and Danika Takes Five Showers

CATLIN BENNET
EDITOR-IN-CHIEF

Dear Readers: Last issue my analysis of the Super Bowl ads suddenly stopped short. My sincerest apologies for this technical foul. If the anticipation has been killing you, here is the remainder of my take on advertising.

Let’s discuss the Clydesdale horses and Budweiser. The most famed horses and well recognized mascots had not just one ad spot but three. I recommend we get over the horses and follow Bud Light’s down a more creative route. If the cost of a 30-second spot is 3 million dollars, wouldn’t one think that some variation would be seen in minutes ads? Bud Light’s most random commercial award went to Conan O’Brien who had no shame and showed his wild side in a commercial that was supposed to be aired only in Sweden.

GoDaddy.com has regularly had ads which push the envelope; this ad’s main element was Dunkin Patrick (the first woman to win an Indy Car race) and her five show cars. Many people had no idea what GoDaddy.com is until recently; their previous ads have been so risqué that many shed away from actually visiting the website. GoDaddy.com is a domain name provider.

Love Every Body: Sizing Up the Media’s Portrayal of Health and Beauty

MELANY THOMAS & MAUREEN MINASK
SPECIAL CONTRIBUTORS

Does my butt look big in these pants? Are my biceps big enough? Does this bathing suit really make my abs look flatter? Can you see my six pack? Am I too fat to wear this shirt? Do my muscles look ripped in this shirt? I need to lose 10 pounds. I look fat. I need to bulk up. I look small. These appearance driven thoughts are familiar to many individuals and some of them experience the silent isolation and anguish of pronounced body dissatisfaction.

Eighty percent of women and at least fifty percent of men are dissatisfied with their appearance. It is not surprising, given the fact that each day we are bombarded by the media, fashion, cosmetic, diet, and even the toy industry’s promotion of an un-attainable beauty ideal. These images are so pervasive that we fail to notice them even as we suffer from their destructive aspects.

According to the Social Issues Research Center, the average weight of today’s fashion model is 27% lower than that of an average woman. Twenty years ago, this difference was only 8%. Men are not immune from these increasingly unrealistic body depictions. If GI Joe were a real person with the height of 5’10”, he would have larger biceps than any bodybuilder in history.

How did promotion of health and well-being morph into a cult of thinness obsessed with counting calories and carbs to shed pounds? How did the fitness movement become a culture of gym hounds spending countless hours bulking up or shedding pounds to obtain the desired physique? How does adequate health somehow translate into size and weight?

With 95% of fails failing to result in permanent weight loss, the emotional, physical, and financial cost of this unattainable ideal is steep. Now is the time to question the media’s ideal and consider the reality that health and quality of life trump thinness at any cost. It’s not about size or shape.

Question the media’s representation of the unattainable beauty ideal and recognize that it’s a major contributing force to body dissatisfaction. Stop dieting and savor each moment. Nurture yourself by eating well and getting active. Identify and develop your talents. Focus on your strengths and stop judging yourself and others so harshly. Respect your body and all that it can do and offer while appreciating size diversity.

These issues and more will be addressed during Love Every Body Week, a series of events and initiatives to heighten sensitivity and acceptance for body diversity. Sponsored by Johnson and Wales Student Counseling Center, the Women’s Center, the Student Health Educator, and the Intercultural Center, activities will focus on how to identify attainable lifestyle changes that will promote health and body, as well as promote critical analysis of media presentations and recognize their impact on body image appraisal. The week’s events will kick off on Tuesday, March 10, 2009.

Have an opinion? We want to publish it! E-mail your thoughts, ideas, and opinions to campusherald@jwu.edu.

talkback Letters to the Editor
NO RESERVATIONS
AN EVENING WITH
ANTHONY BOURDAIN

WEDNESDAY
MARCH 18TH AT 8PM
XAVIER AUDITORIUM

Chef, Author of "Kitchen Confidential" and Host of the Travel Channel's "No Reservations"

SPONSORED BY
OFFICE OF STUDENT ACTIVITIES

THE OFFICE OF STUDENT ACTIVITIES WISHES YOU A HAPPY AND SAFE SPRING BREAK
Senior Portraits
March 19
at Spring Career Expo
Make your appointment online at www.jwu.efx.timetrade.com

Johnson & Wales University's
Ultimate One Night Stand

Celebrate the lives of those who have battled cancer. The strength of survivors inspires others to continue to fight.

Remember loved ones lost to the disease. At Relay, people who have walked alongside people battling cancer can grieve and find healing.

Fight Back. Wo Relay because we have been touched by cancer and desperately want to put an end to the disease.

April 3rd-4th: 5pm-6am
Harborside Recreation Center

Sponsored by:

Did you raise your $100 yet? Think: 10 friends X $10

Questions?
Relay@jwusga.org

Registration Costs
Now until February 27th $10
Feb 28th until March 31st $15
April 1st-3rd $20
Walk In $40

relayforlife.org/johnson_walesri
Must Register Online!
Plan: Do your research in advance!

Explore: Open your mind to all opportunities even companies you never thought of...

Network: You never know where that next handshake and smile will lead to....

Over 100 booths
Companies, non-profit organizations, and summer jobs
Participant list: http://jwu.erecruiting.com

Freaky Friday
For Graduating Students

8:30a—4:30p
March 13
Downcity & Harborside Career Offices

Workshops:
- Find a Job in a Recession
- How to Work a Room
- Resume Critiques
- Mock Interviews

No Appointment Necessary
Come in Anytime!

Spring Expo
& Summer Jobs

Thursday, March 19
10a—3p
Harborside Rec. Center

- For Seniors -
  - 9:30a—exclusive session on how to navigate the Expo floor (30 min)

- All Students -
  - 9:30a OR 12:30p— panel of industry professionals (60 min.)

To Learn More: Career Development Office
Downcity 598.1070 Harborside 598.4611
Visit Us In Our New Location: John Hazen White-1st floor
Leaving Lights On or Off

ASK THE EXPERT

Dear Sexpert,
My boyfriend only wants to have sex with the lights on. What's with that? Does he think I'm ugly?

While I can't determine exactly what's going through your guy's head without talking to him, there are a few circumstances that come to mind. First of all, I highly doubt it has anything to do with you, or the way you look. He's with you, right? You probably go out together in the light all the time, whether it's walking to class together, going to the mall, out to grab a bite to eat, whatever? I'm sure he has plenty of time to look at you during the day, and if he didn't find you attractive, wouldn't want to be sleeping with you anyway.

And then there's the possibility that he just likes to have sex with the lights on. It could be as simple as that. We all have preferences in life, even when it comes to sex and intimacy, and that may just be one of his. Some of us like to do it in bed, on the floor, when it's warm or cool, slow, quick, in the light, dark... it's all about what you like.

Another possibility is that he's unhappy about the way he looks, or something about his body. Sex is a very intimate act, and often includes some nudity, and maybe even an up-close-and-personal view of parts of our bodies that aren't often ogled at. Almost everyone has some issues with their personal body image, whether we feel like we're fat, too thin, too tall or short, too curvy or slender, have a too teeny booty or chest, hairy big feet, or bad skin. The possibilities are endless, and it's very possible that he is uncomfortable revealing aspects of him that he isn't happy with.

The good news is, these insecurities are probably more apparent to him then they ever will be to you. Therefore, reiterating your feelings for him should help him feel more comfortable with you. If he knows your feelings for him won't change due some physical imperfections, he'll feel more confident about your relationship, and hopefully that will transfer to the bedroom. As usual, the key here is open and honest communication. If you tell him about some of your insecurities, that's also a great way to get him to reciprocate and tell you some of his. This will not only enhance your physical intimacy, but your emotional intimacy as well.

Oh! And one more thing! For more information on body image, look out for Love Every Body Week at JWU the week after Spring Break in March. It's sponsored by HealthEd, the Women's Center, the Counseling Center, the Intercultural Center and Athletics. There will be a ton of programming and lots of helpful info for everyone with some sort of body image issue - which is definitely most of us, myself included. For any more info, feel free to stop by HealthEd at JWU anytime, 3rd floor CBUS, or call me at (401) 598-2023. Good luck!

To submit questions to be answered by the Sexpert, email HealthEd.prep@jwu.edu, or CampusHerald@jwu.edu. All questions are anonymous.

Fashion Show in Pepsi Forum Served As Outlet for Student Designers

KRISTINA PENTURGO
STAFF WRITER

The National Panhelhelic Council held a fashion show in Pepsi Forum on January 31 from 6 p.m. - 9 p.m. The goal of the fashion show was to display the student designers on campus, as well as local designers. The models in the fashion show were Johnson & Wales students and their hair and makeup was voluntarily done by Toni and Guy. The fashion show last about two and a half hours and tickets sold out. The fashion show was inspired by President Obama's inauguration. "Designing the Future" was the theme of the evening.

The evening began with a DJ battle scratch off between DJ Rukiz vs. Djerz followed by a Hip Hop Scene featuring clothing from Area 401 and Premium Soles. The second scene was an independent women scene, featuring clothing from Area 401 and Castle on Wickenden. The third scene, Black and White, featured clothing from Castle on Wickenden and Premium Soles. Following this was a dance performance from Aces Dance.

At the third scene and a subsequent intermission was a performance from Sphokies Rap. This fourth scene in the fashion show was Danny Ammatt, clothes by Donte Poole, a junior and a graphic design major at Johnson & Wales University, followed by the final scene Growen & Sexy, suits and dresses by Debritto, a JWU Alumnus.

The Campus Herald needs LIFE writers!
If interested, contact us at campususherald@jwu.edu
**My First Time**

**THE EXTRA POINT**

**KISHA K. TAPANGAN**

**SPORTS EDITOR**

My first time made me a nervous wreck. It was something I had been waiting for since I was in high school. My palms were clammy and my heart was pounding fast, really fast. I didn’t think I was worthy, or even ready for what was about to happen to me. That day will always be imbedded in my memory: the first day I ever went to Gillette Stadium. I’ve dreamt about this place ever since I was back in Texas, and being able to finally go there was almost unreal, almost. Within my Contemporary Issues class, we’ve discussed everything from Michael Phelps, to dresses for dogs to the BCS system and some of the most obscure things that have come up, are the batches of brand new stadiums that are being built and how it affects our industries. I’ve never truly had an attachment to a facility growing up, I attended a few A&M games at Minute Maid Park, but it was never something I was emotionally attached to, and then there was Gillette Stadium. I remember when it opened in 2002 and it was something that I knew I wanted to be a part of. Having the opportunity to work in a place where my favorite football franchise plays and calls home, was my goal when I first transferred to JWU.

On January 30, 2009 I finally had my chance. I walked through the administrative offices of the New England Patriots and to be honest, I definitely had a moment. Words really can’t express how I felt when I was sitting there watching three flat screens chronicle the three Super Bowl wins as I waited for the interview of my dreams. Amongst the deep sea tindled marble floor was a large engraving of the Patriots’ flying Elvis logo, everything in the lobby was saturated with the Patriots’ history. I felt right at home.

Every sports fan develops a deep appreciation for their favorite team’s home field and stadium. This is why even though the new stadiums that are being built can hold more of the fans (the new Dallas Cowboys stadium can hold up to 100,000), I feel as if the Dallas Fan spirit quietly dissipates. The shiny new stadium pears much like the old, worn seats. The construction of the new Yankee Stadium is a marketer’s dream, with the memorabilia, the appearances and although it was deigned, even the opportunity to host this past year’s NHL Winter Classic are massing opportunities for revenue. I’m not against new stadiums. In fact, I think they give younger sports fans something to latch on to, something to grow with. Although, having a brand new ergonomically correct seat and a computer system throughout the stadium that keeps records of how you like your hotdogs are all very incredible new features, there is just something about those cheap overhang seats behind home plate in the old Yankee Stadium that a reclining luxury suite chair can’t compete with.

I sat in Gillette Stadium soaking in every aspect of it. I imagined the insanity that ensued during a Patriots game. To be surrounded by people that love or hate the way you do. To high five to a stranger for no reason whatsoever with no hesitation. To get angry at calls made by officials, and even if the call is correct, to be able to find someone in your section that agrees with you. These are the things that are imbedded in the seats of these old stadiums. These are the memories that are left on the field for good. For everyone out there who has their own kind of Gillette Stadium, for all, the fans that sigh at the glimpse of it as you arrive for the big game, I understand. Underneath it all I was waiting to hear from the New England Patriots, waiting to hear if I was good enough to be there, even if it was just my first time.

Sloppy Seconds of Sean Avery

**STEPHANEY LYMAN**

**SPORTS WRITER**

Sean Avery, public enemy number one in the National Hockey League, may be starting up his season again. After his stint in exile handed out by NHL commissioner Gary Bettman that involved being dropped from New Jersey’s active roster, Avery may be coming back to the wonderful world of hockey.

Unfortunately the 28 year old winger just can’t seem to stop talking smack about, well everyone. “I like to push to the edge no matter what it is!” Avery said with a smile at being the most hated player in the NHL.

Avery was suspended for six games after making "inappropriate public comments, not pertaining to the game.” The comments he made pertained to ex-girlfriends Rachel Hunter and Elissa Cuthbert, who now date current NHLer Dion Phaneuf and Jarrett Stoll. Funny to some, others may find his comments offensive i.e. even Hunter and Cuthbert whom he referred to as his “sloppy seconds.”

With the Red Sox Delcos & Gabbana clad hockey instigator was dropped from his 15.5 million dollar deal with the Dallas Stars, like any season’s pair of Prada’s. Now moonlighting as a Playboi at Bunga low 5 in New York City, the newly single Avery has plenty of time to wall out his current situations.

So why would anyone want to even both with him? Well technically, he would be going to the American Hockey League. Without an AHL affiliate Dallas is stuck with Avery on their payroll list him as a healthy scratch every game until the end of the season or someone takes him off of their hands.

Placed on waivers by Dallas on February 7, 2009, New York Rangers GM Glen Sather has expressed interest in picking up the pest off waivers before the trade deadline. Avery going to the Rangers would leave the Stars with only half of Avery’s salary. But why when there are a few hockey teams that can criticize everyone on the current Rangers roster? Truth is he actually may bring what the Rangers need to make it far into playoffs.

Currently in a play off position in the Atlantic division, the Rangers may be in need of some help. Scoring 51 points in one half and half seasons with the Rangers, Avery was a key asset. It was said that the only reason he was dealt away at the end of the season was because the Rangers could not afford him given the off-season signings of Markus Naslund and Wade Redden. Not that Avery noticed because I’m sure he was busy with his internship at Vogue Magazine in New York City.

Carrying 177 points in his seven year career, Sean Avery could actually come through for his new team. Even if he were to go to the New York Rangers NHL affiliate the Hartford Whalers he could help take out the top ranked Providence Bruins in the Atlantic division standings. The 2007-08 Regular point season champion Bruins will battle the Whalers two more times at the Dunk this coming season with or without Avery in the lineup.

It is said that Avery will only be asigned to the AHL for conditional purposes. I’m sure Avery would love to get back into the game of hockey. I mean how else is he going to make it onto 2009’s Sexiest Man Alive list just as he did back in 2007? Currently the jerk category in the magazine does not exist. Don’t worry Sean. I’m sure in your time off there will be plenty of Puck Bunnies to keep you company.
Basketball Teams in the Pink Zone and Raise Over $350 for Kay Yow/WBCA Cancer Research Fund

KIRK K. TANGANAN
SPORTS EDITOR

It's a yearly event and women's basketball Coach Colleen Sheehan off his all pink suite to wear for the Pink Zone home game at the Harborside on Tuesday, February 10, 2009. The stands were decorated with pink streamers and balloons to show the JWU athletics support of breast cancer research, as with the Pink Zone theme, all attendees were asked to wear pink. The ladies of JWU all adorned pink warm up shirts and pink shoeless for this very special day.

At 5:30 PM, the starting five ladies, including the GNAC Player of the Week for February 10, Alexia Ramirez '10, stepped onto the court with effective passes and successful drives to the basket. Standout player Joanna Santussozo '09 scored her 1,000th career point in the January 31, 2009 loss against Norwich. Santussozo is only the 2nd girl in JWU athletics history to achieve such a feat. She is under 100 points from being the All-Time leading scorer in university history, only second to Tabeshia Parsons (on the roster from 1999-2001). With three games left and the playoffs, Santussozo is predicted to come very close to obtaining the title. Morgan Wilson '11 added to the ladies' 11 point lead at the half by executing several great plays from underneath the basket. At the start of the 2nd half, Alyce Ragaglia '09 sinks a three pointer from the outside left which kept the Wildcats in the lead. But as the half continued, the Simmons offense obtained a scoring streak with six unanswered points and brought the score to a close 57-56 still in favor of JWU. With the game on the line, the Wildcats played with strong physicality and were driving for any loose ball in sight. Alyce Ragaglia '09 finally scores after 2 minutes of unsuccessful shooting from both teams. As the clock wound down, the JWU ladies were not able to maintain their lead and Simmons College received another win with a final score of 67-72. The women's basketball team is currently 11-11 overall and 6-3 in the GNAC. 2nd year coach T.J. Coiffi explained, "the girls need to win the next three games. I know we can win the championship this year with Emmanuel being our biggest competition. We have a lot of work to do but I know they can be successful." Come out for the JWU Basketball Senior Day on February 21, 2009 as the ladies take on St. Joseph College at 1:00 PM. When 7:30 PM came around, the men's basketball team was given the opportunity to improve their 9-13 record overall and 8-7 in the GNAC. Boston's Emerson College came into Johnson & Wales with a 14-7 record and currently 10-4 in the GNAC, it was bound to be a close game. From the top of the game, Lamonte Thomas '12 made his presence clear with a great three pointer. Thomas will join teammates, Justin Adams '10 and Darren Faust '10 scoring in the double digits for the night. By the end of the half, the wildcats were up by one at 38-37. Marcus Craneshaw '09 began the second half with a quick jump shot and brought the Wildcats to an extended lead. Faust '10 had three 3-pointers for the night and five total rebounds. Justin Adams '10, had fantastic offensive moments, which included a mind blowing fake in the first half, made the most of fast breaks and steals which led to his 17 point game. The game finished with Emerson taking the victory with a score of 75-83. Adams '10 expressed the emotion of the team stating, "it was a tough loss, but a hard fought game." Come support the men's team in their final home game on February 21, 2009 at the Harborside Rec. Center, game time is 3:00 PM against Mount Ida, currently 3-10 in the GNAC. At the end of the night, the Pink Zone games raised over $350 to be donated to the Kay Yow/WBCA Cancer Fund. JWU Athletics would like to thank all those who kindly donated and showed their support for the game. Mark your calendars for February 21, 2009 as both teams play their last home game.
Sailing Team Spring Season on the Horizon

STEPHANIE LAMAY
STAFF WRITER

The Johnson & Wales sailing team will be starting their spring season this March. Sailing a full and spring sport, is the least known of the sixteen varsity sports on the Providence campus. Head coach Alan Penney, who is also the Director of Recreational Training for the university had this to say about the upcoming season, “As with most of the previous Spring sailing seasons, the weather will be a major factor as many regattas are cancelled due to ice. The team is prepared and ready to get back on the water in early March.”

Two sailors will be leaving the team after the completion of this season; seniors Eric Lindell and George Malher. George Malher a 22 year old Culinary Arts major from Watkins Glen, NY had this to say about his excitement for his last season, “Absolutely, last season was great, always a little rough to get back into the swing of things. But the sailing team always seems to have the best time with what ever is thrown at them, whether it storms, or no wind, whatever the circumstance, we always make the best of everything.”

Prior to becoming a varsity sport, sailing was a club sport. Docking at the Save the Bay facility on Narragansett Bay, it is one of the first sports to be accommodated and acclimated into the new sports fields currently in the works on the Harbor side campus. They are the first sports team to benefit from this project with a permanent dock space.

Practicing from 3:30 p.m. to 6:00 p.m. every Monday throughout Thursday, the team is excited about this season. The spring season runs from mid March to early May with regattas taking place on weekends at various locations throughout the New England area. Not knowing anything about sailing I asked Malher about what its like to be at a regatta (competitions) “It is one of those weird confused feelings, because you don’t know exactly what the weather is going to be like, but then you are excited to go sailing and race against other schools, with your adrenaline pumping”

Currently competing against 16 of the top 25 teams in the nation including current number one ranked Boston College, the team is ready to move up in the rankings. During the fall season the JWU team captured a fifth place finish in their division at the 2008 Storm Trysail Club Intercollegiate Offshore Regatta, sailing on an Express 37 named Dreyco.

Junior Johanna Santosso has done it. The graduating senior scored her 1,000th point of her collegiate basketball career here at Johnson & Wales University. As a four-year member and one of this year’s captains of the women’s basketball team, Johanna has experienced everything from coaching changes, to new players and advancing far into the playoffs. The Salem, New Hampshire native knew this final year was going to be something to remember.

Coming into the season I knew that there was a chance of hitting my 1,000 points. To get that number and a good goal to strive toward, however, I was more focused on the success of my team. I always thought it would be a great accomplishment to hit my 1,000 points and I reached this goal in my senior year of college. I was hoping that I would be able to hit this milestone at home. Unfortunately I hit it all the way up to Northfield, VT. Knowing that I am going to be in the record books at JWU is hard to grasp. It has been a great experience and I am glad that my career at JWU is going to end the way it has, in reaching my 1,000 points and playing on such a great team.

Johanna Santosso has done it. The graduating senior scored her 1,000th point of her collegiate basketball career here at Johnson & Wales University. As a four-year member and one of this year’s captains of the women’s basketball team, Johanna has experienced everything from coaching changes, to new players and advancing far into the playoffs. The Salem, New Hampshire native knew this final year was going to be something to remember.

Coming into the season I knew that there was a chance of hitting my 1,000 points. To get that number and a good goal to strive toward, however, I was more focused on the success of my team. I always thought it would be a great accomplishment to hit my 1,000 points and I reached this goal in my senior year of college. I was hoping that I would be able to hit this milestone at home. Unfortunately I hit it all the way up to Northfield, VT. Knowing that I am going to be in the record books at JWU is hard to grasp. It has been a great experience and I am glad that my career at JWU is going to end the way it has, in reaching my 1,000 points and playing on such a great team.

## 5 Facts You Probably Never Knew About Sailing

- A sailing competition is called a regatta.
- The right side of a boat is called starboard and the left is port.
- The oldest international professional sport trophy in the America’s Cup founded in 1851. And is handed out to the world’s most prestigious international regattas.
- Sailing is an Olympic sport. First seen at the 1900 Paris games.
- The U.S. is the undisputed leader in Olympic sailing. They hold a record 54 medals, 27 of them coming from the last 5 Olympics.

## Baseball

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 28</td>
<td>vs Maranac (at Lake Mytle, FL)</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>March 2</td>
<td>vs Teri (at Lake Mytle, FL)</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>March 3</td>
<td>vs Anna Maria (at Chain CL Lakes, FL)</td>
<td>1:00 p.m.</td>
</tr>
<tr>
<td>March 5</td>
<td>vs Graywood Mercy (at Orlando, FL)</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>March 6</td>
<td>vs St. Vincent (at Lake Mytle, FL)</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>March 17</td>
<td>vs WPI</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>March 18</td>
<td>vs Coast Guard</td>
<td>3:30 p.m.</td>
</tr>
</tbody>
</table>

## Softball

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 4</td>
<td>vs Clark (at Clermont, FL)</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>March 6</td>
<td>vs Anna Maria (at Clermont, FL)</td>
<td>1:30 p.m.</td>
</tr>
<tr>
<td>March 7</td>
<td>vs John Carroll (at Clermont, FL)</td>
<td>3:30 p.m.</td>
</tr>
<tr>
<td>March 8</td>
<td>vs Oho Northern (at Clermont, FL)</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>March 9</td>
<td>vs Northland (at Clermont, FL)</td>
<td>7:30 p.m.</td>
</tr>
<tr>
<td>March 17</td>
<td>vs Washington (at Clermont, FL)</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>March 21</td>
<td>vs Norwich</td>
<td>12:00 p.m.</td>
</tr>
</tbody>
</table>

## Men's Volleyball

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 18</td>
<td>vs NEU</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Feb 21</td>
<td>at Florida Tech</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Feb 23</td>
<td>at Miami</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

## Providence 2009 SPRING LACROSSE

Now accepting signups for the 2009 Spring season.

Unlimited places for the boys lacrosse team are available for the boys lacrosse. If interested, please set up an appointment with your desired league, or sign up today! A minimum of ten teams will be formed last year. The EPL is a high level, youth league.

## Women's Basketball

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 11</td>
<td>vs Albertus Magnus (at Emerson)</td>
<td>11:00 a.m.</td>
</tr>
</tbody>
</table>

## Providence Athletics Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 18</td>
<td>vs NEU</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

## Athletics Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 21</td>
<td>at Florida Tech</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Feb 23</td>
<td>at Miami</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Feb 25</td>
<td>at Villa Julia w/Baruch &amp; Mt. St. Vincent</td>
<td>7:00 p.m.</td>
</tr>
<tr>
<td>Feb 27</td>
<td>vs MIT</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

## Home

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 29</td>
<td>vs Albertus Magnus</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

## Away

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 11</td>
<td>vs Albertus Magnus</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

## Home

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 29</td>
<td>vs Albertus Magnus</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>

## Away

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 11</td>
<td>vs Albertus Magnus</td>
<td>7:00 p.m.</td>
</tr>
</tbody>
</table>