Bourdain Fills Xavier Auditorium to Capacity

SAMANTHA KHANHOT
CULINARY ARTS EDITOR

On the night of March 18th, 2009, about 500 students and faculty members closely watched their clocks and waited for the presentation to begin at 8:00 p.m. The event was packed. No Reservations: An Evening With Anthony Bourdain was rumored to have been one of the most anticipated and well-received events in recent years, according to the Office of Student Activities, who hosted this event.

Tanya McGinn Paolo and Scott Lyons, the Director of Associate Director of the Office of Student Activities were extremely impressed with the turnout of attendees as well as the huge anticipation from the JWU community. "The response was just tremendous. I think we knew that there would be some excitement, but it hasn't been this great for a lecture program in quite some time... we were all very impressed and intrigued," commented Scott Lyons.

Doors to Xavier Auditorium opened at 7:30 p.m., and students rushed inside in order to get seats as close to the stage as possible. Melissa Rincoski, Culinary Nutrition '12, was among these excited students. Rincoski managed to secure a seat in the second row in the very center of the auditorium. "Anthony Bourdain is a huge inspiration to all of us culinary students. It's a great opportunity to get to see him and hear him speak to us. We're all really excited." Jill Palmer, Culinary Arts '12 also had great anticipation to see Bourdain.

"JWU has given us a great opportunity. I'm excited and very appreciative of all the opportunities the school has given us." I'm really excited that Anthony Bourdain chose to come to our school, and I think that's nice that he's able to come to both schools, culinary and business," says Chelsey Steele, '09.

Student reviews were enthusiastic and collective, as if he had done this many times before. He began the evening with an inspiring skit about being a chef in today's society. "This is like the worst possible time to be entering the restaurant business. There are great chefs with 2, 3, 5, 10 years experience lining up outside of restaurants, begging to work for free..." The point Bourdain made is how determined people need to be in order to succeed in the restaurant food service. Bourdain also mentioned that one should be extremely sure that this is the profession he or she wants. "You have to ask yourself this question... "How hard do I want this? Do I really want to be a chef?"

Bourdain also discussed how to obtain your dream job, and what characteristics one should possess in order to achieve this goal. "Arrival time and consistency are over 300 able to be placed in The Cove, Residential Life has been able to provide on campus housing for most students who were formerly a waiting list. As for who will be living in The Cove, mostly current freshman who will be sophomores next year will occupy this new residential hall. Since Harperwood Village is the only place that juniors and seniors can live, the Village will remain strictly upperclassmen. Freshmen will continue to have Snowden Hall, McNulty Hall and Xavier Hall as their options for on-campus living.

Limited parking will be available at The Cove and permits will be selected by lottery at an additional cost to students. "There has been a lot of work by upper administration. When Dr. School and Vice President Gupta became aware of the sizeable waitlist they showed strong leadership and put a great deal of effort into solving the problem," remarked Slocum. According to Slocum, students can go to The Cove and view a model of what amenities the apartments will have but since the buildings are still under construction students will have to wait until the fall to view the actual apartments.

The Cove will be a three-year leased property; plans for the buildings began in 2003, and according to Providence Business News, the Boston-based company Elkan/Manfredi Architects were the designers. Capital Cove LLC broke ground in 2005 and their plans included the buildings rising 75 feet, sitting on the corner of Canal Street and Park Row. Construction agreements also included extending the Riverwalk, 1,000 feet up the river to Smith Street.

The Office of Residential Life is working to place all students who want the experience of on-campus housing and has secured this new acquisition to aid them in solving this issue. With a large Class of 2013 and high retention, the JWU Community is growing at a fast rate.

Anthony Bourdain autographs a willing student's forehead at the book signing in Pepin Forum after his lecture in Xavier Auditorium.
SGA Elections Online Voting Starts April 6

(Left to Right) Candidates Scalavino, Weaver, and Archibald at Town Hall Meeting, Caitlin Benefi, EDITOR IN CHIEF

With Student Government Association elections starting April 6, candidates for Senators, Representatives and Associate Justices are campaigning on campus for student support. Also up for election are the positions of Association President, Speaker of the Senate, Speaker of the House, and Chief Justice.

All candidates have been instructed to campaign to the student body. Senators and Representatives must abide by the "35% rule." SGA explains the rule on their webpage (sgaweb.org) as: "Assume that 1,000 students vote in the upcoming election. In order to be elected, each candidate must secure 350 votes in order to serve."

Candiates for Association President are Thomas Bichko, '11, Marc Coda, '10, and Tracy Weaver, '11. Candidate for Speaker of the Senate is Marie Robinson, '10. Candidates for Speaker of the House are Adam Archibald, '10, and Desiree Scalavino, '11.


Candidates for University Representative are Cassandra Avery, '11, Ralfai Bai ley, '12, Nathan Baird, '12, Caswhite Brown, '11, and Mario Pabaronse '12. "I'm running for SGA President because I believe the student body deserves a government that not only expresses their views, but takes direct action to improve their lives," said Marc Coda, candidate for Student Government President.

"I am majoring in sports management, and I am seeking the office of Chief Justice. The goals that I have are to be a strong leader and to support my Senate. We can do that by being a good leader and to support the senators in every way possible," said Joshua Knight, '11, candidate for Senate Majority Leader.

"I am running for House of Representative seat. I am a hard working individual that wants to make change in the House of Representative. I am a baking and pastry major and I hope to bring the culinary influence into the Student Government. So vote for me for House of Representative!" said candidate Cassandra Avery.

"I am running for University Senator through Student Government Association. I would like to be elected as a University Senator because I believe that the SGA is a crucial asset to this university and I want to help address your concerns," said candidate Jonathan Justiniano.

SGA voting takes place online, at elections.jwu.edu. All students may vote beginning April 6th. Voting ends on April 9th and winners will be announced on Friday, April 10 at 10:30 a.m. in the CBCS lobby.

Relay for Life to Benefit American Cancer Society April 3

DANIELLE HEMPHILL, STAFF WRITER

On April 3, over fifty teams of University students and cancer survivors will walk the track at the Harborside Recreation Center gym in an effort to raise funds for the American Cancer Society.

In Relay for Life, voted best event on campus last year, participants create teams where one representative is asked to be on the track for the duration of the event. The event is an overnight fundraiser, rules include no drinking and no smoking. Teams will create their "campsites" where they will display banners and signs to whichever theme they have selected. Starbucks coffee will be available to assist these participants remain awake all night.

"Cancer never sleeps, so for one night – as a campus community – neither will we!"

The Campus Herald

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Safety & Security Update

Tuesday, February 17

Arrest, Snowden Hall, 11:09 PM
Student arrested and charged with a narcotics violation

Sunday, March 1

Shooting Incident, Near Kennedy Plaza
2:20, 4:30 AM
Police arrested Security of a shooting incident on Dorrance Street in the vicinity of City Hall and the Electric Furnace. (Electric Furnace) Police responded and discovered one person had been shot in the head by a suspect inside a dark blue or black colored car with Rhode Island plates. The vehicle was observed fleeing towards the highways. No suspects were apprehended.

Monday, March 2

Arrest, Snowden Hall, 6:45 PM
Student arrested and charged with a narcotics violation

CRIME PREVENTION TIP

Maintain an awareness of your surroundings at all times.

Avoid confrontational behavior, particularly during the late night hours immediately after midnight and early morning.

With the warmer weather on the way please remember to make sure to roll up the windows and secure your vehicle. Remember that all items of value from sight.

If you have any further information regarding these incidents please contact the Crime Prevention Unit (401) 598-7247.
Bourdain Fills Xavier Auditorium to Capacity

Continued from page 1

come out of the kitchen and show people what the life is really like. He's not a really good looking celebrity, he's a real, working chef. Mario Batali is still a chef, even though he's on TV.

Bourdain also teaches that it is important to have the ability to "let stuff roll off your back" because everyone makes mistakes or learning experiences as he refers to them. "My worst learning experience? Definitely New Years Eve 1992. Everything that could go wrong, did. Bourdain did however, teach that one should not be discouraged after such an experience, "make an opportunity of the tough situation you're facing."

As the evening progressed, he went on to mention a few "nasty bits" about what it's like to travel around the world for filming "No Reservations." When asked if filming a season brings the same satisfaction as putting out 400 covers a night, Bourdain replied, "Not at all. At the end of a night, you know how good or bad you did. It's a team effort, and you can see the expressions of satisfaction on the faces of the staff. You can't feel another chef." "Traveling all over the world has its perks for Bourdain as well. "I love Asia. It's the place of my dreams, more beautiful than anywhere you could ever imagine. The people are great, such a crazy flavor spectrum, unbelievable food. Dreams really do come true." On the other hand, "Everyone knows that in America aren't the friendliest of people, unless there's a bottle of Vodka around. But it's still an amazing place." Bourdain in person was exactly how he is portrayed on television. He was the same, sarcastic, crust, well-opinionated man most people know him to be, which was very much like the talking of the entire audience. He was not afraid to be real with the students, and did not hold anything back. Multiple students were impressed with how approachable he was.

For those left in the unfortunate situation of not being able to see the presentation, all hope is not lost. Lyons has mentioned that the interview was taped, and will be available to be loaned out from the library in a classroom setting. Unfortunately, due to privacy laws, the tapes cannot be copied or purchased for private use at home.

After the presentation was over, a brief Q&A session was held. One student asked if we would ever consider shooting an episode of No Reservations in Providence. Bourdain replied "Hmm...maybe in season twelve" as he chuckled lightly. Students rushed to Pepsi Forum following the lecture with personal copies of Bourdain's books for an autograph signing. Books were available for purchase on site for those who did not have one, or forgot. Kori Williams, "I was one of the many students waiting in the long line. "I waited in line for an hour and a half, but it was totally worth it."

Many students felt this way after the presentation was over. A sense of satisfaction came over them, just like after eating a great meal. According to both students and the JWU administration, this will be an event that will be remembered for many years to come.

Barrington was indicted last October for changing 650 grades that affected 90 students.

"There is no question," said Mountain, regarding a possible harsher sentence for Barrington. "Not because he took the stand, but because he chose not to accept responsibility at any point. In the federal system, acceptance of responsibility is a significant consideration for the court in assessing punishment."

Defense attorney Harper called the case a tragedy after meeting with his client. "No young man of this age, 23, is happy being in custody and especially a college student with a future that he had of graduating from Florida A&M and going to graduate school," Harper said. "It's a sad situation to see him and all of those kids getting involved with something like this and calling it a crime. It's not comprehensible to me."

The next step for the defense is contingent on the sentencing, Harper said. "From the result, we may or may not appeal to the court of appeals," he said.

Harper said the defense did the best they could to represent Barrington and win the case. "It's always a tough case when you get co-defendants [Seecrease and Jacques] saying, 'I'm guilty and so is Barrington.' So we fought hard and didn't win," the attorney said.

Harper said Barrington believed he was in the clear for the charges brought against him. "In his mind, he was not only legally innocent, but factually also," Harper said. Barrington could face five years for unauthorized access and a minimum of two years for each count of identity theft. He could face a maximum prison sentence of 20 years for conspiracy.

The trial began March 23 and lasted until March 27 with closing arguments from the prosecutor and defense attorney. Throughout the week, students testified against Barrington as well as Seecrease and Jacques. The defense had Barrington take the stand and deny all charges brought against him. The main argument for the defense was that fingerprints were not taken when evidence was collected. "There are some unturned stones, but I think that government is the person or entity to turn those over," said Harper in regards to holding students who paid to get their grades changed accountable. "The investigation is on-going," Mountain said.

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Sign-up deadline is April 17th by 2 PM
Event will be April 24th starting at 10 AM
Registration begins at 9 AM at the Harborside Recreation Center
A valid JWU ID card with current ID sticker is required at registration
For event information see Carlo Acquisto (Ext 1618)
Hollie Walton or Tyler Hirokawa (Ext 1615) at the Harborside Recreation Center or
Willie Edwards (Ext 1617) at Plantations

Wednesday, April 1, 2009
Great Coffee House Showdown
Winner Take Claim Here

BENJAMIN GOLDBERG
Staff Writer

It’s 3:35 and my long day of classes has reached the half way point. I’m so tired that all I can think about is how long it will be before I can go back to sleep. Then it hits me, I need a cup of coffee if I’m going to get through the second half of my day. There are so many great choices when it comes to finding that essential brew, it’s almost overwhelming!

Thus was born the Great Coffee House showdown. A one on one battle royal between eight of Providence’s finest. Benders Caffe, Starbucks, Weybosset Cafe, Honey Dew, Dunkin Donuts, Tim Hortons and McCafe compete every day for the business of their consumers. For the purpose of this experiment, they’re competing for approval and Great Coffee House title.

There are several things that I will rate these coffee houses on. These include: name and logo, slogans, price, atmosphere, type of coffee used, community and goodwill, and distance from the Downcity Campus. These categories are what I take into account when I make my coffee purchase however there are a few topics ominously missing.

Taste of coffee is probably the single most important factor when I am choosing my cup, however, taste is such a personal preference that it would be impossible for me to measure it.

In order to level the playing field I did not account for anything other than brand, experience, and coffee. I know Tim Hortons is now tag-teaming with Cold Stone Creamery, and that Benders has the best panini’s in town, but this is about the coffee and the coffee drinking experience.

The first two coffee shops to be evaluated are Benders Caffe and Starbucks.

<table>
<thead>
<tr>
<th>Benders Caffe</th>
<th>Category</th>
<th>Starbucks Coffee</th>
</tr>
</thead>
<tbody>
<tr>
<td>A reference to Benders’ “Bending the name” and sitter refused to be just another coffee house</td>
<td>Name and Logo</td>
<td>Named after the first mate, Starbuck in the novel Moby Dick, by Herman Melville</td>
</tr>
<tr>
<td>“Drink Your Coffee Responsibly”</td>
<td>Slogan</td>
<td>None</td>
</tr>
<tr>
<td>$1.95 for the large 20 oz Coffee (NOT including the 10% student and faculty discount)</td>
<td>Price</td>
<td>$1.95 for the large 20 oz Coffee</td>
</tr>
<tr>
<td>Located across from Garbe commons and the Library it is a great spot for those late night study sessions.</td>
<td>Distance from the Downtown Campus</td>
<td>One of only two coffee house’s actually located on campus. It’s placement in the heart of the academic buildings make it the best location of all the competitors</td>
</tr>
<tr>
<td>Tables, barstools and a few plush chairs to relax in. GreatIndy: Music that reminds you that there are still places where corporate music doesn’t exist.</td>
<td>Atmosphere</td>
<td>Lots of comfortable chairs and even a few tables in the back</td>
</tr>
<tr>
<td>While Benders rotates what beans make it into the “house” blend they most often consist of beans from Guatemala, and they are all certified organic.</td>
<td>Type of coffee used in the “house” blend</td>
<td>The Starbucks House blend is made up of coffee beans from Latin American</td>
</tr>
<tr>
<td>Besides it’s unyielding commitment to the green movement that makes the entire coffee house a leader and ambassador of goodwill, Benders also gives to local charities and organizations</td>
<td>Community and Goodwill</td>
<td>According to the 2008 company fact sheet Starbucks has donated $56 million in cash and products, and employees have volunteered 383,000 hours in 2006</td>
</tr>
</tbody>
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WINNER

New Restaurant Opening in Foxboro
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Local Chocolates Give Sweet Tooth Satisfaction

SAMANTHA KORENRODT
CULINARY ARTS EDITOR

Anyone who knows me well knows that I have an insatiable sweet tooth, and that I'll do anything to satisfy a craving. This time around, my craving wasn't going to be satisfied by yet another trip to Providence Place Godiva store. Not to say that I don't have an addiction to those delicious dark chocolate truffles with raspberry filling, that seemed to be my go-to choice every time. I wanted something new, something I had never tried before. Especially with the whole Green concern and buying local, I was determined to find something choc-tacular in a local setting soon. Many of my local Rhode friends couldn't stop gushing about it, as well as some of my chefs so I decided to see for myself.

Sweeter's has been in the confectionary business for over fifty years. It began as a home business by Walter Sweeter, who was looking to make some extra money in addition to his school teaching job. He originally began with selling the chocolates out of his basement, before opening Sweeter's Open Fire Candies in Garden City, RI. Today, Sweeter's boasts an impressive three shop locations, including the original in Garden City, Charlestown, and Wakefield, where all the chocolates are made and shipped from. Also it has since passed through four generations and is run by Brian Sweeter, and his wife Lisa.

My sleepiness from the hour and a half bus ride soon began to dissipate as I opened the door to the chocolate shop. It truly was like being a little kid again in a big candy store. The aroma of the chocolate melting and baking in the back was drifting throughout the shop, exciting all of my senses. All of the bright colors of the gummy bears, lollipops, and jelly beans meshed perfectly with the rest of the Easter decorations. There was so much non-chocolate candy, that it had its own room.

The chocolate room was even more fascinating. Little chocolate cups decorated for the holidays with appropriate sugar garnish graced the display cases, along with large chocolate covered eggs filled with fudge and peanut butter filling. Being the chocoholic that I am, I bought several pieces. Dark chocolate truffles happen to be my favorite, so I purchased a piece in raspberry, as well as in an orange flavor. I also bought chocolate with creme filling in raspberry, orange, and strawberry. While the look visuals of the chocolate awed me, I can't say the same for the flavor. The huter was good and texture was smooth, but I was barely able to detect any fruit flavor inside the truffles. There was no noticeable difference between the orange and raspberry truffle. The creme filled ones were better, but neither of the two candies were the kind of quality I was expecting from such a well respected company.

However, I cannot say that I was fully disappointed. It was a good quality product, just the most designed or high end. It was good stuff from what I would consider a "mom and pop" shop. However, to each their own and it would be best to venture out on your own, just like I did. Happy finding and tasting!

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Sakura On Wikenden Closest to Real Japanese in RI

SAMANTHA KORENRODT
CULINARY ARTS EDITOR

I have been finding it weird that I couldn't find good, fresh tasting sushi in "The Ocean State." I've been here in Rhode Island for a year now, and I was almost ready to give up hope when it seemed like my quest for good sushi was growing grimmer each day. However, someone suggested Sakura, and I glimmered of hope suddenly shone through the darkness.

Located at 231 Wickenden Street, Sakura is the closest thing I've found to an authentic Japanese Restaurant so far here in Rhode Island. It is somewhat small, yet cozy and the atmosphere is very quiet and pleasant. You can either sit at a regular table, or at a tatami table, a traditional Japanese style seating where one sits on a mat Indian-style at a very low table. The servers are warm and friendly, dressed in authentic Japanese kimono and Samurai headbands for the men.

The menu is well equipped with a wide array of sushi, sashimi, and nigiri, as well as various soups, tempura, vegetarian sushi, and teriyaki entries for those who prefer to stay away from the water, on the shore of the food chain. The prices are affordable as well. Sushi ranges from $2.75 to $7.00, and entrées range from $9.25 to $14.75.

For my lunch, I chose a Philadelphia Roll (salmon and cream cheese), Spicy Tuna Roll, and one of their specialty rolls called a Providence Roll (salmon, tuna, cucumber, and avocado). My review partner chose Teri Teriyaki, pan-fried chicken in a teriyaki sauce, served with a side of vegetables.

I did not even notice time go by as our orders were brought to the table. The sushi was placed creatively on a pristine white, rectangular plate, garnished with a ginger flower, and a little dab of wasabi in the bottom right corner. The fish had a beautiful, fresh looking color, and a beautiful aroma. The savory smell of the teriyaki pleasantly tickled my nose as well, making me hungry by the second. The sushi had a good texture, and a very pleasing taste as it hit my taste buds. I barely even used the soy sauce, that's how you know the fish is fresh. It was reported that the chicken teriyaki was very moist and flavorful as well, and the broccoli that came with it had a nice al dente crisp.

Over-all, my partner and I enjoyed our experience at Sakura. The food was of good quality, and was priced fairly. Service was prompt, and the servers were very attentive to our table. I would definitely return for another dining experience.

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Caitlin's List: Shows to Check Out

April 2
Jon Hope: Riders Against the Storm @ Lupos | $9.95 | 7pm

April 3
G-Love & Special Sauce @ Lupos | $25 | 8pm

April 7
Unphurty's McGee @ Lupos | $23 | 9pm

April 15
Oppenheimer @ Lupos | $20 | 9pm

April 6
David Sedaris @ PPAC | $33 | 8pm

April 14
Jesus Christ Superstar @ PPAC | $43 | 8pm

April 2
Awesome Color @ Club Hell | $25 | 7pm

April 2
Tower of Power @ The Hi Hate | $40 | 8pm

April 4
The New Deal @ Palladium (Worcester, MA) | $25 | 8pm

April 10
Kreator / Exodus @ Palladium (Worcester, MA) | $22 | 8pm

April 4
Badfish: A Tribute to Sublime @ Palladium (Worcester, MA) | $22 | 7pm

April 20
All-American Rejects/Shiny Toy Guns/Ace Enders/ Veder @ Lupos | $30 | 7pm

The Dream Has Big Dreams
With Love vs. Money

Danielle Hemiull
Staff Writer

As a producer, song writer, and singer for numerous top selling artists, The Dream has come a long way. He has recently released his sophomore album, Love vs. Money, and has come back out with bang, already having hits such as Rockin' That Thang and My Love, featuring Mariah Carey. Is this album on the hot list? Or not list?

This album is definitely on the hot list, because it has many various genres of music rather than straight and traditional R&B. It was released on March 10 and is playing on the radio stations continuously. So who exactly is The Dream? We all know he's successful in the music business, but he had to start from somewhere right? Terius Youngdell Nash, aka The Dream, was born in Rockingham, North Carolina and later on moved to Atlanta, Georgia with his mother, Reva Nash.

After his mother passed away at the age of thirty five, Terius' Grandfather took him in to raise him. Listening to his Grandfathers old, soulful records inspired Terius to get involved with music. While in elementary school, he enrolled in classes learning how to use various musical instruments. His dream was all tying together, from listening to his musical influences to broadening his musical knowledge, so he continued on doing what he was doing. During 2001 Terius was introduced to songwriter, Laney Stewart at Redzone Entertainment and continued to work and build relationships. As time passed, plans were made, dates were set, and Terius was now writing songs for up and coming boy group, B2K.

In 2003, Laney Stewart signed Tevin Nash (now The Dream) to Redzone to continue writing songs for a number of artists. After being signed, he started becoming recognized by writing hit single songs for top selling artists such as Nivea and Britney Spears, just to name a couple.

Though he was successful he started off 2007 with a bang. The Dream was behind "U b r e a t h", sung by Rihanna featuring Jay-Z. It was played on radio, TV, and was even displayed on clothing. A view though he was a successful song writer, this wasn't enough for The Dream. At the same time that his written music was excelling, so was his own musical career. He debuted his first album Love/Hate with immediate chart topping songs such as Shanny is a 10, I Luv You Girl, and Falsetto. With the release of his latest album, he is continuing to stay on top of his game and move up in the music business.

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Arts & Entertainment

Confessions of a Shopaholic Shows Money Isn’t Everything But Shopping Is

Samantha Kortyot
CULINARY ARTS EDITOR

Confessions of a Shopaholic is based on the novel of the same name by Sophie Kinsella. The story plot is something of a cross between The Devil Wears Prada and Sex and The City. With just as many mentions of designer names as a New York Fashion week kickoff, and just as many couture outfits, this movie should certainly be popular with women of any age and old, or simply for anyone who really loves to shop and appreciates designer duds.

The plot follows Rebecca Bloomwood (Isla Fisher), a perkily bubbly writer who is stuck in the wrong job. As a writer for a gardening magazine, she is trying to achieve her dream job of working for the Vogue-inspired Alette Magazine. Bloomwood also has a slight problem, she can’t stop shopping. Each time she pans a Gucci, Fendi, or Burberry store, she is drawn in and is drawn deeper into debt with every swipe of one of her twelve credit cards.

Bloomwood even goes as far as to say, “We all have a destiny in life and since 14 I knew I was put on this earth to shop.” This movie is perfect for those who love shopping and the spirit of anyone who is bummed about today’s economic crisis. “When I shop the world gets better, the world is better, and then it’s not anymore and I have to do it again.”

She learns of a job opening in Successful Saving, a magazine typically for business people which teaches them how to invest and manage their money wisely. It is there that she meets Luke Brandon (Hugh Dancy), who gives her a job, as a financial advisor. With such a debt-filled past and a long list of debt collectors on her Manolo Blahnik heels, it is quite clear that Bloomwood is not the best candidate for this job. However, she tries to use this little setback as a stepping stone to Alette Magazine. As more time passes, her relationship with her supervisor, Brandon, and becomes slightly less professional. A jealous worker by the name of Alicia Billington (Leslie Bibb) at Alette begins to take notice. She tries to convince and ruin Bloomwood throughout the movie, but has no success.

Confessions of a Shopaholic is an amusing one with a roller coaster of laughs, tears, and a few “aww’s” along the way. I was thoroughly entertained the whole time, minus the fact that there was a noisy, talkative movie go-er sitting next to me. I loved all the mentions of designers and their products. The plot was cute, yet on point. It definitely left me clapping and made me want to go partake in some retail therapy with my credit card.

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**Ideas & Opinions**

**Should the University Insurance Plan Cover 'Plan B'?**

**LEFT VERSUS RIGHT**

The Johnson & Wales University student insurance plan covers all prescription medications up to $500 dollars a year, with a co-pay of course. These medications could include anything that a student needs, with a Doctor's prescription, even over-the-counter medications. If that prescription is for an antibiotic, cough drops, or for Plan B, the insurance plan covers them equally.

The University has left the decision of what medications are needed by the student, exactly where it should be, with the doctor. For any non-medical professional to suggest that they are more qualified to identify what medications you, the student, need or don't need, is foolishness.

This is clearly a case of the conservative right, once again, deciding that they know what best for your life. Irrelevant of a party which or a party which one is in favor of the government (in this case the university) deciding what medications should be available.

I understand that there are religious implications to providing medications that would terminate a pregnancy. That is not what this decision is really all about. Because religion is such a touchy subject this is where inferences and understandings are needed most.

Johnson & Wales University prides itself on the rich diversity of the Student body, as it well should. Part of this diversity is the many different beautiful religious or non-religious beliefs we all have. We as a community must recognize these differences, embrace and respect them.

We have the right to decide what is best for us and what medications, foods, beverages, etc. we allow in our bodies and which ones we don't. However we don’t have any right to tell anyone else what they should or should not put in theirs. In fact, according to the student handbook:

“Any Code of Conduct violation against another person committed with bias, hatred, or animus based on the person’s actual or perceived race, religion, color, national origin or ancestry, age, gender, sexual orientation, gender identity or expression, or disability... If you are found responsible for a violation involving bias, hatred, or animus, you will, at a minimum, be suspended from the university.” (Page 93)

Now I certainly am not suggesting that any actions are needed by the University for discussing the limiting of students ability to practice their religious or non-religious beliefs, especially in an open debate such as this. However, any serious actions taken by any student, with the intent to infringe on anyone’s religious or non-religious beliefs should not be tolerated. I thank the University for getting this particular situation exactly right. No I’m not a doctor, I don’t play one in TV, and the last white coat I have on was a chef’s coat, so I am completely unqualified to make even the slightest indication of what medications anyone needs. Let’s leave this decision up to those who are the most qualified, Doctors.

I find myself shocked that rather than giving any real arguments, in favor of Plan B, my opponent is quoting the section of the University Code of Conduct pertaining to hate speech. If he truly believes my column to be hateful, he is more than welcome to file a complaint with Campus Safety & Security.

This debate isn’t about religious beliefs. It’s about when life begins, which is a purely scientific matter. If life begins at some point after conception, then Plan B is a legitimate medication. If, however, life begins when an egg is fertilized, then Plan B has the capability to kill innocent human beings.

If my opponent were to advocate the University giving students guns so they could shoot strangers walking by the campus, he would be laughed out of the newspaper. Yet life begins at fertilization (which is a very strong possibility), this is exactly what they’re doing.

The only difference would be that it would be our own children we were murdering. And for what—a more convenient life for a couple who made this mistake? Is this really worth the risk of murder?

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CATLIN BENGT
EDITOR IN CHIEF

What did you do on Saturday, March 28? Were you out with friends, at home with family? On Thursday I saw a commercial for Earth Hour, promoting Earth Hour. I remembered the big “to-do” on campus around this time last year, but it took my friendly roommate-reminder-test for me to remember that it was Earth Hour. You’re supposed to stop using all electricity in a sign that you voted for “Earth versus global warming.”

Earth Hour lasted from 8:30 p.m. to 9:30 p.m. and people all over the world participated. Prior to Earth Hour, I heard something to the effect of “if everybody unplugs everything during Earth Hour then an hour passes and all electric things are turned back then it would flood electric company’s systems and kill all power.”

Thankfully, nothing like that happened. In fact, I’m not too sure many people even are aware that Earth Hour happened. In a quick poll test, 2 out of 10 people said that they participated in Earth Hour. 6 out of 10 were at some point made aware that Earth Hour was occurring.

Locally, the owner and operators of One Financial Plaza smoothed the skyline with the night time lighting of their building as their vote.

The World Wildlife Fund leads Earth Hour, and they have reported that 2,400 cities in 82 countries supported their endeavors this past Saturday.

Some of the more major landmarks who agreed to “lights out” include the Great Pyramids in Egypt, the Acropolis in Greece, the Eiffel Tower in France, the Vatican in Washington Bridge remained dark during Earth Hour, many people took advantage of this to photograph the phenomenon. It shouldn’t be such a rarity to conserve energy though. If we’ve learned anything through history it should be that things don’t last forever. I don’t care what the facts are about global warming versus other theories. I vote for people doing all the little things in life that add up to a greater sum. Though I sat in my apartment for one hour on Saturday night without my laptop, toaster oven, or lights. I don’t think it really mattered. But if I can’t turn off the tv for one hour then I can’t one hour then maybe my father is right and “my brain is going to turn to mush.”

Carter Rob-erts, CEO of the World Wildlife Fund, said “This is a statement in and of itself it’s not going to save that much energy. The idea is to create political energy.”

Supporters of Earth Hour explain that their hope is in President Obama to be aggressive in regards to limits in greenhouse-gas emissions. They also wish to see action taken when the US meets with other nations in Copenhagen this December to negotiate a global warming treaty.

Starting as an environmental cause in Sydney in 2007, Earth Hour has certainly raised awareness for their goals and have successfully spread their message globally.

Boer is the United Nations top climate official, he described Earth Hour as a clear sign that the world wants to see a climate change agreement enacted. “Earth Hour was probably the largest public demonstration on climate change ever.”

Boer and Earth Hour executive director Ridley share the belief that Earth Hour is a positive campaign. “It’s around street parties not street protests. It’s idea of hope, not despair. I think that’s been incredibly important this year because there is so much despair.”

Whether the lights got turned off and appliances got unplugged or not, it honestly doesn’t matter. Why are we to know everything all at once? Earth Hour could be the answer to all of Earth’s problems but it’s pretty impossible to have all the answers, and anyone who thinks that they do must be fooling themselves.

With 6.8 billion people on planet Earth, it is a unique honor for Earth Hour to have such success. Not many organizations can create such good PR and support but congratulations to Earth Hour.

New York City, Times Square is dimmed but not completely dark for Earth Hour.
Amber Waves

**Nanofluidics: Personalized Medical Treatment for $100**

by Dave T. Filipowicz

**PASCO ESQUEL**
**THE DAILY PRINCETONIAN**

In just a few years, people may be able to get their complete genetic codes as well as medical treatments tailored specifically to their needs for only $100—or so promises an up-and-coming technology developed by Princeton faculty and researchers.

The new technology, called nanofluidics, was recently named one of the "most exciting" and influential Ten Emerging Technologies of 2009 by MIT's Technology Review magazine.

Jointly developed by physics professor Robert Austin and engineering professor Stephen Chu, nanofluidics analyzes genetic material in several potentially useful ways using intricate metal chips with long, smooth, extremely narrow branching channels.

Austin explained that balls of stringy DNA isolated from single cells can then be threaded through the channels and are gently stretched out into one strand in the process.

"You slowly suck [the genetic material] into the tubes," he said. "It's like threading string through the eye of a needle. It's difficult."

With the molecule in this more readable form, Austin explained, scientists may get a chance to observe a single cell's genes more easily.

According to Technology Review, this could mean that for "less than the cost of a chest x-ray," physicians will soon be able to treat individual cancer cases better by looking at the genetic material of tumors.

"The doctor could determine the particular genetic changes in the tumor cells and order the chemotherapy best suited to that variant," the article explained.

This technology, which Chu said may usher in an era of personalized medicine, has been licensed since 2003 by the Philadelphia-based company BiOnanomatrix, founded by Han Cao, a biologist in Chu's lab.

Cao, the chief scientific officer of BioNanomatrix, said nanofluidics will eventually replace the dominant technique used to read information encoded in DNA, explaining that "inherently, it's inexpensive and it's inaccurate" to continue using today's standards.

Modern strategies for reading genes, he added, have produced a sequence of the human genome so incomplete and inaccurate that it has had to be revised 36 times since 2001. "But even in the 36 version [of the human genome], there are still many gaps and errors," Cao said.

The promise of nanofluidics to keep genetic material intact while reading it more accurately now that "genetic analysis is not just about reading the bases"—the individual letters in the DNA's instructions for building a person—"anymore," he explained.

Instead, Cao said the new technology will emphasize major changes in the genome, including how many copies of a gene a person has or whether sections of the molecule have been accidently inverted.

"It's application will most likely be looking at large scale genomic rearrangement," Cao explained.

"The use of [nanofluidics] will not be sequencing per se," Austin explained. "Unlike current ways of looking at DNA, the techniques they have developed will not be "ignoring the forest for the trees."

The technology's advantages stem from the fact that nanofluidics does not shred the genetic material into tens of thousands of pieces before reading it, said Edward Cox '68, a molecular biology professor who contributed to the initial development of nanofluidics.

Since today's sequencing techniques can only read small chunks of DNA, they must fragment the genetic material analyzed. Those pieces then have to be joined together again, a process that is very error-prone.

Tearing genes apart in this process makes it difficult to determine how many copies of them an individual possesses. Even the genes have been erroneously duplicated—factors that influence people's susceptibility to many diseases.

Because nanofluidics conserves genetic material more effectively, it will be particularly useful for figuring out which genes come from which parents, Cox added.

The development of nanofluidics took off 10 years ago, when Austin first teamed up with Cao, then a newcomer to Princeton.

"They have the expertise of measurement and DNA flow, and [we have] the expertise in making the channels," Cao said, explaining that his colleague's team had learned to observe and control how DNA moved in fluid.

"Everyone came from different angles, but gradually we moved into the same target," Cao said of the multidisciplinary development of nanofluidics. "We recognize that to apply [our knowledge] to biology, we have to understand the biology itself and the measurements [done by Austin]."

Though Cox said the technology has great potential, he added that he is uncertain if it will capitalize on all of its promise because there are technical hurdles that still need to be overcome.

One of the shortcomings of nanofluidics right now is that though it can prepare the genome to be read by straightening out the genetic material, the technology to actually sequence the DNA is not yet finished.

Many people, including Cao, have been trying to remedy that. "One thing that my lab is doing is to put nanoelectronic sensors in the channel," he said. These small sensors would be able to read the subtle changes in the electric current in the channel as different letters of the genetic code pass through.

But Austin said he is unsure how soon the readout system will be ready or if it will be finished at all. "There can be magic somewhere out there, but I don't know where it is," he said.

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Life

CouchSurfing Growing

JAMIE TANG
CONTRIBUTOR

Are you a broke college student? Do you want to pay next to nothing for accommodations when you’re traveling? Well, I have a solution to battle those costly hotels that charge an arm and a leg for one night: CouchSurfing. Yes, that’s right. One word. One mission. They want to provide free accommodation for travelers. But here’s the kicker, you wouldn’t be sleeping in a hotel or even a hostel, you would be staying at a stranger’s home. I know, I know. A little scary, but it’s not as creepy as it sounds, I assure you.

According to their official website, CouchSurfing International, Inc. is a non-profit organization that "seeks to internation
tionally network people and places, create educational exchanges, raise collective consciousness, spread tolerance, and fa
cilitate cultural understanding." Think of CouchSurfing as a type of family hosting, when a family puts up their home for a stu
dent while studying abroad. It’s the same concept, but you wouldn’t be living with your CouchSurfing host, just visiting. It’s like visiting a friend. That’s the idea of CouchSurfing: to create relationships with people across the globe in an attempt to connect us all.

CouchSurfing was founded by four guys in the ’90s: Casey Fenton, Sebastian Le Tuan, Daniel Hoffer and Leonardo da Sil
veira. The CouchSurfing Project had been Casey’s dream. “I’ve always wanted a way to get right to the heart of the culture, to see
know knowledge and to locate the most interesting people and situations this world has to offer,” he states as a part of his CouchSurfing story.

Trend in Travel Culture

You’re probably wondering if I’ve done this before. Of course I have. This isn’t something you can write about without ex
eriencing it first hand. I’ve done it a cou
ter of times, and even though I don’t really keep in contact with all of the people I’ve met through the CouchSurfing community, I’m still glad that I was able to meet great people who made my trips worthwhile.

When talking to my friends about CouchSurfing, the most frequently asked ques
tion is, is it safe? Well, yes. It is. On their website, they have this whole structure of how members are “verified” or “vouched” for, but in essence, it’s all one big trust circle. Once one bad thing is said about a member, it’s on their profile forever, so you don’t want to joke around and say negative things about someone.

This isn’t MySpace or Facebook. These social networks aren’t used the same way as the CouchSurfing network. This orga
nization actually has a greater mission than to tell you what someone’s status is.

CouchSurfing goes as far as to actually meet the people on the other side of the computer screen, hoping to form an ever-
lastingly tie with a person that would have otherwise gone unnoticed.

CouchSurfing isn’t for everyone. If it was, the entire hotel business would be baw and many people would be out of jobs because of it. It’s not for the typical trav
er. You need to be open-minded when participating in something this unique. People across the world are opening their own homes, their lives, for people they know almost nothing about. It’s about net
working, a popular term used at Johnson & Wales University. What better way to network than to be invited into someone’s personal life?

Football Finally Arrives At Johnson & Wales Thanks To Rafi Poools

ASK HAROLD

Harold, I’m a freshman from the south and I hear that JWU will be getting a football team soon. This would be awesome - is there anything that you know about that?

Sincerely,
Freshman

We all know the rumor mill spins fast at JWU, so I looked into this once for you and am delighted to present you with this news on this very special holiday.

Rafi Poools, ’14, along with several other unnamed JWU Alumni have made a secret gener
donation in the sum of 40 million dollars. The JWU Board of Trustees will present this to the University Athletic de
partment within the next two weeks, now after a fund-raising effort that the university has finally met the need needed to build a football stadium.

“The donation of Poools and others has finally given us enough money to build that football stadium that the rumors are always talking about,” said Dean of Athletics Ven

While the plans for the new stadium are still being worked out what is sure is the location. It will be built on the cur
cently the David Freedman center on the Harbourside Campus. According to Dean WOMORNER who will house the new campus labs is com
pleted, construction will begin.

With Poools’ sizable contribution it is likely that the new stadium will be named in his honor. When asked how he feels about this Poools explained, “Rain Poools Stadium! I don’t really like the sound of that.” I must rather see it named Alumni Stadium.”

It appears that along with being extreme
genously, Poools is very modest. There is plenty of time to figure out the name to the stadium, for now it seems the university department is concentrating on finding a head

“It’s way to early to be mentioning any names that are being passed around for the new coach, but I will say that we are expecting to reach a decision before the Wildcat Wahoos in April,” Announced Dean WOMORNER “What we are going to need is players.”

While there is no expectation for a full team in the immediate future, they are an
nouncing that a “scrimmaging season” is expected for next year. Dean WOMORNER con
inued, “We are looking for passengers and one

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I Had A Bad ‘Wake’ Up Call

THE EXTRA POINT

KAISER TAPANGAN
SPORTS EDITOR

I'll admit it. I jumped a bandwagon, the Wake Forest in the Final Four bandwagon. But I'm in mind that my favorite pro- fessional football and that March Madness is still holding me over until the draft in April.

Mike in the Morning had Wake Forest in his Final Four. What the stat also showed was that after an incredible 16-0 start and a number one ranking, they were only 8-7 in their final 15 games of the season.

This shouldn't have shown me that they had their weaknesses and that losing to a number one seed was not out of the question in the tournament.

The 2009 NCAA Tournament has been filled with several upsets and many de- served victories.

This year's tournament has been so popular that ESPN's yearly Tournament Challenge has recorded over two million brackets turned in (in several users with multiple entries).

Even I had at least five different brack- ets for different groups, and sadly, three of them had Wake Forest in the Final Four. Nonetheless, the top four seeds have advanced and with the championship game taking place on April 5, at 9:21 PM, there is still hope that two of my remaining Final Four picks will be in the final game.

Young award as he finished 2nd year in a row behind sophomore Randy Johnson. In 2004, Schilling would just his final year in the Boston Red Sox and would end up winning two more World Series.

His 2004 game 6 playoff victory against the Yankees would show his true deter- mination as he was able to win the game with an injured ankle that could barely be walked with blood. To this day that is still considered one of his best moments in his career and many know him by that game alone. The Red Sox would later go on to beat the St. Louis Cardinals in the 2004 World Series. In 2007, the helped the Red Sox sweep the Colorado Rockies to win his third championship in 7 years. By the 2008 season injuries had caught up with him and forced him to sit out the entire season and undergo surgery pre- venting any return that year.

On March 23, 2009 real- izing that he wouldn't be the same after surgery Curt Schillin- ing announced his retirement.

Schilling was known to be some- what of a talker and feuded with a couple of his teammates, manage- ment and the media over the course of his ca- reer. Some believe it was his personal- ity that kept him from reaching the very best that he could have been. However, he holds the record for consecutive no-hitters without allowing an unearned run with 69 and the best career postseason record of 11-2, some wonder if he'll even be considered for the Hall of Fame. It's amazing that with his impressive statistics that it still has to be argued if he can make the Hall of Fame. But at the same time, there are doubters that he can't make the Hall of Fame.

New Jersey Devils goalie Martin Brodeur is now the all-time leader in NHL wins. Brodeur is the youngest player to ever reach the 300, and 500 regular season win mark. Playing in the NHL since his call up back in 1992-93 season Brodeur has slowly risen to become one of the top goalies of all time.

He has even been considered one of the best at his ca- reer by the media as he won a champion- ship, most valuable player and half of all of his awards during that span. However, Schilling was never able to win the Cy

The number four ranked team was averag- ing 81 points per game and was 24-0 overall.

The December's sophomore forward James Johnson was averaging 15 points a game and had guarded Le'Truque to support him with an average of 18.8 points a game.

During his pro career with the Baltimore Orioles and had an interesting debut with them. Although skilled, many believed he wouldn't make any contribution of his own. He was traded to the Houston Astros for the 1991 season and had a quiet year with them. It wouldn't be until 1992 with the Phila- delphia Phillies that his undeniable skill would show itself. In just one year he helped the Phil- lies get to the 1993 World Series but ultimately fell to the Toronto Blue Jays. However, Schilling had already solidified himself and thus his show had just begun.

The Phillies began to go in a downward spiral. Schilling asked for a trade and was dealt one to the contending Arizona Diamondbacks. There he created a highly strong duo with Randy Johnson and the two went on to win the 2001 World Series. The New York Yankees. 2001 has been considered the turning point in his ca- reer by the media as he won a champion- ship, most valuable player and half of all of his awards during that span. However, Schilling was never able to win the Cy

Brodeur breaks 550 Mark

New Jersey Devils goalie Martin Brodeur is now the all-time leader in NHL wins. Brodeur is the youngest player to ever reach the 300, and 500 regular season win mark. Playing in the NHL since his call up back in 1992-93 season Brodeur has slowly risen to become one of the top goalies of all time.

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The Extra Point

Sports

Schilling Announces Retirement, Is He Hall of Fame Ready?

JONATHAN T. CLARK
STAFF WRITER

After a little over 20 MLB seasons, one of baseball's most recognized pitchers is Curt Schilling. Curt Schilling had a lengthy ca- reer and is now curtaining on what was a very successful act. His six-all star se- three World Series Co-MVPs are just the up of the iceberg for what Schillin- ing's was able to accomplish. The only question left is if he will be considered for the Hall of Fame?

Schilling's story is somewhat like a movie. He began his pro career with the Baltimore Orioles and had an interesting debut with them. Although skilled, many believed he wouldn't make any contribution of his own. He was traded to the Houston Astros for the 1991 season and had a quiet year with them. It wouldn't be until 1992 with the Phila- delphia Phillies that his undeniable skill would show itself. In just one year he helped the Phil- liness get to the 1993 World Series but ultimately fell to the Toronto Blue Jays. However, Schilling had already solidified himself and thus his show had just begun.

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After a little over 20 MLB seasons, one of baseball's most recognized pitchers is Curt Schilling. Curt Schilling had a lengthy ca-

I chose my Final Four with the very hope

that I might just out guess my fellow class-

mates who live and breathe college basket-

ball.

Here's where I was greatly mistaken, choos- ing Wake Forest (4) to be in Final Four along with Pittsburgh (1), University of Connec- ticut (4) and Oklahoma (2). I went with all the hype and I knew for a fact that there was a very slim chance that a number four seed could lose to a thirteenth seed in the first round but that March Madness form, the upsets came a little too soon.

I've sat there in my apartment in the Village, I tried to believe what I saw on March 20 when Cleveland State ousted Wake Forest New 84-69.

Here's why I chose Wake Forest. The statistics all pointed that Wake Forest was a sure shot to at least make an appearance in the Sweet Sixteen. The stats about the match-up showed an obvious powerhouse. Cleveland State had averaged 66 points in their 25-15 season.

Men's Baseball

Apr 1 at Babson 3:30 p.m.
Apr 4 Suffolk 12:00 p.m.
Apr 5 River 12:00 p.m.
Apr 7 at Curry 3:30 p.m.
Apr 11 at Emerson TBA
Apr 14 Rhode Island College 3:30 p.m.
Apr 15 UMass Dartmouth 3:30 p.m.

Women's Softball

Apr 1 at Mitchell 3:00 p.m.
Apr 3 Albertus Magnus 2:30 p.m.
Apr 5 St. Joseph's (ME) 1:00 p.m.
Apr 7 Rhode Island College 4:00 p.m.
Apr 8 at Fitchburg State 4:00 p.m.
Apr 10 at Mount Ida 1:00 p.m.
Apr 11 at Daniel Webster TBA
Apr 14 at St. Joseph College (CT) TBA

Men's Tennis

Apr 2 at Rhode Island College 4:00 p.m.
Apr 4 at Suffolk TBA
Apr 9 at UMass Dartmouth 3:30 p.m.
Apr 14 at Albertus Magnus 11:00 a.m.
Apr 14 at UMass Boston 3:30 p.m.

Sailing

Apr 5 Tyrell Trophy at UMass Boston 6:30 p.m.
Apr 11 Southern Series Three at Salem Regatta 6:30 p.m.
Apr 18 Southern Series Three at Salem Regatta 6:30 p.m.
Baseball Team Strikes Out in Preseason, Ready to Score in GNAC

DILLION WITTDOFF
SPORT WRITER

After getting off to a slow start at the beginning of the season, the JWU baseball team is beginning to hit their stride, winning four out of their last five games. The season started with their season with seven games in Florida, beginning on March 1st in Lake Myrtle. They dropped their opening game 4-2, but the next three games against Florida Atlantic University was won by the Jaguars 2-0 with two runs and an RBI. Junior Nick Marine picked up the win for JWU, allowing one earned run on seven hits with three strikeouts in five innings of work. Most recently, the JWU baseball team dominated Daniel Webster 17-3 on March 22nd. They were powered by freshmen Alex Velezca, who finished 3-for-3 with one run and two RBI, and senior John Kaczan, who finished 2-for-5 with three RBI. Senior Bobby Gilbert collected the win for the Wildcats, allowing three runs on nine hits with two strikeouts in six innings of work.

The JWU baseball team currently has an overall record of 6-7, and they are optimistic they can challenge fellow conference juggernauts, Suffolk and St. Joseph’s, when conference play begins on March 30th. They are already off to an excellent start with Nick Acoclo currently ranked 4th in the GNAC conference in batting average and Kaczan with a home run percentage, while pitcher Bobby Gilbert ranks 5th in strikeouts. Be sure to come out and support your JWU Wildcats at Pierce Field as they gear up to begin conference play.

Softball Ready for New Season

TRACY COYHAN
CONTRIBUTOR

Last year, the JWU softball team had a record of 5-32. This 2009 season, the team is more determined than ever and is hoping to improve even more than they did in the previous years.

With 24 talented players on the 2009 season roster, which includes six freshman and only two seniors, the team is hoping to finally making it to the GNAC playoffs.

As a member of NCAA Division III, JWU belongs to the Great Northeast Athletic Conference ( GNAC), which is comprised of 12 institutions in Connecticut, Massachusetts, New Hampshire, Rhode Island and Vermont. Outfielder Kristen Griffin ‘09 explained that, “this year is the first year of our team holding practices for JWU, the softball team has yet to make it to playoffs by the end of the season, falling just short. One. Our biggest goal for this season is to make playoffs and definitely not set them down.”

Since fall ball the entire team has bond ed through hard work and great attitudes that have carried onto the field. When asked who the team’s biggest competition is this year, Griffin says, “All the teams we play are very competitive, but Suffolk, University is a team that we look forward to playing against since Western New England College left our Conference two years ago.”

This season may be tough but with the positive attitude that this team possesses, they are sure to give it a good run.

Support the softball team as they show off all of their hard work on the field this 2009 season. All home games are held at Pierce Stadium Recreational Complex in East Providence.

Baseball Splits GNAC Double Header With St. Joseph’s of Maine

BEN BOOTH
JWU ATHLETICS

The Johnson & Wales University baseball team split a Great Northeast Athletic Conference double header against St. Joseph’s of Maine at Pierce Field on Sunday. The visiting Monks took the 13-4 win in the opener before JWU rallied to split the day with an 8-7 win in the nightcap.

In the opener, Johnson & Wales held the 3-2 lead after three innings of play. St. Joe’s broke the game open in the top of the fourth when four unearned runs put the Monks ahead. The Jaguars then tied the game when five unearned runs in the top of the fifth inning gave the Monks a 5-3 lead. Victory Eddie Oliver was 2-4 with a run and two RBIs for the Monks. Mike Hunt was 2-for-3 with a run and two RBIs for the Jaguars. Freshman Sam Murphy picked up the loss for JWU, allowing one run on his three hits with four strikeouts in three and two innings. Senior Frank Niedzwiecky was 3-for-4 with one run and one RBI for the Monks. Johnson & Wales fell behind 3-0 in the nightcap before a three run home run by sophomore Nick Alcocel knotted the game at 3-3 after three innings of play. The two teams traded runs in the fourth. In the bottom of the fifth, JWU took the 8-4 lead after a two run double by Northover. The Monks went on the top of the sixth, scoring three runs, including an RBI double by Butts to cut the lead to 8-7. That would be as close as St. Joseph’s got, however, as freshman Micah Sonnerth pitcher one and a third innings of scoreless relief, giving JWU the 8-7 victory. Sophomore Teddy Katz was 2-for-2 with two runs and two RBI in the win for JWU while The Monks went 2-for-10 with one RBI and two RBI for the Wildcats. Sophomore Ian Lee was 2-for-3 with one run and one RBI while backup for the Monks. Jeff Jordan picked up the win for JWU, allowing five runs with four strikeouts in five innings.

Joe Don & Walter's is now 9-11 overall and 3-1 in the GNAC while Saint Joseph's is 9-7 overall and 3-1 in league play. The Wildcats will return to action on Tuesday, March 31st when they travel to Mitchell for a non-conference contest starting at 3:30 p.m.

HARBORSIDE INTRAMURAL AND AEROBICS

JOHN T. CLARK
SPORTS WRITER

If you're ever in the need for something to do on the weekends and weekday evenings, Johnson & Wales features a variety of ways to spend your time. For the more sports oriented students, JWU has spring intramural sports, which include men's and women's softball as well as co-ed softball, floor hockey and spring flag football. All of these sports are just for leisure but they do give you the chance to make new friends and engage in fun. In order to get information or create your own team, contact John Purvis for spring intramural sports at 401-295-1490. This year we're also looking to join a team that has already been created, call 401-598-1615 to access rosters and schedules.

If you want to try something different, the Harbor- side Recreation- al Center offers a couple of aerobic classes in many different aspects. Look- ing for something new to try out or focus? The Cardio Mix class or Step Jig- val Training maybe what you're looking for. Both feature high intensity workouts in order to get the blood pumping, help burn fat and increase team spirit.

Clases like Power Pilates, Yoga and Mindful Meditation and Relaxation are very good if you feel like relieving stress. All these classes can help with the im- provement of balance and stability.

If you want to really test your coordi- nation and stamina try Self-Defense or Zumba. Self-Defense is a useful class that will teach you life saving techniques while promoting a strong core and metabolism. You'll learn different techniques, forms and grapples and the basics of Martial Arts.

Zumba, a class that is new to the aerobics offered at JWU, includes the latest International dance and music and moves with fitness in or- der to create a brand new experience. You don't need to know how to dance or even partici- pate to start and beginners are more than welcome. The dance steps are easy to follow so you do them right on the first try. If you like to move, like different types of dances or just want to engage in a new experience Zumba is something worth checking out.

The intramurals costs can differ de- pending on the team size but they are all very inexpensive. The aerobic classes are available for a $25 pass that allows you to attend as many classes as you want. They all take place after 12pm with a number of exceptions. To get the most out of your purchase a pass, head over to the athletics office between 9am and 5pm to purchase one, it’s worth the time and the effort but most of all it’s something fun to do.

Men’s Volleyball Ends NCAC Run, Ready for Next Season

KISHA TAWANING
SPORTS EDITOR

It was in Nashua, New Hampshire when the JWU men’s volleyball team had their final Great Northeast Athletic Conference Championship of the season. Advancing to the semi-finals under first year head coach Scott Revell made for an ex- citing season. When a great experience, I love coaching at the college level and as the season went on, our team improved as did my understanding of what was needed to be successful at this level. I am pleased with what we accomplished this season.”

The wildcats fell to conference leader Rider (21-0) in the GNAC tournament. JWU dropped the 3-0 decision with Peter Yanoukas 12 leading the game with 12 kills. With their GNAC re- cord at 6-6, the team and Coach Revell is already preparing for next year with hopes of getting closer to the top of the hill. “Next season will be exciting for me. I’ll have a year of ex- perience under my belt in this job, so don’t worry, we are moving towards success.”