Welcome Week Activities Thrill, Entertain Students

OTTO NEUBACHER
EDITOR-IN-CHIEF

Featuring a hypnotist, illusionist, musician, several comedians, Laser tag and numerous dance parties, Welcome Week 2009 was more successful than ever. Crowds of students filled the Harbor-side Recreation Center, Pepsi Forum and Xavier Auditorium for the larger events.

Wednesday night’s Luau was “a lot of fun,” said Bryan Tiltinghurst, ’13. Tiltinghurst chose not to attend the events later in the week, opting to “[do] his homework for once.”

Continued below.

Fire Burns Apartments; 10 Students Displaced

ELIZABETH HERNANDEZ
EDITOR-IN-CHIEF

That something was a two-alarm fire in the furniture store below—a fire that displaced ten University students. Seven of them were given rooms at Edmund Hall; the remaining three were accommodated at a hotel by the Red Cross.

It is likely that most of the students’ belongings have been damaged by smoke, if not by the fire. “I’m not going up there,” one of the contractors charged with board-ing up the building said the following day. “The [smoke] smell kills me.”

Students clear their belongings from the burned building.

Waterfire Attracts 10 Million Spectators

SAMANTHA KEYBORT
ASSISTANT EDITOR-IN-CHIEF

Even though it doesn’t quite equate in size to super-cities such as New York and Boston, Providence, Rhode Island has its own unique charm. Providence possesses unique seasonal activities that ensure a good time for visitors, and local Rhode Islanders alike. The city relies heavily on the appeals of these activities, especially Waterfire during the summer season.

Waterfire Providence traditionally begins in May, and usually takes place on select evenings throughout the summer until mid-fall, usually ending in October. The first night of this magical event began on the same night as the commencement ceremony for the Undergraduate students of Johnson & Wales on Saturday, May 23rd.

Waterfire is an award-winning display by Bamby Evans that was put in place on the three rivers of downtown Providence. Providence, Woonasquatucket and Moshassuck. This over half a mile long structure was put into place in 1994. A second installment of Waterfire also exists in Houston, Texas, known as Waterfire Houston.

Waterfire’s one hundred sparkling bonfires, smoky, aromatic fragrance, and the flickering firelight on the arched bridges are all blooded together by enchanting music from around the world that engages all the senses and emotions of those who may casually venture past or through the paths of Waterplace Park. It has captured the imagination of over ten million visitors, restoring life back to downtown, and reviving Rhode Island’s capital city.

The gondola rides, along with the appearance of fire jugglers and fire eaters bring a Venetian-style appeal right here to New England. A wide array of other activities can be found within the Waterfire perimeter as well, such as Salsa dancelessons, mimes, various food vendors, and even some arts and crafts tables. Waterfire also provides a great opportunity to just sit back and people-watch. One can be amazed at the large variety of colorful personalities that venture out to this event.

Many in the Providence area have happy memories at Waterfire. “The best moment of my freshman year was at Waterfire. It was late one summer night, live piano music in my ears, and the smell of smoke all around me, walking down the river with a beautiful girl in my arms,” said a Johnson & Wales junior as he smiled, reminiscing about his past. Kristal Jones, Food Service Management ’11 shares a similar opinion about her experiences at Waterfire. “I was just taken back by the beauty. It’s such a pleasant and relaxing time.”

A gondola floats through the river.

The spectacular view can also be enjoyed from the well-known restaurants within Waterplace Park. The Union Station Brewery, Capital Grille, and Waterplace Restaurant are dubbed to have the best views.

Comedian Tony Rock performs at IRC.

232 Weybosset Street, Providence, RI 02903

campus Herald@jw.edu
University Grows Concerned About $H_{1}N_{1}$ Swine Flu
SAMANTHA KAYANOT
ASSISTANT EDITOR-IN-CHIEF

In April, The H1N1 Virus, more commonly known as the swine flu, began popping up in American territory. While it seems that the scare has calmed down for now, the World Health Organization is spreading the word to all countries to be on alert as the full approaches, and to be prepared for a second wave of the pandemic. Believed to have come from pigs, H1N1 was unknowingly brought over from Mexico and began to spread throughout the world.

According to the Center for Disease Control and Prevention, statistics show that from April 15 to July, the United States announced a total of 31,771 confirmed and probable cases of the H1N1 infection. Of these cases, 5,011 people were hospitalized and 302 people died. The recording of probable and confirmed cases ended on July 24.

The swine flu is a significantly stronger version of the flu that goes around every year, and is potentially fatal in extreme cases. While it is very similar, it does have some differences. The age group that H1N1 targets is generally the very old, or the very young. College students are at risk, but not as high. The CDC reports that 15 percent of reported cases during this flu season will be hospitalized.

The Providence campus has become increasingly concerned. "About 75 percent of the Rhode Island population is supposed to get the Swine Flu this year," Says Professor Heather Miceli. Also, with such alarming statistics, it's no wonder that people all over the world are taking extreme precautions. As one of their precautions, the University has even extended the absence policy in order to accommodate possible H1N1 infections.

It is strongly recommended that the Johnson & Wales population get the flu shot, keep a portable flu kit on hand. Items to include in the kit are antibacterial gel, cough drops, and a fever reducing medication just to name a few. Personal hygiene is another important defense against H1N1. Periodic hand washing, showering, and covering your mouth when coughing are all good habits to pick up and keep.

If you find yourself experiencing a high fever (above 100.4°F), coughing, sore throat, headache, chills, muscle aches, diarrhea, or vomiting, stop going to class immediately, inform your professors, and contact Health Services right away.

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Book scholarships are available for news staff who consistently produce quality work on deadline. Additionally, The Campus Herald has two part-time and one full-time paid staff positions.

If you have a passion for journalism and would enjoy writing for a community of over 2000 students, staff and faculty, please consider joining our staff.

Call our office at 401-598-2867 or e-mail campherald@jwu.edu.
Frugal Food Finds for Every Budget

SAMANTHA KEVOROB
ASSISTANT EDITOR-IN-CHIEF

For most students, going away to college is an experience of meeting new people, living on a new campus in a new town. While the dorm life and dining hall might prove exciting at first, eventually one will want to explore what sorts of new and exciting flavors can be bought with the small amount of money that college kids are limited to. Although it is one of the smaller American cities, Providence has big selections of different restaurants and cuisines for even the tightest of budgets, and the pickiest of taste buds.

This suggestion of eateries is only the beginning of the deliciousness that can be found within a few blocks of the Johnson & Wales campus.

FIRE-ICE
Grill and Bar
Located on the top floor of the Providence Place mall, across from the movie theater. The Eat & Play Combo for $15.99 offers the dinner choice from 4 dinner options, and comes with a $10 game card. This can be redeemed from open to close on Sunday-Thursday, and until 3:00 p.m. on Friday-Saturday.

Cilantro's
Located across the street from Gabe Common.

Dave & Buster's
Get ready to sharpen your gaming skills, because Wednesday is half price game night at Dave & Buster's.

Street in the Downtown area. The bar menu is available from 4:00 to 10:00 p.m., and again from 9:00 close. The bar menu price ranges from $1.95 to $9.95, offering selections like a 1/2 lb Hamburger, Fried Calamari, and the Classic Wedge Salad. A minimum $2.50 beverage order is required to order from the bar menu. Here are also a few other restaurants in the area that offer discounts for Johnson & Wales students without any day restrictions.

Stanley's restaurant on 371 Richmond Street serves up some of Rhode Island's best hamburgers at a discount to the Johnson & Wales community, and the Chinese restaurant

A Piece of Heaven
On Weybosset Street

SAMANTHA KEVOROB
ASSISTANT EDITOR-IN-CHIEF

Gourmet Heaven is located on 173 Weybosset Street. The inviting red awning and glass doors hold a large variety of pre-packaged items from both local and international origins, as well as a salad bar setup with both cold and hot foods of different cultures, at $6.99 per pound. Household items like disposable plates, cups, and various detergents can conveniently be purchased here as well.

The aroma of different cultures gently filtered underneath my nose as I opened the door to the shop. The large bar immediately caught my attention, and I wandered towards it to find some items I could take back to my office for lunch. As I circled the counter, the sweet and savory smell of barbecued ribs caught my attention, as did the Curry Chicken. I decided on these two things, and a side of white rice and some mushrooms marinated in balsamic vinegar. I was walking by the sandwich station on the way to cash register, and the special, a Sesame Chicken Sandwich with lettuce, tomato, fresh mozzarella, and avocado ($6.95) appealed to my taste buds, so I purchased it for dinner later that night.

The smells of basil and curry powder filled the air as I popped the container and took my first bite. The chicken was moist, and the sauce was creamy and full of peanut flavor. There was just the right amount of spices in the recipe, and they left a pleasant, lingering tingle feeling on the palate. The rice was cooked properly, and I had a firm, yet tender consistency to them. Although the carrots were properly cooked, I did not follow the rule of their being cut able to fit on the fork. It was a very rough chop, probably about 3-3.5", I had to break a piece into thirds to eat it. The meat on the ribs was tender, and had a pleasant combination of sweet and savory taste. It reminded me of a Chinese restaurant back home in New York, and brought a very comforting feeling. The marinated mushrooms were cooked to doneness, but lacked a strong and lasting flavor.

The Sesame Chicken Sandwich I had at dinner was delicious, especially after sitting in the fridge for a few hours. The bread wasn't soggy in the least bit, and the lettuce inside the sandwich was crisp and fresh. The fresh mozzarella cheese had a great taste to it as well, not too salty, but not at all bland. The chicken was incredibly juicy and flavorful, and the sesame seeds added a nice texture and mouth feel. While the food was a little bit pricey, it was definitely worth the money spent. One might say that it was a piece of Heaven right on the corner of Weybosset Street.

Sub eat fresh
Express located at 840 Allen Avenue knocks down the price by 10% when you show a student I.D.

Although they do not offer any discounts, The Boulevard Pizzeria, directly across the street from the HarborSide campus, offers some delicious food in a pleasant potion and at affordable prices. Crazy Uncle's Cafe located on 1 Chestnut Street is also a great place to grab a bite to eat in between classes. The convenient location only block away from the John Hazen White building, along with its delicious food and fair pricing makes it a popular location for Johnson & Wales students to gather.

McDonald's is also a short walking distance away from the HarborSide Campus. No matter what your taste buds may desire on any day of the week, there is something for everyone in Providence. Bon appetit!

Chocolate Chunk Cookies

FROM THE KITCHEN OF SAMANTHA KEVOROB

6.5 ounces unsalted butter
5.25 ounces granulated sugar
5.25 ounces light brown sugar
2 whole eggs
1/4 ounce vanilla extract

5.25 ounces pastry flour
5.25 ounces bread flour
1/4 ounce of baking soda
Pinch of salt
14 ounces chocolate chips

Method of Preparation

1. In a mixing bowl with paddle, mix butter and sugars until lighter in color, and completely smooth.
2. Add eggs gradually, scraping the bowl between each addition.
3. Place the bowl with the milk/gelatin mixture over a small pan of simmering water. Heat to dissolve the gelatin. Stir into the cream mixture.
4. Blend remaining dry ingredients except the chocolate chips. Add the dry mix to the bowl and mix until smooth.

-Recipe yields about 2.5 pounds of dough

Recipe courtesy of the Johnson & Wales International Baking & Pastry Institute

Are you a foodie?
The Campus Herald needs food writers.
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AS Twenty-Something

Ari Spector
Staff Writer

Crowds like hipsters who wear bright flashy clothes, girls with high-top shoes, and boys with v-neck shirts that have a collar that go all the way down to the navel. Then, there are the punks, who at times look similar to rockers with colorful hairdos or hair-ties, and wear studded jackets that tear through the bleeding skin of inoffensive women as they fight to stay alive until whatever harsh music is driving them mad comes to a complete stop. In any case, no matter what crowd is filling up the floor of the AS220 there is an extreme pleasure that is always felt from everyone who enters. The AS220 has been one of the major venues in Providence for independent musicians to perform. The AS220 almost always attracts a crowd and never is there a mediocre show.

The building by day is a Mexican restaurant and a bar, then by night it transforms into a music venue where many musicians play on a daily basis. The venue has hosted punk, pop, indie, rock shows and just about as many genres of music as a person can come up in his head. Also, there have been poetry shows, variety shows, jazz nights, et cetera. The AS220 urges to see newcomers not only witness but perform at such events. A detailed schedule is posted on their website at AS220.org. Check it out and you might find yourself in a completely new and exciting world.

Jay-Z Performing Live at the Dunk

Danielle Henphill
Staff Writer

“This concert will be a banger. Jay-Z not only gives us great music, but he performs well.” Explains current business student, Brandon Laws, as he express his excitement for the recent made concert announcement by RI’s own Hot106.3 radio. Jay-Z aka Sean Carter himself will be performing live on Saturday, October 12th at Providence’s own Dunkin Donuts Center at 8pm. Since the news broke out, many find themselves anxious to purchase tickets and see a great performance. Recently releasing his 15th album, The Blueprint 3, and already having a few hit singles, many await the day when Jay hits the stage and throws up the ROC’s dynasty sign and perform his hot new single “Run This Town” featuring singer Rihanna and multi talented artist Kanye West.

This New York native rapper goes hard on the music he creates and his fans love the outcome. He has had countless hits over the years such as “I Just Wanna Love You” featuring Pharrell, “93 Bonnie and Clyde” featuring wifey Beyonce, and numerous other hit singles. It’s well known that he has sold over 30 million copies of his albums total, and because he produces great music, he is one of the top selling artists around now.

Not only is Jay-Z a legendary musician, he is a businessman as well, never limiting himself to just music. He is also the face of Rocawear, an urban apparel line catering to men and women of all ages, and also owns the 40/40 Club, an elite sports bar, located in New York and Atlantic City. Jay also endorses the S. Carter shoe collection by the Reebok brand. Since he is a very successful businessman, money rolls in his bank continuously, yet it doesn’t always stay there.

Sean Carter also runs and participates in charitable foundations to give back such as, Team ROC, which is an organization to benefit the underprivileged children of New York City. There’s also the Sean Carter Scholarship Fund that allows students to receive a financial award and attend a school of their choice. Lastly, there is the Annual Jay-Z Santa Claus Toy Drive, where numerous toys are donated to the children of Marcy Housing Projects in Brooklyn, the place where he grew up.

All in all, great artist have so much to offer, from donating to charities and funds, to providing their fans with great music for many years. Jay-Z is one of the many truly great artists from the past and present and vows to continue doing his good deeds in the future. Tickets to see an enjoyable concert can be purchased online at the Hot106.3.com website or at ticketmaster.com. Prices vary from $35 to $125, so it’s very affordable and a great event to attend on a Saturday night here in Providence, Rhode Island.
TV Review: ‘Greek’ Serves Up Delicate College Drama

ALEXANDRA CALCANO
TUESDAY, SEPTEMBER 16, 2009

Despite ample plot recap, fans of “Greek” were probably not disappointed by Monday’s series premiere, “The Day After.” Witty dialogue, decent acting and a few scandalous, soapy twists have made this drama the perfect guilty pleasure for two seasons — a feat all the more surprising given ABC’s penchant for tripe family drama.

“Greek” follows a group of students at the fictitious Cyprus Rhodes University as they navigate the ups and downs of the college’s Greek system. From prims and proper sorority girls and hard-partying frat boys to a purity pledge support group, the cast of characters on Greek runs the gamut of the college social spectrum.

Cappie reunion a little longer, Cappie and Evan’s conversation felt very stilted and unbelievably.

Despite the acting pitfalls, a few moments were truly memorable, such as Cappie’s sorority sisters breaking up her pity party to sing her the house’s break-up anthem. The absurdity of a group of girls singing “You Can’t All Alone, Nobody Loves You,” while chugging stuffed ZBZ cats showcased “Greek” at its best — poking fun at some of the silliness of college life through a core of likeable, believable characters.

Although not one of “Greek”’s strongest episodes, “The Day After” did deliver a few great twists and more than enough dangling threads to leave viewers anxious for more. While it seems that Casey and Cappie are on the backburner for now, Calvin and his friends need to start exploring those threads.

9 is spotted by the machine in an attempt to rescue a friend.

OPTIMUS PRIME
EDITOR-IN-CHIEF

The trailer for 9, Focus Features’ latest animated film, left me eagerly anticipating what seemed to be the perfect film for both kids and adults — a postapocalyptic, philosophical animated adventure film that was a cross between WALL-E and Fallout. Regrettably, the plot of 9 had more in common with a Talesabbies episode than anything else.

9 is centered around a rag doll, created by a scientist in an attempt to make amends for his previous actions. In a world where humans and machines have wiped each other out, the dolls must find a way to survive and rebuild.

The film sprung into action in the first few minutes, with an action scene reminiscent of Jurassic Park. As a robotic T-Rex mauled the protagonist, I felt optimistic that the movie would be worth my while.

While this action sequence was an interesting start to the movie, the continued quick pace detracted from subsequent scenes. Rag dolls who’d met for the first time only minutes before were functioning as a perfectly-working team — trusting each other with their lives and ignoring the advice of those they’d lived with. A romance had begun before they knew how to love.

And over the course of the film, only a day or so of movie time — One of their personalities changes completely. This artificially hastened character development seemed unnatural, and detracted from the believability of the movie. What could have been a touching reflection on an individual’s responsibility for their actions and the fate of society wound up being more than a typical adventure/ thriller.

The regrettable thing is that 9 is only 79 minutes long. By adding another 10-20 minutes to the film, it could have been transformed into something memorable — a movie that appeals to adults and kids in equal measure.

But alas, just as the humans in 9 had so much unfulfilled potential, so is the movie itself a disappointing execution of an excellent concept.

Continental Breakfast

ART SPECTOR
STAFF WRITER

The Continental Breakfast may be the only band in which all the members are students from Johnson and Wales. This is a musical experience with fun beats, smooth rhythms, and intellectual lyrics that make the mind content and the body lost in a dance fueled by exciting and exhilarating emotions that have only on rare occasion ever entered a thrilling soul before. The Continental Breakfast is like a new drug that should be used by every Johnson and Wales student on campus.

Breakfast features the vocal talents of Stephen Ruggerio, the adrenaline rising percussion by Logan Paschal, growing bass riffs from Brian Eade, and unfathomable sounds from the mind of Dan Cabral. The Continental Breakfast’s music makes an effort to confuse and understand life as a youth, as a college man, and the exorbitant side effects of marijuana smoking. These smart, captive, music aficionados have developed a novel sound that takes influences from 90’s bands such as Sublime and Hum. This article is not a hype, it is not an advertisement, it is the extreme satisfaction felt by the listeners, the fans, and I the writer. I originally heard them as a group of five musicians playing covers and the few original songs they had written playing them in local bars and clubs in Providence. Without much direction and insight as to what their music was they tried to reach young people that found themselves incapable of devising

fresh creations. Due to a different taste in style, in definition, and in genre, an ex-patriot for the band, had a different vision for Breakfast than the other members. This realization required the members to let the guitarist go. Only with four members were the greatness of this band knuckled over the summer. New songs were created and old songs were revised to become better. The band is now more creative and exciting than it ever could have been and is reaching new heights. The music is now more logical, meaningful and innovative.

Breakfast has played in Boston at Hessey’s and The Greatest Bar in Boston. More so than they have been involved performing at local Providence venues, clubs, and bars such as McFadden’s, Fatty McGee’s, AS20, and Jerky’s. They have exhibited their music with Johnny Lingo, Brother kite, The Stress, Ross Lovemore Band, Alex Trudon, and others. They are trying to get Johnson and Wales students more involved with the local music scene. Says Dan Cabral, “We urge them to go out of their normal confines and experience the music Providence has to offer.” Breakfast will be playing at McFadden’s on September 29th with The Stress. To contact the band email them at eatmorebreakfast@gmail.com or go to their websites at purevolume.com/eatmorebreakfast.

Listen to Continental Breakfast online at:
 PROVIDENCE NEEDS MORE GAYS

FROM THE EDITOR’S DESK

When Frank Santos, the R-rated hypnotist that performed last Saturday night, called a volunteer up to the stage, I thought that I should have followed his lead. Santos hypnotized the participants to believe that the volunteer was not just one but two persons, and that they stretched all the way to the back of the room.

Most of the participants recalled in horror at the vision. One young man stared wide-eyed at the magicians. Santos asked him what he thought. His response was the funniest thing I heard that night:

"I think I’m going to like Johnstone & Wales."

Little did he know just how accurate his impression was.

For those who don’t know, Providence is gay. Really gay. It’s so gay, the mayor’s penchant for lacey men’s lingerie is a matter of common knowledge.

Providence is so gay, I can look out my office window at the RISD campus and see both a gay bar and a gay bathhouse.

Providence is gay. And that’s perfectly fine with me.

As a social conservative, I’m often accused of holding beliefs I vehemently disagree with. So let me make my position abundantly clear.

I support the right of gay couples to receive the same treatment that straight couples are able to receive. In all its forms. Everything from hospital visitation rights to community property laws to adoption rights, I believe gay couples should be treated equally under the law.

That said, I oppose the use of the term marriage for gay couples. And I’m opposed to rampant promiscuity, in whatever form it may take.

But enough about me. Let’s detour for a moment to the left coast. California—one of the most liberal states in the country—rejected gay marriage by a significant margin in recent voter referenda.

The fact that gay rights advocates cannot win a popular vote in a liberal state demonstrates that to protect gay rights in the moderate and conservative states, they need the support of voters like me—free-thinking social conservatives.

But what motivates me to support gay rights when my primary impression of them consists of Kermit the Frog and a vocal minority of walk- stereotypes who show off their sexuality in my face at every opportunity.

That’s why Providence is gay. And that’s perfectly fine with me.

That’s one of the reasons I support the Rhode Island Family Policy Committee and other gay rights groups. They work to keep gay rights on the ballot.

To give one more example, Rhode Island has the nation’s highest rate of adoption by gay couples. But in the past, these adoptions have faced legal challenges. That is why the Rhode Island Family Policy Committee has been so important.

I support gay rights because they are good for the state. They bring in more revenue and help to create a more diverse and inclusive society.

In conclusion, I believe that Providence is gay and that’s perfectly fine with me. I believe that gay rights are a matter of common knowledge. I believe that Providence is so gay, I can look out my office window at the RISD campus and see both a gay bar and a gay bathhouse.

Providence is gay.

That’s why Providence is gay and that’s perfectly fine with me.
Iconic Designer: Chanel

Danielle Garcia  Staff Writer

Designer Coco Chanel was born Gabrielle Bonheur Chanel in 1883. Coco was born in the workhouse in the Loine Valley in Saumur, where her mother worked. Her mother died when she was only twelve years old. That left her father with five children, whom he quickly separated into various relatives. Chanel was sent to the orphanage of the Catholic monastery of Aubazine. She learned the craft of weaving. She spent her school vacations with relatives in the local capital of Moulins. Gabrielle learned to sew with more than half the rent at the monastery taught her. At the age of eighteen, she left the orphanage, and took up work for a local tailor.

When asked about her childhood Chanel would claim that when her mother died, her father sailed for America. She was sent to live with two cruel aunts. She once claimed to have been born in 1883 as opposed to 1883. She also said her mother died when she was six years old. Coco stated that she was born in Auvergne. She was embarrassed of her poverty, orphan hood, and illegitimacy bestowed upon unfortunates in nineteenth-century France. She created fantasies of her dream life in her mind, and decided that is what she would tell people.

It was during a brief stint as a singer in café and concert halls that Gabrielle adopted the name Coco, a nickname given to her by local soldiers who went to watch her perform. During World War I she moved to a town of Deauville. Chanel became the mistress of a rich military officer, and then a wealthy English industrialist. Through her investments and connections that these wealthy men provided she was able to open her own millinery shop in Paris in 1910, shortly after she opened boutiques in both Deauville and Biarritz.

During the 1920s Coco Chanel became the first designer to create loose women's clothing. She used jersey, traditionally used for men's underwear. It created a relaxed style for women, changing the uncomfortable corseted look of the time. It became a success with clients.

The House of Chanel was established in 1913, the Cambon in Paris. It is still the headquarters to this day. Chanel became a style icon with her striking bob haircut and suit, placing her at the cutting edge of modern style.

In 1927, she launched the fragrance Chanel No. 5, which remains in style to this day. Two years later Pierre Wertheimer became her business partner (taking on 70% of the fragrance business) and repudiated her right. The Wertheimers continue to control the perfume company today. In 1925 Chanel launched her signature cardigan jacket, and the following year matched its success with her little black dress. Both items continue to be a staple part of every Chanel collection.

During World War II, Chanel was a nurse. She had an affair with a Nazi officer during the conflict. She was thrown out of France and moved to Switzerland to escape the controversy.

She was able to end the self-imposed exile in 1945. Chanel returned to Paris when she took on Christian Dior's overtly feminine New Look. She extended the signature style with the introduction of pea jackets and bell-bottoms for women. Her new collection, criticized by the press in Europe, was a hit in the United States. Hollywood stars including Audrey Hepburn and Grace

Surviving Your Stay in Providence

John Foley  Staff Writer

Providence is a city built upon infrastructure. Most notably the RIPTA bus system. As a JWU student you can ride these for free traveling practically anywhere within the state. If at any point you are ever lost in Rhode Island, hop on an inbound bus, and you have a very high probability of returning to Kennedy Plaza, a mere 2 blocks from our beloved Downcity Campus.

There is always free food somewhere. There are almost limitless possibilities when it comes to filling your belly, many of which do NOT include spending money or swiping at the dining hall. Aside from sneaking in (which I neither condone nor condemn) there are functions for students all across campus nearly every weekday. It would behoove you to saunter over to the Office for Student Activity and poke your head around, but remember you are attending under the guise of actual interest in these programs. On that note the Campus Herald is looking for more, we have punch and pie.

Yes, water is FREE. It may seem trivial, or even petty but not buying soda or juice when you go to a campus saves quite a bit in the long run. You probably scoff at the idea of putting up these few extra cups of sugar water, but try it. "I would like the chicken sandwich, a baked potato and a cup for tap water." If nothing else do it purely out of righteous indignation. Each cup of soda they make costs them 0.052 cents (Newseum).

Cheaper isn't better. Fragility is a virtue that we should strive for, being cheap isn't. Although not specific to living in Providence, you would be well served to learn a thing or two about the products which you wish to buy. If something is less expensive, there is a reason and if that means sacrificing quality, no difference in price will sway my decision. Caveat Emptor.

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Knock out the FLU at JWU!

Help prevent the spread

Wash hands with soap and warm water for 20 seconds.

Clean with an alcohol-based hand cleaner.

Cough or sneeze into your upper sleeve - not your hands - when you don't have a tissue.

For more information visit www.cdc.gov/H1N1flu/
Women’s Volleyball Setting
Up for a Great Season

STEPHANIE LYMAN
STAFF WRITER

The Johnson & Wales women’s volleyball team has officially started its season. With five new teammates, the Lady Wildcats will be looking up to the upperclassmen for help and guidance. Freshmen Courtney Coleman said, “I’m excited to be a freshman! I was a little nervous at first but being on the volleyball team really helped you get 13 instant friends!” Teams spirit seems to help these ladies get the job done out on the court. With two wins under their belt already, they are already looking forward to winning the GNAC conference and advancing onto the NCAA Division III tournament.

The women’s team is coached by Jamie Marcoux, who is entering her twelfth season with the program. The 2007-2008 All-Great Northeast Athletic Conference coach of the year is quite an inspiration to her girls. Sophomore Audrey Warren stated that Marcoux is “awesome.”

The Wildcats are most excited for their upcoming match against their biggest rival, Rivier. JWU has a 4-7 record against the New Hampshire institution and looks forward to their upcoming match on October 20. Losing seven players from last year, including three seniors, the Wildcats are looking to keep the momentum from their 24-15 record in the 2008 season.

One question the ladies collectively had was whether you feel like you are going to make it to the NCAA tournament? The responses were mixed, and some felt like they had a good chance, while others were less sure.

The Campus Herald

Senior Ashley Constantino prepares to spike the ball.

Cross Country Competes At Roger Williams Invitational

DANIEL BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales University men’s and women’s cross country teams traveled to Colt State Park to open the season at the 2009 Roger Williams Invitational on Saturday afternoon. The women’s squad placed third overall with 115 points while the men’s squad placed fifth with 112 points.

The men’s team was led by the team’s captain, Ryan O’Donnell, who placed second overall with a time of 16:22. The women’s team was led by Kaitlyn O’Donnell, who placed first overall with a time of 19:57. The men’s team was led by the team’s captain, Ryan O’Donnell, who placed second overall with a time of 16:22. The women’s team was led by Kaitlyn O’Donnell, who placed first overall with a time of 19:57.

The Campus Herald

Women’s Tennis Falls To Bridgewater State, 7-2

DANIEL BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales women’s tennis team suffered a 7-2 setback against Bridgewater State in a non-conference match on the road on Wednesday afternoon.

Sophomore Dana Trimbath (North Wales, Pa.) picked up the lone singles victory for Johnson & Wales, posting a 2-1 upset over Bridgewater State.

The Campus Herald

Men’s Soccer Falls To St. Joseph’s (Maine), 1-0 In 2OT Thriller

DANIEL BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

Senior Doug MacCallum (Hingham, Mass.) scored with just 17 seconds remaining to give St. Joseph’s of Maine a 1-0 victory in double overtime against host Johnson & Wales in a Great Northeast Athletic Conference tilt at Peckham Stadium on Saturday afternoon.

MacCallum put in a corner from sophomore Timothy Davis (Dunswroth, Mass.) with time running out in the first half of play to give the Monks the 1-0 victory. St. Joseph’s outshot Johnson & Wales by a 17-15 margin in the victory.

Junior Joe Ferraro (Freehold, N.J.) made 14 saves in the loss for JWU while St. Joseph’s junior Will Pike (Gorham, Maine) had two stops in the shutout.

With the setback Johnson & Wales falls to 4-4 for the season, 0-1 in the GNAC while St. Joseph’s of Maine improves to 2-2-1 overall, 1-0 in league play. The Wildcats will return to action on Wednesday, September 16th when they host Wheaton at 3:30 p.m.

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