Midnight Madness Draws Huge Crowd to Harborside Recreational Center

BRANDON T. LYNCH
STAFF WRITER

The word madness is an understatement when thinking about the event Midnight Madness. For those who do not know, Midnight Madness is an event that is held every year at the Harborside Recreational Center in support of the University's athletic teams. The event is known for packing a crowd every year, and this year was no disappointment by any means. The doors were scheduled to open at 10:00 p.m. and by 9:15, there was already a crowd developing outside the doors and leading down the stairs. Students had begun to arrive this early because the first few hundred students got a free T-shirt representing the event.

The gym had become so packed within the first 15 minutes that the gym was at full capacity and students were turned away at the door. Once everyone was seated, the event started right away with raffles and the giving away of prizes. Some of the prizes given out were an iPod touch, a Nintendo Wii, and even a check for $200! To win these prizes students were selected at random and had to take part in pre-selected games, which included a 3 point shot competition and a game where students were forced to spin around multiple times. The prize itself is good to see how many baskets they could take from the free throw line.

Scattered throughout the event were performances from the cheerleading squad and various fraternities which were very entertaining to watch. When speaking to a member of this year's freshman class, he explained thoroughly that this was a "great event" and that now really has "something to look forward to during his upcoming years here at Johnson & Wales."

It is the things such as this that are the reasons this is a great event, aside from the planning and the setting up that go along with it, the expectations of what exactly is going to happen is what keeps students entertained.

The most important part of the event however was the introduction of the upcoming sports teams. The student body was introduced to the 2009-2010 men's hockey team, the men's wrestling team and both the men and the women's basketball teams. The biggest event of the night were the exhibition games that both the men's and women's basketball team put on for the students. The event brought the student body together in support of the schools athletic teams. This proved to be a very successful event, and will be continue to be one in the future.

JDW Students Volunteer To Die

MECAS HANDSAKER
CONTRIBUTING WRITER

As part of Alcohol Awareness Week, on Thursday, October 22, students volunteered to participate in the program where they were ‘Dead for a Day’. This program, put on by Greek Life, is a tradition that is upheld every year, reminding students and others the consequences of drinking alcohol in excess. Over 100,000 people die annually in alcohol related accidents, whether it is by driving drunk or getting cancer or stroke due to alcohol. It is hoped that by involving students in activities such as this, that the number of alcohol related deaths and accidents will decrease.

Each of the volunteering students walked around in a black tee shirt or if those students were in culinary, they were given a black layover to wear for the day. While not able to satisfy all aspect of being deceased, participants did their best to resemble the rest by not talking. Instead they carried around papers in which they handed out if ever someone wanted to make conversation with them. On the papers was a story, a story of an individual killed in an alcohol related accident. Each person represented a different person, therefore, had a different story to tell.

Downstairs was a bit quieter, as hundreds of students wore black shirts of silence. When asked how they felt about the program and its effects on alcohol, they had this to say: "It was until the following day that I was able to get their answers. "I really like the idea of wearing the black shirts" says Matthew Taquerio, sophomore in the Computer Graphics program, "and the message that it sends to the students." A message very much needed with more and more drunken activity occurring on the streets of Providence. So to those who are reading this... everything in moderation and live and learn from those who tragically had to go before their time.

Johnson & Wales Golf Captures 2009 GNAC Championship

DANIEL BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

The Johnson & Wales University golf team captured their fourth straight Great Northeast Athletic Conference Championship at the Allendale Country Club on Sunday afternoon. The Wildcats won the 2009 crown after carding a 320 in the second round, good for a two day total of 635 over the par 72 course that measures 6,735 yards. Rhode Island College finished in second place with a 648 while host UMass Dartmouth shot a 655 to place third.

Johnson & Wales junior Steve LeDonne (Rehoboth, Mass.) earned individual medalist honors and was named the 2009 GNAC Most Valuable Player after finishing with a 154 (77-77). Senior Bobby Newcomb (Quincy, Mass.) was right behind in second place with a 155 (75-80) which also earned him All-GNAC recognition. JWU Sophomore Tim Wolak (Laconia, N.H.) tied for ninth place in the 35 player field, carding a 165 (85-80) while fellow sophomore Zach Stefanik (Pembroke, Mass.) also had a solid weekend for the Wildcats, shooting a 167 (84-83) which was good for a 12th place finish.

With the victory, Johnson & Wales receives a bid to the 2010 NCAA Division III Championship in Hershey, Pa. held at Hershey Links and the Hershey Country Club on May 11th-14th. It will mark the second straight season that the Wildcats have appeared in the NCAA Championship.
Wrestling Primed for Big Season

DILLON WIGGINSFOH STAFF WRITER

As the JWU wrestling team gears up for the upcoming 2009-2010 season, they will look to continue their strong run of recent success. The Wildcats have finished either first or second at their conference championships each of the past five years. Although the team finished 18-5 overall (15-0 in conference) and took second place at the NEWA Championship last season, this season looks to be a reloading year of sorts. The team will no longer be anchored by All-Americans Jerome Owens (174 lbs) and Bryan Lendhardt (184 lbs), as they have since graduated.

That void will be filled by incoming heralded freshman Colin Lenhardt (174 lbs) and Colby CC transfer Brennan Ward (184 lbs). Lenhardt was a Virginia State Finalist in high school and compiled a career record of 143-20, and Ward was a NCAA JUCO National Qualifier at Colby CC. 2008 conference finalist Michael Bastante (125 lbs) also returns this season after a year off, and he will be joined by other top returning starters James Sopran (125 lbs), Nicholas Cicchino (145 lbs), John Donaleski (141 lbs), Vincent Egloff (149 lbs), Jordan Corona (165 lbs), Patrick McCrohan (197 lbs), and Jon Flegl (285 lbs).

Head coach Lonnie Morris figures to have a deep team yet again this season, with a nice collection of incoming talent and seven returning wrestlers that competed in the 2009 national qualifier. Although they will face one of the tougher schedules in the New England conference with trips to the Gator Duals in Florida and the National Duals in Iowa, there will be no shortage of expectations for the JWU wrestling team this year. Coach Morris has built a program that has been consistently ranked as one of the top 25 teams in the nation, and this season figures to be no different. The Wildcats will open the 2009-2010 season on November 7th at the Ithaca Invitational in New York.

University Crime Log

Monday, 9/28/09 at 5:34 pm
Assault and Robbery / Off Campus Columbia Park
The student described his attackers as a group of youths in Columbia Park located across the street from the David Friedman Center. The student was walking through the Park when about 20 males and females started calling him names. He attempted to walk away was tackled from behind, and was punched and kicked several times by multiple attackers. The student was able to run away and observed his attackers fleeing in the direction of Vernon Avenue. The student discovered that his sandals had been stolen. Police were notified.

Tuesday, 9/29/09 at 12:30 am
Arrest / Off Campus
Student arrested and charged with a narcotics violation.

Saturday, 10/03/09 at 6:08 am
Robbery of Vehicle Crimes / E Lot
The suspects appeared to be teenagers. Both were light-skinned males with slender builds. Clothing described as gray hooded sweatshirts and dark colored pants. 

CAMPUS NEWS

Correction

The article "Freshman Greg Redfield Leading Men's Cross Country was mislabeled with the wrong author in the byline. It was written by Dillon Wigginsfoh, not Stephanie Lyman.

University Crime Log

Saturday, 10/10/09 at 10:35 pm
Fire / Harbordale Village - GCS&S and Cranston Fire Dept. responded to a fire alarm which sounded as a result of a trash can fire in a bathroom.

Tuesday, 10/13/09 at 5:33 pm
Arrest / Off Campus
Cranston PD learned a student had been arrested and charged with motor vehicle violations.

Thursday, 10/15/09 at 9:57 pm
Arrest / Off Campus
Police reported that a student was arrested and charged with shoplifting.

Friday, 10/16/09 at 12:53 am
Arrest / Snowdon Student arrested and charged with a narcotics violation.

Crime Prevention Tips: Students should avoid Columbia Park when local neighborhood youth appear there. This area should be avoided after dark as well. When walking in this area, stay alert and keep your personal safety in mind at all times.

Students are advised to remove GPS devices, laptops, CD cases, keyfobs, and other items of value from the passenger compartment of their vehicles.

If you have any further information regarding these incidents, please contact the Crime Prevention Unit. (401) 598-2987.

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Halloween 2009

Costume Contest

$500 Cash

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Rocco DiSpirito Serves Up Delicious Meals and Tips at Celebrity Chef Sundays

SAMANTHA KHEVOROT
ASSISTANT EDITOR-IN-CHIEF

Foxwoods Casino welcomed Rocco DiSpirito for the second installment of Celebrity Chef Sundays on October 18th. The demonstration, taking place in the Fox Theater, was an hour long and featured some of Chef DiSpirito’s favorite dishes from his latest cookbook, *Rocco Gets Real.*

DiSpirito demonstrated cooking techniques and gave helpful hints and advice. He demonstrated how to make Roasted Butterflied Chicken with Shredded Potatoes, Onions, and Thyme; Sweet and Sour Cherry Beef with Asparagus and Red Onions; and Potato Gnocchi with Wild Mushrooms.

His demo also consisted of a little comedic act, as he made the audience laugh with his culinary humor. Towards the end, he also did a Q & A period where audience members asked about everything from thickening sauces to Rocco’s love life. One woman was so focused on getting Rocco to meet her daughter that she nearly bum-rushed the stage just to show him a picture. A brief book signing also followed the demo. Copies of *Rocco Gets Real* were available for purchase, as well as a few other books and some other goodies like calendars.

It was nice to see Rocco DiSpirito in the public eye again. I know he’s probably had a tough couple of years with the closing of his restaurants and failures of his television show “The Restaurant,” so I can imagine why he’s been enjoying his privacy lately. Who knows, maybe this will only be the first of many public appearances, and that he’s finally broken out of his shell.

Sweet and Sour Cherry Beef with Asparagus and Red Onions

**Ingredients:**
- 2 tablespoons Vegetable Oil
- 1 1/2 Pounds filet mignon, cut into 4-6 ounce portions (1 inch cubes)
- 4 tablespoons butter
- 2 bunches asparagus, cut on a bias
- 1 large red onion, sliced thin
- 5 tablespoons red wine vinegar
- 1/4 Cup sour cherry preserves
- 3 tablespoons chopped fresh tarragon
- 1 tbsp freshly ground coarse black pepper

**Method of Preparation**
1. In a large sauté pan, heat oil and add steaks to pan and season generously. Cook 2-3 minutes for a medium rare temperature, then remove from heat and cover with foil to keep warm.
2. Add butter to pan and cook until golden brown. Add asparagus and onions, tossing often until the vegetables are slightly brown and tender, about 10 minutes.
3. Season with salt and pepper, then transfer to a platter.
4. Add red wine vinegar to the pan and reduce by half. Add cherry preserves and cook until a sauce consistency is reached, about 2-3 minutes. Add tarragon and fresh ground pepper, then season with salt and pepper if necessary.
5. Arrange steaks on top of asparagus-onion mixture and spoon sauce on top of steaks.

*Makes 4 servings*

Recipe courtesy of *Rocco Gets Real.*

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Rocco DiSpirito explains Gnocchi.

Michael Parisi/ The Campus Herald

Jac’s Wraps a Must See Destination in Pawtucket.

JOHN FOLEY
STAFF WRITER

“We hope your (sic) hungry,” reads a banner hanging over Jac’s Wraps in Pawtucket, a local eatery serving up sandwichess and smoothies. While their grammar leaves something to be desired, their décor, service and food do not disappoint. Jac’s dishes out (as their sign would imply) wraps, as well as home made smoothies and the storied “Juicy Lucy Burger,” so quoted because it tastes more like grandma’s famous meatloaf than a distinguishable fast food patty; not a burger so much as it’s love on a bun, topped with grilled onions, lettuce, thousand-island dressing, and god’s gift to mankind, bacon. I’ve ordered this sandwich without fail whenever I find myself in the area.

Jac’s also features an assortment of wraps ranging from the classic BLT, to the slightly less conventional Hawaiian Jac, a concoction of beef, pineapple, scallions, and yes, more bacon. Almost everything on the menu is delicious, the only real criticism comes from their very serious lack of heat. The spiciest thing Jac’s has to offer is the “Downtown Jac,” sporting relatively weak Parmesan, peppercorn dressing that has fans of the fiery barely breaking a sweat.

If you do need to cool down however, Jac’s offers an assortment of smoothies made fresh on site from real fruit. A far cry from the cloyingly sweet, thick, creations we typically identify as smoothies, they actually have a freshness to them, quenching even the most powerful thirst. Nearly everything at Jac’s is fresh and clean. Even their interior decorating has a modern and green twist to it, utilizing the space of a former gas station that has been converted into a lunchtime haven for Pawtucket’s mid-day diners.

Prices are reasonable with serving sizes appropriate for lunch. You are guaranteed to leave satisfied yet not bloated in any way, except your wallet. Jac’s is a solid lunchtime destination or summer stopover for the hungry or terminally thirsty, and is a must visit for anyone who manages to lose their way past the East Side of Providence into Pawtucket.
Author Frank Warren is the creator of the blog phenomenon PostSecret Project, a collection of highly personal and artfully decorated postcards mailed anonymously from around the world, displaying the soulful secrets we never voice.

Tuesday, November 3 @ 8PM
Xavier Auditorium
(Brief Book-Signing to Follow)

Tickets are free & available at both OSA locations (HRC & CBCSI)
JWU ID Required-Limit 1 ticket per JWU ID

Contact 401.598.4668 with any questions

CEO Series
(Creating Excellent Organizations)

Next Workshop:
Monday, November 9th
Pepsi Forum, 6:00 - 7:30 p.m.

"Branding your Organization" presented by Sarah Firetto, Assistant Director Alumni Relations, Providence College
THURSDAY OCTOBER 29
"The Orphan"
HRORSDIE REC. CENTER
at 9 pm
MOVIE

*Free popcorn at this movie!!

WEDNESDAY OCTOBER 28
Suppy movie jeopardy/
From Fentor Foods
PEPSI FORUM 9 PM

"The Ultimate game Show"
WIN CASH PRIZES

Questions call 401.598.2917
Nicholas Sparks' The Last Song Proven Entertaining

CHRISTINA NEWELL
STAFF WRITER

The Last Song by Nicholas Sparks was a novel I read before it was a movie, and "When I Look at You" is an anchor on the sound track. Although, like poppy-moral-questioning songs, Sparks' books are pretty much the same, there are all of the elements of his typical novel and puts them into something not so typical. Miley Cyrus' track on her newest album gave me chills and left me running for the nearest Target to get Nicholas Sparks' newest novel, as I was half humming the tune. It's one of those pop songs that has you questioning your morals for liking it but keeps you listening and loving it anyway.

Veronica "Ronnie" Miller is on the verge of turning eighteen and is forced to spend her summer in North Carolina with her father, not an easy feat since she hasn't spoken to him in three years. Their relationship prior to her parents' split was solely based on piano music as Steve taught piano at a juilliard. Ronnie had the skills of a composer at a very young age. It was their passion that bonded them so much, and when Steve left to pursue his dream of becoming a concert pianist, Ronnie gave it all in spite of him. As she struggles to stifle her passion for the piano and love for her father throughout the novel, it becomes clearer that the piano is what will bring them back together again.

The Last Song is a coming of age story intertwined with an unrealistic teen romance-ancient teen rebellion, and a pinch of Christianity, which is quite enough for me. The style in which it's written is a style I haven't seen from Sparks' before. By switching between characters' points of view, the story becomes viewable from all angles and relatable to many different crowds. Although I was shaking my head and making undecided faces throughout the entire story, it was the end that made me fall in love with the novel, as it is typical of most of Sparks' novels. As I looked at the last page and shook my shirt in irrepressible tears, I became the man that I knew I had hoped to reach in this story. The novel seems to be about the coming of age-teen-romance and that is what makes it appropriate for a younger audience, but for me the love story is between Ronnie and Steve. It is about the bond between a father and daughter and the friendship that can grow from that. When I Look at You," Miley Cyrus' song, seems to be about Ronnie's summer fling, but it's about that bond; that unconditional love. It's a difficult thing to find in reality and this book forces you to feel it.

For what it's worth, a clichéd Nicholas Sparks novel is entertaining at best. If the book didn't end the way it did and was just about the romantic teen drama, I wouldn't have liked it nearly as much. I recommend reading it if you have free time or particularfarily like Nicholas Sparks novels, and if you do then keep holding through it; the end is excellent, I promise.

I won't give away the ending, but to give you some idea this was my experience: As I closed the last page and popped in my iPod, the first song that came on shuffle was "When I Look at You." The song instantly had more meaning than before; it new, more powerful meaning. This was The Last Song, the one from the novel. My vision continued to blur as I stared out the window. I blinked frantically to hide the tears that I couldn't stop and just at that moment the flight attendant announced "I'd like more cranberry juice. I don't recommend finishing The Last Song on a plane."

Official Cover for The Last Song

Ben Folds Makes Concert Attendees feel "The Luckiest"

SAMANTHA KVIRIBOT
ASSISTANT EDITOR-IN-CHIEF

A crowd of people, myself and my guest including, were seated inside of the Providence Performing Arts Center on Friday, October 3rd. The beautifully decorated theater's red and golden walls were dimly lit, building the anticipation in the crowd for Ben Folds' performance with the Rhode Island Philharmonic Orchestra. Folds' music has a bombay feel, very up tempo and has a similarity to the musical styling of Elton John.

The performance started on time, with a beautiful and powerful introduction to the Rhode Island Philharmonic Orchestra, led by Francisco Noya, Resident conductor for nine straight seasons. Ben Folds entered about five minutes into the performance and took his seat at his piano center stage.

It was clear to see that the people in the audience that night were true Folds fans, as they cheered loudly and applauded and Folds strode across the stage and began to play. He played for about an hour, and then another half an hour encore as the crowd cheered for more. He played some favorites like "Zak and Sara," "Effington," "The Luckiest," and even some preview tracks from his upcoming new album.

He also got the audience involved in the performance by encouraging them to sing along with him. He even divided the entire room into three parts harmony and conducted a rendered duet during certain parts of the song. He kept everyone laughing and cheering the whole time with a beautiful and powerful introduction to the pre-performance and took his seat at his piano center stage.

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Costumes in Your Closet

JAMIE TANG
STAFF WRITER

Nerd: A classic. This is too easy. What you need: A button down shirt, bow-tie/tie, pants/jeans, high socks, dress shoes, and of course, the glasses. Optional: suspenders, pocket protector. Keys to creating the look: Think Steve Urkel.

Roman: This for those that don’t have any clean clothes. What you need: A bed sheet and safety pins. Optional: fancy rope (as a belt). Keys to creating the look: There’s really not much to this outfit, just wrap yourself in the sheet. You can use safety pins to keep the sheet in place as the night goes on. Wearing gladiator-type sandals would be nice (and also wearing regular clothes underneath, just in case someone yanks too hard on your toga).

Charlie Brown: A childhood memory. What you need: A yellow T-shirt, black shorts, black shoes, and black duct-tape. Keys to creating the look: Ideally, you’d be bald, since Charlie Brown was bald... but that’s a minor detail. You’ll want to use duct-tape to create the zigzag around Charlie’s shirt. (This could be a fun group thing, all you need to do is pick another Peanut character and buy their shirt color and use more duct-tape. It’s not as easy as the girl characters, but it’s still super easy if you want to pull this off.)

Tom Cruise: Do you really need to be coached through this one? Girls are typically seen with this costume, but it’d be cool to see a guy pull this one off. What you need: A white button down shirt, sunglasses, socks, and underwear. Optional: Toy guitar. Keys to creating the look: And make sure you’re not wearing pants! Go watch Risky Business and you’ll get the idea.

Mr. Monopoly: Let that suit breathe for a night. What you need: A suit jacket/sport coat, a white button down shirt, gray pants, black top hat, red bow tie, black shoes, white moustache. Optional: Cane, play money. Keys to creating the look: You have to be well-polished. Mr. Monopoly isn’t sloppy. Tuck that shirt in and comb your hair. And wear socks with your shoes.

Miss America: Break out that prom dress from high school that we all know you brought to college. What you need: A fancy dress, heels, crown, “Miss America” sash. Keys to creating the look: Big, BIG hair and lots of makeup and smiling. Perfecting the handshake and your acceptance speech is a plus.

Where’s Waldo: Hide in all of your pictures. What you need: A red and white striped shirt, blue jeans, a red and white hat, glasses. Keys to creating this look: You need all of these items to look like Waldo, no exceptions!

The Best and Worst of Halloween Candy

MEGAN SYLVA
STAFF WRITER

When it comes to Halloween candy, there is always the candy that is snatched up right away, and candy that is left sitting at the bottom of the bowl. Everyone has their favorites and least favorites, and after comparing the results of several internet polls, there are some that stand out above the rest as the most and least popular.

Chocolate is, by far, preferred over all other types of candy in the polls, although there are a few non-chocolate candies that make the list. Many of the highest placing candies come as no surprise. Ten of the all time top Halloween candies include: Reese’s Peanut Butter Cups, Snickers, Milky Way, Kit-Kats, M&M’s, Hershey’s Bars, Twix, Three Musketeers, Skittles, Sour Patch candy, and Starburst, according to Yahoo.com.

Ten of the least favorite candies hand-ed out on Halloween include Tootsie Rolls, Dum Dum Pops, Smarties, Laffy Taffy, Goof & Plenty, Lemonheads, Mounds, Almond Joy, miscellaneous hard candies, and Necco Wafer, which come in as the undisputed winner for the worst Halloween candy. Along with these candies, there are also the infamous non-candy treats that all trick-or-treaters avoid on Halloween. Apples, raisins, peanuts, and mini bags of popcorn always rank among the most unwanted of treats (skeptically.com).

There are some ambiguous treats that are found on both the favorite and least favorite lists. The most prevalent is candy corn, which proves itself to be a true love-it or hate-it candy. Some of the other controversial treats include Twizzlers and Jolly Ranchers.

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“Flipping” into a New Era

By STEPHANIE LYTAN
SPORTS EDITOR

At the 2008 Olympics the United States walked away with a total of 110 medals, 10 of them coming from gymnastics. Since the success of the 1984 Olympic Games in Los Angeles, the U.S. Gymnastics team has seen an increase in the depth of their team. From Mary Lou to Shannon, Monica to Johnson, memberships at gyms and attendance at events have increased. During the quadrennial leading up to the Olympics there's always a “churning of the guard.” At this year’s National Championship there were four returning Olympians (Shawn Johnson has yet to announce her retirement, and Alicia Sacramone came out of retirement after Nationals), as well as two of the three Olympic alternates competing for the top spot in the nation. This made the field very deep and the foreseeable outcome unknown.

For two nights in Dallas, Texas, three competitions stood out from the rest. 2008 Olympian Bridget Sloan, and two ladies from the powerful WOGA gym Rebecca Bross and Ivana Hong. Both of whom are coached by 1988 Olympic Champion Valerie Liukin. On the night of August 15th a new champion was crowned. Bridget Sloan, age 17 hailing from Pittsboro, Indiana took the women’s all around title, with Hong and Bross taking second and third.

The next competition would be in London at the 2009 World Championships. Not your typical championship, with no team competition, Sloan and Bross qualified into the top spots for the all around, with a chance at becoming gymnastics newest queen. Sloan knew that with Bross leading going into the third rotation there was little room for error and Sloan knew that. By sticking her last pass on the floor exercise Sloan sealed up the all around title and became the fifth US Woman to do so. Sloan set the tone for the next four years with her gold medal.

With every quadrennial comes a new code of points and new faces to learn. With gymnastics becoming more technical and less about the artistry it will be interesting to see how things play out. It will also be interesting to see if the 2008 Olympic Champion Nastia Liukin and Shawn Johnson return to the competitive action. With Bross coming in second in the all around world championships, this sets up an interesting pattern. Bross is from the ever powerful Plano, Texas gym WOGA, which has never produced a World Champion. They have however produced two silver world medalists in the all around and two all around Olympic champions in back to back years.

There is still a lot of time between now and the 2012 London Olympics, a lot can happen in the next four years. Injuries, burn-outs, and moving on from elite status can have a lot to do with who will be one of the six in 2012. The success I'm sure the USA will have over the next few years will be enough competitors to beat the reigning Olympic champions China in 2012.