American Cancer Society Relay For Life of Johnson & Wales University Plans Kickoff Celebration

The American Cancer Society Relay For Life of Johnson & Wales University will officially get underway on Saturday, and participants gather at Xavier Auditorium on Wednesday January 20th for a kick-off rally to launch their fundraising efforts for the year. The rally will honor cancer survivors and feature food, prizes, raffles, fun, and benefit a great cause. Kick-off celebration begins at 7pm – join the fun!

The world’s largest grassroots fundraising movement, Relay For Life mobilizes communities throughout the country to celebrate people who have battled cancer, remember loved ones lost, and provide participants with an opportunity to fight back against the disease. Relay brings together friends, families, businesses, hospitals, schools, faith-based groups, people from all walks of life – all aimed at furthering the American Cancer Society’s vision of creating a world with less cancer and more birthdays.

The Relay For Life of Johnson & Wales University is currently seeking students from Johnson & Wales to serve as team captains, team members, and volunteers for the 12-hour event on March 26th to March 27th which starts at 6pm and ends at 6am. Anyone interested in becoming a team captain, a team member, volunteering or just finding out more about Relay For Life is encouraged to attend the kick-off. For more information please contact Mike Urgo at your American Cancer Society at 401-243-2645 or mike.urgol@ cancer.org or visit www.relayforlife.org/johnson, wvu.

“Relay For Life gives the Johnson & Wales University community a unique opportunity to contribute to the American Cancer Society’s mission of saving lives, by helping people stay well, by helping them get well, by finding cures, and by fighting back,” said Mike Urgo, Community Executive, Development for the American Cancer Society. “Residents who give their time, energy and financial commitment to this exciting event are really standing up for our community and its pledge to join the fight.” In 2010, there are 18 Relay For Life events happening around Rhode Island. For more information about Relay For Life in your community call 1-800-227-2145 or visit relayforlife.org.

The American Cancer Society combines an unfailing passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early, helping people get well by being there for them during and after a cancer diagnosis, by finding cures through investment in groundbreaking discovery, and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation’s largest non-governmental investor in cancer research, contributing about $3.4 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us any time, day or night, at 1-800-227-2145 or visit cancer.org.

Contact: Jonathan Justiniino
Email: jag58@jwu.edu

Wing Bowl a Delicious Success

MAIKE ROBINSON
CONTRIBUTING WRITER

For the past four weeks the Student Senate has been working and planning a fundraising event for Relay For Life. SGA had a simple outlook on what they wanted this fundraiser to be like. They wanted to get the most organizations together, have fun, eat a lot, and raise money for a good cause.

SGA had a timed eating competition, where each team was comprised of three team members. Two of them had to eat 1&1/2lbs of either BBQ or Buffalo wings and the third person had to eat 5 Sauces.

Also SGA had a sponsor for this event; it was a hybrid energy drink company from Lincoln, RI called Swing Juice. They donated many items for the students to have, and also helped out with publicizing this event. About 200 people showed up to the event, and 16 teams participated. However, the winning team was the Tau Epsilon Phi fraternity! Congratulations!

Ants Marching to Perform at Johnson & Wales

BRANDON LYNCH
STAFF WRITER

Ants Marching is a 6-piece tribute band of the world famous, award winning Dave Matthews Band. The band’s hometown state is New York, and they play mostly on Long Island at local venues. For those who think they are just another typical cover band, you would be completely mistaken, they are more than that.

When I first listened to them, I had that same type of mentality. However, after listening to a few songs off their myspace page, I was shocked to discover that they have a definitive sound of their own that also reminds me of listening to the Dave Matthews band.

It is more than only the lyrics that reminds me of DMB, it is the way they play their instruments and the rhythm they have as they do. All 6 members bring something completely different to the band which is what makes them, and pretty much all bands as good as they are. Ants Marching are scheduled to play at Johnson & Wales University on January 22nd at the Pepsi forum, with the show starting at 8:30pm. This event is sponsored by the University Involvement Board.

Johnson & Wales Hockey Downs Buffalo State, 6-4

DANIEL BOUNT
DIRECTOR OF ATHLETIC COMMUNICATIONS

Marboro, Mass. – The Johnson & Wales University hockey squad posted a 6-4 victory against Buffalo State in a non-conference contest at the New England Sports Center on Friday afternoon.

Johnson & Wales took the early lead when senior Kevin Marcehi (South Portland, Maine) scored at the 7:48 mark to put the Wildcats up 1-0. JWU had the one goal lead heading into the locker room after the first period of play.

JWU extended their lead to 2-0 just 2:01 into the second period on goal by junior Craig Houle (Burlington, R.I.). Buffalo State responded with a power play goal at the 16:31 mark of the second period by junior Nick Petriello (St. Catharines, Ont.). The Bengals then knotted the game at 2-2 with their second power-play goal of the day by senior Connor King (Brentwood, Tenn.) with just :59 left on the clock in the second stanza.

The Wildcats controlled the action in the third period, scoring three unanswered goals to take the 5-2 advantage. Freshman Jason Pietraniak (Shrewsbury, Mass.) tallied a power play at the 8:04 mark and the Wildcats took the 4-2 lead on a goal by freshman Marc Carter (Royal Oak, Mich.) at 10:28. JWU had the 5-2 lead when sophomore Johannes Hettzberg (Stockholm, Sweden) scored his first collegiate goal, what would prove to be the game-winner, at the 12:01 mark. Buffalo State again responded and cut the lead to 5-3 on a goal by senior D’Arcy Thomas (Gatineau, Quebec) at 15:56. With less than a minute remaining, JWU extended their lead to 6-3 on an empty net goal by sophomore Demecse Ricchetta (Sarnia, Heights, Mich.) and then held on for the 6-4 victory.

Junior RB Woodland (Pictou, Ontario) had 27 saves in the win for Johnson & Wales while sophomore Alan Fitch (Sagamore Beach, Mass.) made 21 stops in the setback for Buffalo State.

With the victory Johnson & Wales improves to 5-9 for the season while Buffalo State falls to 5-10-1 for the year.
### Campus News

#### CRIME LOG

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>LOCATION</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>Friday, 1/18/20 at 6:05 pm</td>
<td>Armory / Smith Hall</td>
<td>Student arrested and charged with a narcotics violation.</td>
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<tr>
<td>Friday, 1/18/20 at 1:17 am</td>
<td>Armory / The Core</td>
<td>Student arrested and charged with a narcotics violation.</td>
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<td>Friday, 1/18/20 at 7:30 pm</td>
<td>Armory #3/Off Campus</td>
<td>A student walking on Ohio Avenue toward Narragansett Boulevard, stated that he was approached from behind by three males and one of them demanded everything. The student observed a black handgun and immediately compiled by handing over his wallet. The suspects then fled on foot and entered a light colored vehicle, which left the area traveling toward Broad Street.</td>
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<td>When walking at night, it is best to travel in groups. Stay alert to your surroundings at all times.</td>
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<th>If you have any further information regarding these incidents please contact the Crime Prevention Unit. All calls are confidential.</th>
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<td>(401) 598-2947</td>
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### Harborside Recreation Center

#### Aerobic Schedule 2nd Trimester 2010

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<tr>
<th>Day</th>
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<tr>
<td>Monday</td>
<td>12pm-2pm</td>
<td>Mix It Up</td>
<td>3pm-4pm</td>
<td>Results</td>
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<td>Strength and Conditioning</td>
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<td>Cardio Interval</td>
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<td>5pm-6pm</td>
<td>ZUMBA Cardio Kick-boxing</td>
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**New Class and Instructor - Boot Camp:**
- An intense conditioning class that incorporates cutting edge training techniques that can produce amazing results.

**Cardio Kick-boxing:** This class aims to challenge participants through its sequence of exercises and intensity of training. The movements used build incredible core strength, burns fat, and creates explosive power.

**Zumba:** A fusion of Latin, International, and dance music, creating a dynamic and effective fitness workout. Easy to follow dance steps with body-sculpting movements.

**Yoga:** A journey to mind, body, and spirit awareness based on strength and balance.

**Power Plates:** A method of movement and exercise that emphasizes core stability; focus is on abs, low back, hips, and thighs.

**Shred and Sculpt:** A full body conditioning class, combining resistance training and cardio fitness. Intervals of step and traditional floor exercises followed by abdominal and weight training. Build strength and burn calories!

**Cardio Mix:** High intensity, low repetition, step aerobics, and kickboxing all mixed together for a heart pumping, exhilarating workout.

#### Self-Defense/Martial Arts:
- Classes consist of self-defense techniques, forms, sparring, and submission grappling. It also increases metabolism and teaches life saving techniques.

#### Johnson & Wales Men's Basketball

**Drops 72-65 Decision Against Emerson**

**Daniel Booth**

**Director of Athletic Communications**

** Providence, R.I.** - The Johnson & Wales University men's basketball team lost to Emerson, 72-65 in a Great Northeast Athletic Conference contest at Brown & Plocher Gym on Monday afternoon.

Sophomore Lamont Thomas (Providence, R.I.) led Johnson & Wales with a game-high 20 points and three rebounds, while fellow sophomore Calvin Jones (Providence, R.I.) added 20 points and six boards in the loss for the Wildcats.

Emerson had three players in double figures led by senior Bryan Rouse (East Greenwich, R.I.) with 24 points. Sophomore Nathan Firn (Walpole, Mass.) added 17 points and nine rebounds while junior Tom Messinger (Florence, Mass.) chipped in with 12 points on four pointers.

Emerson jumped out to the early lead when a three-point play by Firn put the Lions up 17-9 with 14:44. Emerson led by as many as 10 in the half before taking the 38-30 lead into the locker room at halftime.

Johnson & Wales went on an 11-2 run to open the second stanza and took a 41-40 lead on a jumper by Thomas with 15:09 remaining. The teams traded the lead over the next three minutes until a layup by senior Jeremy Shannon (Lowell, Mass.) gave the Lions a 46-43 edge. Emerson was able to open a seven point lead with 5:47 remaining on two free throws by junior Kabir Moss (Chico, Calif.). The Wildcats chipped away at the lead and pulled within 61-60 on two Jones foul shots with 3:01 left. Route responded with a layup and Moss followed with one of his own to give Emerson a 65-60 advantage. Junior Justin Adams (Providence, R.I.) hit a three pointer to pull the Wildcats within two points at the 1:12 mark, but that would be as close as JWU would get, however as Emerson held on for 72-65 victory.

With the loss Johnson & Wales falls to 5-9 overall and 2-5 in the GNAC while Emerson improves to 9-5 for the season, 6-1 in league play. The Wildcats will return to action on Saturday, January 23rd when they travel to Emmanuel for a Great Northeast Athletic Conference contest, starting at 1:00 p.m.
Super Lemony Lemon Squares

Ingredients:

- 12 tablespoons (1 1/2 sticks), plus 1 tablespoon cold unsalted butter
- 1&3/4 cups plus 3 tablespoons all-purpose flour
- 2/3 cup confectioners’ sugar, plus more for garnish
- 1/4 cup cornstarch
- 3/4 teaspoon salt plus a pinch

- 4 eggs, lightly beaten
- 1&1/3 cups granulated sugar
- 1&1/2 teaspoons lemon zest
- 2/3 cup fresh lemon juice, strained
- 1/4 cup whole milk
- 2 tablespoons limoncello, or other lemon-flavored liqueur, optional

Method of Preparation:

Lightly butter a 9 by 13-inch baking dish with 2 teaspoons of the butter and line with 1 sheet of parchment or waxed paper. Butter the top of this sheet of paper with 1 teaspoon of the remaining butter and then lay a second sheet of parchment or waxed paper crosswise over the first sheet. The parchment should be cut large enough so that the sides are even with the top of the baking dish. Set pan aside.

In a large bowl combine 1 3/4 cups of the flour, 2/3 cup of the confectioners’ sugar, the cornstarch, and 3/4 teaspoon of the salt and mix thoroughly. Cut the remaining 12 tablespoons of butter into small pieces and add to the flour mixture. Using your hands, 2 forks, or a pastry blender, work the butter into the flour mixture until the mixture resembles coarse meal. Transfer the butter-flour mixture to the prepared baking dish and press into an even 1/4-inch layer along the bottom and partly up the sides of the pan. Refrigerate for 30 minutes.

While the crust is chilling, preheat the oven to 350 degrees F.

Bake the crust until golden brown, about 20 to 25 minutes.

While the crust is baking, assemble the filling by com-
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**The Office of Student Activities Presents**

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**Tuesday, February 9**
**Xavier Auditorium**
**8PM**
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JWU ID Required
Limit 1 ticket per JWU ID

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"It's Complicated" Turns Out To Be Simply Enjoyable

Samantha Krivobok
Editor-in-Chief

Stephanie Lyman
Sports Editor

Classic Hollywood beauties Alec Baldwin, the lovely Meryl Streep, and funny man Steve Martin and John Krasinski are Adam (Steve Martin), who is slowly easing her out of his pain. He is two years out of a divorce and is learning to move on with his life. Adam takes a liking to Jane; they begin to bond over their divorce and realize that they have more in common than working together and being divorced.

During the Adlers' son's graduation from college in New York City, Jane and the suburbs, they go to Starbucks (which now serves coffee and blood). It's basically like he whole world went vampire and is going on with their never-nevering lives. Now, don't think this is just a dream. This is a great action movie as well, since William Defo Plays the leader of a band of humans that are trying to find a cure for this vampire infection. They fight vampires with cross bows. This is an action movie mixed with a lot of social satire and it works beautifully. It has a message, but it never tries to bang you over the head with it. If you love vampires and gore (did I mention there are gallons of blood in this movie?), then this is a movie that can't be missed this January.

Daybreakers" a True Vampire Movie

Christopher Pratt
Contributing Writer

Finally, a film has come out about vampires that is here to take us away from the land of sparkling and adolescent vampires and return to them to their dark roots. These vampires are true to the mythology. They can't be seen in mirrors, they have to drink blood, and instead of sparkling they burst into flames in the sunlight. This is one of the first films about vampires that I have seen that takes place in the future.

This film takes more of a science fiction take on the vampire mythos. You could even consider this a spiritual successor to the novel I am Legend. In this world, Ethan Hawke plays Edward Dalton, a scientist who is trying to find a blood substitute since the world is now taken over by vampires, and they're running out of humans to farm for blood.

One thing that is great about this film is that it is not a post-apocalyptic film. The vampires have a nice society going. They live in

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INTERNATIONALLY SPEAKING
Comparing the Differences of Clothing Culture Between China and America

JING XUE
CONTRIBUTING WRITER

How do we judge one’s background from his/her appearance? When I first time arrived in America, I could see the obvious differences between an American and a Chinese person by what they were wearing. Also, clothes are a symbol of one’s background. Clothing closely connects with culture, it is a typical symbol of developing society. Comparing the differences of clothing culture between China and America in three periods of human society will help us understand more about culture shock.

First of all, when comparing traditional Chinese clothing with American clothing culture, it mostly depends on history background. Chinese traditional clothing formed over a long historical period. In the independent social environment, it has its own clothing system. It focuses on fine arts and expressing a romantic imagination. Also, it is affected deeply by Taoists to express peaceful spirit. On the other hand, American clothing culture is deeply affected by western culture. It focuses on the human body. Compared to traditional Chinese clothes, American style is more revealing; it mainly describes the human body.

Secondly, in modern society, both of them become more similar. The main reason is that jeans have become popular in both countries. Also, famous clothing brands like Louis Vuitton and Gucci are popular in both countries. However, there are still three main differences. First, Chinese clothing is less changing, but American clothing is multi-changing. That is because Chinese people always try to look the same. Yet, Americans focus on self-performance. Also, the designers in America make clothes unusual. Second, Chinese girls dress more conservatively than the sexy dressing Americans. Third, there are less choices for men in China. If people go to a shopping mall, just half of the floor is men’s clothes. In contrast, there are so many choices for American guys.

Thirdly, predicting Chinese and American clothing culture in the future, both of them will become more and more similar. It is affected by global culture mixing. Also, nowadays, people don’t want to show distinct class and wealth differences by clothing. That is why sport clothing is so popular worldwide.

In conclusion, my purpose is to compare the differences of clothing culture between China and America during human history. We know that clearly the differences of clothing culture comes from historical reasons, personal choices and globalization. Learning about different clothing cultures can help us understand more about culture.

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