Efforts Made Towards Stopping Smoking
Near John Hazine White Building

SAMANTHA KOMOROT
EDITOR-IN-CHIEF

As the winter progresses and the degree's keep dropping, smoke fumes around the entrances to the John Hazine White building are increasing. Students and faculty/staff smokers alike line close up to the doors for smoke breaks. The circulation of these smokers, then easily move into the building, creating a smoking zone. Complaints from non-smoking students are skyrocketing almost as high as the levels of smoke. Sometimes you can smell it on the third floor!" says Marie Robinson, Speaker of the Senate of the Johnson & Wales University Student Government Association.

As an active member of the SGA, Robinson has helped develop a smoking ban with student body president Marc Coda has been working hard to spread the word. "We're really trying to educate people on the effects of what's happening. A lot of people feel uncomfortable around all the smoke," says Robinson. "If I had to walk into this thick wall of smoke every time I went near the building, it's gross," says Nicole Geranich, Food Service Management 11.

The SGA is very thankful for all the people that have voiced their opinions, and are always looking for more people to get into it. "I wish that more students could get involved. If you don't say anything, how can we fix it?" said Robinson in a recent interview. "I'm so proud of my senators. Everyone's really coming about this year and putting their best foot forward."

Although the team has been hard at work, unfortunately things can't happen overnight. "It is going to take some time, but we're determined to fix this, as well as situations that come up on this campus.

If you're interested in joining the SGA or have any questions/suggestions, meetings are held every Tuesday at 6:00 p.m. in the presentation room in the Yena Center. Also, applications for representative and senators begin in the second week of April for the 2010-2011 school year.

Why I Relay:
A Student's Story

CHARLEY MILLER
CONTRIBUTING WRITER

Every one has a different reason to relay; some have lost grandparents, parents, siblings, loved ones, and friends. The reason I relay is for my life.

On April 21st 2009, I learned news that would forever impact my life. I recently had surgery for my appendix and through normal routine tests, they saw abnormalities. During my recovery back at school, I received a phone call from my doctor telling me to schedule a post operation appointment with him to see how I was healing. I went in and was asked a series of questions followed by a series of tests. When I finally asked why I was getting all these extra tests done, another doctor came in and introduced himself as Dr. Baker. He then proceeded to tell me that he was an oncoligist and that I had stage two ovarian cancer.

Since that day, the word "cancer" has had so much more meaning and emotion to me. That word has forever changed my life. I gained a whole new outlook on life. From the day I started chemo, everyday has become more real.

On October 10th, I went in for a routine check-up when they discovered a lump in my left breast. After a biopsy and more tests, they diagnosed me with stage 1A breast cancer.

They started me on a more powerful treatment of chemo because the cancer had spread to my lymph nodes and my other breast. Over Christmas break, I had a lump removed and a chemo pump put in after they realized that my left kidney was failing and I needed to be started on a weekly dialysis.

Every day I continue to fight the battle against cancer. When you see me look at me, you don't see the cancer. People don't realize that cancer is everywhere. I wouldn't have the strength to carry on everyday without my mom, my dad, my sister, and my best friend Blair. They have been the pillars to my life. My parents give me their endless amount of support and are there every step of the way. My sister giving me every inch of her time to talk to when I need her the most. And my best friend, who gives me his endless love, his strength for when I have none, who holds my hand when times get rough, and who gives me hope for a new day to come.

Relay raises support not only for cancer victims, but also for the families of the victims. This is why Relay is so important to me. This is why I Relay.

If you or anyone you know on campus is a survivor or currently battling cancer, please let them know that there are others here on campus too. The Relay committee is here to support all of those who are affected by cancer; fighters, survivors, and caregivers. Please contact Cameron Nord (CN7977) if you would like to participate in the event as a survivor or fighter.

www.relayforlife.org/johnsonawaleski

Great Changes Taking Place
at Harborview Dining Hall

JOHN FOLEY
STAFF WRITER

You probably don't know his name, but odds are that you've been the beneficiary of Chef Vinicius delBianco's culinary and managerial insight. A man, who at first glance might go unnoticed as he does spot checks around the dining room, pushing in chairs as he goes, has made significant changes in his short time at the helm of Harborview. With weeks of taking control of the culinary campus' largest eatery, Chef delBianco already has diners buzzing in light of menu additions, recipe changes and an attention to detail that has brought even the smallest elements to life.

Whether it is something as simple and mundane as the addition of ice cream to the often un-used freezer or the inclusion of freshly steamed broccoli to the salad bar, things are going well and all signs point to continued growth with the new leader spearheading efforts.

I had the privilege of speaking with the new Chef to get some background and bio information. A long-time JWU staff member, Chef delBianco graduated in 1999 after serving as both a teaching assistant and fellow. His skills were parlayed into a short stint as a line cook at Foxwoods Resort and Casino, where the opportunity to return to his Alma Mater soon came knocking. He started out in Café Commons and after two years, moved onto Snowden, managing the eatery in just its second year in operation. He spent three and a half years in his post before he made a name for himself as a consistent producer and manager. He then moved to City Burger before settling in at his current position in Harborview. He attributes his recent success to a fundamental belief in doing what is right. "You put out what you should put out," says delBianco, a proponent of simple things done well.

Behind the line he can be seen systematically tasting and re-testing to ensure quality in addition to many of his managerial decisions.

One of the lasting criticisms of Harborview over the years has been their lack of large beverage cups, an issue simple enough to fix, that had escaped the staff's notice until recently. "It's a matter of just putting pen to paper," said the new manager. He has had no problem making change where it is needed and his efforts are not going unnoticed. In addition to this writer, Harborview has drawn the attention of campus diners in droves. Attendance numbers are up and the buzz around the dining room is overwhelmingly positive. While there have been the occasional slips associated with an education establishment, the vast majority of diners walk away pleased.

There is more positive change on the radar as well. In addition to seemingly simple seasonings changes, Chef delBianco will be expanding the menu, building on an idea that has been in the works for some time, adding another week onto it's already three week rotation. With variety being the spice of life, you can expect more interesting changes on the way.

323 Weybosset Street, Providence, RI 02903

Students at the 2008 Relay For Life, The Campus Herald

Vol. L.IV, No. 10
February 3, 2010
CRIME LOG

Wednesday, 1/13/10 at 9:20 pm Arrest / Harbor View Student arrested and charged with a narcotics violation. Saturday, 1/16/10 at 1:00 am Sexual Assault / Off campus

Suspicious description:
Light skinned male, 18-21 years of age, approximately 5’5”-5’7”, dark colored hair, medium build, wearing a white-cheeked tee shirt, known as “Mario”

Light skinned male, 18-21 years of age, between 5’8”-6’, medium build, large nose, wearing a black polo shirt, name unknown

The assailants spoke with a Spanish accent and may be Columbian or Latino.
A female student reported she was sexually assaulted.

The alleged assault took place during a party held at an off-campus residence in the vicinity of California and Tennessee Avenues.

The JUW students who currently reside at the address stated that they do not know the identities of the alleged assailants who attended the party at their residence.

Tuesday, 1/19/10 at 3:45 pm Arrest / Off Campus Student arrested and charged with a narcotics violation.
Tuesday, 1/19/10 at 4:00 pm Assault / Threated with a knife / Off Campus Narragansett Blvd

Suspended description
Light-skinned black or Hispanic male, thin build with a shaved head

NOTE:
On Friday, January 8, 2010 a similarly described suspect was involved in a robbery incident on Ohio Avenue, where the suspect reportedly had a handgun.

On January 17, 2010 at 2:30pm Providence Police responded to Narragansett Boulevard at the intersection of Albuquerque Avenue. The victim, a member of the university community, told police that while approaching the doorway to his residence an unknown male subject approached him with a pocket knife, placed it to his neck and threatened to kill him. The victim indicated that he had not spoken to the assailant prior to the incident and the assailant appeared to be under the influence.

After a brief struggle, the assailant fled and entered a blue colored Ford Taurus parked on Alabama Avenue with 3 others subjects inside. The vehicle was last seen leaving the area on Narragansett Boulevard.

Friday, 1/22/10 at 1:50 am Arrest / Snowden Hall Student arrested and charged with a narcotics violation.
Monday, 1/25/10 at 1:30 pm Suspicious person / Off Cam

Angel St.

Suspect description: White male, 35-39 years of age, heavy set with a round face, brown eyes, small moustache, balding with dark colored hair, last seen wearing a long sleeve, dark colored shirt bearing a blue and white patch on the shoulder.

Vehicle description: Maroon colored mini-van; newer model

Crime Prevention Tips
- Avoid strangers even if they seem friendly.
- Take an active part in identifying and reporting potential safety and security problems/hazards as soon as possible.
- If you have any further information regarding these incidents, please contact the Crime Prevention Unit. All calls are confidential. (401) 598-2947.

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Grapefruit: Friend or Foe?

NICHOLAS OEBERG
CONTRIBUTING WRITER

The United States is known for its high quality of healthcare, especially with the recent push from President Obama to have most citizens can expect to get affordable healthcare (Of course that means we will just make up the cost in taxes, though I digress). This also means that many medications could possibly increase in use. Many medications have complications such as side effects, and more importantly, food and drug interactions. For example, antibiotics are notoriously known to be affected by dairy products. Taking dairy products with antibiotics will nullify their purpose.

The most serious issue of all is when the food and drug interaction could send people into a coma, or even death! Thus, bringing us to the most controversial fruit of all to interact with drugs, the grapefruit. Grapefruit affects the chemical pathway inside your body. Depending on the medication you are taking, it can increase the effective potency. The properties that cause this problem in grapefruit are known as phytochemicals (plant based non-nutritional chemical). Narangin, bergamottin and dihydroxybergamottin inhibits the enzymes that affect numerous pathways throughout the body. For example, if you take a cholesterol statin lowering drug such as Lipitor, you will double its effectiveness. It may be okay if the dose is small, however, you should not take this risk due to the adverse reactions this can possibly cause.

Anti-histamines are another big no-no with grapefruit and should not be taken together. A senior citizen enjoying his vacation in Florida had taken some anti-histamines for his allergies. While enjoying a nice Floridian sunset, he decided to indulge himself in an unsuspectingly dangerous, but curiously healthy beverage. He had consumed grapefruit juice and shortly after, he kicked the bucket. This is very important, especially if you leisurely decide to enjoy grapefruit juice, it may be your last drink.

This being said, grapefruit is still good for you to have if you are not taking any medications with it. Grapefruit has many beneficial properties all thanks to the naturally occurring phytochemicals. According to Super Nutrients by Lyndel Costain, numerous studies have shown citrus fruits to have a protective effect against cancer, especially stomach. Flavones may help, as may vitamin C, which blocks the formation of nitrites into potentially carcinogenic nitrosamines. Grapefruit is also well known for benefits in lung function, being a preventative to lung cancer, and can lower cholesterol.

I have been doing my co-op at Boston medical center this trimester so I can gain some clinical experience to use for applying for my dietetic internships. I have done many important tasks thus far and have included a food and drug interaction about what to avoid with grapefruit. This does not include many medications that would also exclude the use of grapefruit which is worth noting. I hope that this table will be useful for anybody who reads this article and arms themselves with this important information especially with the recent bill passed for healthcare. Remember, food can be very healthy but yet also deadly. So next time you take a bite into your grapefruit or are sipping on some grapefruit juice, make sure it is not your last.

### Generic Name of Drug

<table>
<thead>
<tr>
<th>Drug Type</th>
<th>Drug Name</th>
<th>Food and Drug Interaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>dofetilide</td>
<td>Antiarrhythmic drug</td>
<td>Avoid Grapefruit</td>
</tr>
<tr>
<td>fendipine</td>
<td>CCB</td>
<td>Avoid Grapefruit (Calcium Channel Blocker)</td>
</tr>
<tr>
<td>irinapenol</td>
<td>Anti-fungal agent</td>
<td>Avoid grapefruit</td>
</tr>
<tr>
<td>nefapine</td>
<td>CCB</td>
<td>Avoid Grapefruit</td>
</tr>
<tr>
<td>nimodipine</td>
<td>CCB</td>
<td>Avoid Grapefruit</td>
</tr>
<tr>
<td>simvastatin</td>
<td>Lipid lowering agent</td>
<td>Avoid grapefruit</td>
</tr>
<tr>
<td>tacrolimus</td>
<td>Immunosuppressant agent</td>
<td>Avoid large amounts of grapefruit juice</td>
</tr>
<tr>
<td>verapamil</td>
<td>CCB</td>
<td>Avoid large quantities of grapefruit juice</td>
</tr>
</tbody>
</table>

### Loaded Oatmeal Cookies

#### Ingredients:

- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 2 1/2 cups quick-cooking oatmeal
- 1 cup raisins
- 1/2 teaspoon chopped walnuts
- 1 teaspoon vanilla extract

For the icing:

- 1 stick salted butter
- 3 cups sifted confectioners’ sugar

#### Method of Preparation:

- Preheat the oven to 350.
- Grease 1 or more cookie sheets.

Using a mixer, cream the butter, shortening and brown sugar. Add the eggs and beat until the mixture is light in color. Add the buttermilk.

Sift together the flour, baking soda, salt, baking powder, ginger, nutmeg, cinnamon, cloves and allspice in another bowl; stir the dry ingredients into the butter mixture. Fold in the oatmeal, raisins, walnuts and vanilla. Drop by heaping teaspoonsfuls, 2 inches apart, onto cookie sheets.

Bake until lightly browned, 12 to 15 minutes.

Meanwhile, prepare the icing: In a small saucepan, heat the butter over medium heat until golden brown, stirring occasionally. Remove from the heat; stir in the confectioners’ sugar and vanilla. Stir in enough water (3 to 4 tablespoons) to make the icing drizzling consistency. Drizzle on the warm cookies.

*Makes 48 cookies

Recipe appears courtesy of Paula Deen

---

**Are you a foodie?**

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Get it while it lasts!

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2010

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FEB 01
Winter Bingo
6PM HRC

TUESDAY
FEB 02
Photo Snowglobes & Fire Dining
4:30-8:30PM
Harborview Dining Hall

WEDNESDAY
FEB 03
Karaoke For a Cause
7-10PM HRC lounge

THURSDAY
FEB 04
14th Annual One-Ton Sundae
12:30PM HRC Main Lobby
& Movie Night: Precious
9PM HRC

SATURDAY
FEB 06
Snoball (CSO)
7PM-12AM
Crowne Plaza hotel
Warwick, RI

SUNDAY
FEB 07
Superbowl Party
HRC 8pm
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Here is a list of companies attending, as of 1/26/10

AAA Southern New England
AFLAC
American's Test Kitchen
American Cruise Lines
AmeriCraft Cookware
ARAMARK
Atrion Networking Inc
Aqu Bait Pain
Baltimore Financial Group, An Office of Metlife
Bertucci's Corporation
Bimbo
Blue Cross & Blue Shield of RI
Boo Appetit Management Company
Boston Showcase Company
Brue Bum Country Club
Brock & Company
Bruegger's Enterprises, Inc.
Cape Cod Restaurants
Champion Exposition Services
Chartwells
Chatham Bars Inn
Chipotle Mexican Grill
City Year Rhode Island
Compass Group
Darden Restaurants
Defense Contract Audit Agency (DCAA)
E & J. Gallo Winery
Ecolab
Enterprise Rent-A-Car
Entertainment Cruises
Eurest Dining Services
Fairmont Hotels & Resorts
Fastenal Company
Foxwoods Resort Casino & MGM Grand
Great American Restaurants
HEI Hotels and Resorts
Hillstone Restaurant Group
Hyannisport Club
Hyatt Hotels & Resorts
INROADS
Internal Revenue Service (IRS)
J. Alexander's Restaurants
JCPenny, INC.
John Hancock Financial Network
Johnson & Wales Feinstein Community
Service Center
Johnson & Wales University - Study
Abroad Office
Johnson & Wales University Bachelor De-
gree Programs
Johnson & Wales University Graduate
School
Kimpton Hotels and Restaurants
Kohlh's Department Stores
Lowe's Companies, Inc.
Marriott International & Ritz Carlton
Massage Envy
Medical Information Technology, Inc.
(MEDITECH)
MICRO Systems, Inc.
Morrison Management Specialists
Multicultural Food and Hospitality Alli-
ance (MPHA)
New York Life
Newport Restaurant Group
Ninety-Nine Restaurants
Omni Hotels
Patina Restaurant Group
Peace Corps
Penn National Gaming
Rhode Island Society of CPAs
RI Small Business Development Center
Rite Aid
Seaport Hotel & Seaport World Trade Cen-
ter
Sears Holdings Corporation/Kmart
Serve Rhode Island
Shaw's Supermarket
Sid Wainer & Son
Six Flags New England
Sports Industry Networking and Career
(SINC) Conference
Starwood Hotels & Resorts Worldwide,
Inc.
T-Mobile
Target Corporation
Tea's Montana Grill
The Breakers Palm Beach
The Dines Group
The Ocean House
The Sagamore
The Tyler Place
Tillotsons Concourse
Toys'R'Us/Babies'R'Us
Uno Chicago Grill
US Foodservice
Walt Disney World
Wegmans Food Markets
Wells Fargo Financial
Wyndham Harbor Club
"The Lovely Bones" Fails to Deliver Book's Healing Message

Stephanie Lyman
Sports Editor

In 2002, a new novel by author Alice Sebold was released titled The Lovely Bones. The story of a young girl murdered and the aftermath of her death is so beautifully told, you forget she's even gone. The book focuses around Susie Salmon and her family's struggle with her death. Susie is all of 14 when she is brutally raped and murdered by her neighbor Mr. Harvey. The ultimate message of the story is for the reader to feel a sense of closure at the end of the book. Susie's family passes through the seven stages of grief all while Susie is able to watch them through her own personal heaven. As her family deals with Susie's death, the reader passes through the stages with them.

While in the movie, I didn't feel that and I was rather disappointed. Now, I know that the book is always better than the movie but, I always expect more from the movie, especially when a book that is so powerful and with an Academy Award winning director that promised "an experience when you read the book that is unlike any other."

I don't want the tone or the mood to be different or lost in the film." Well, sorry Peter, but I as an audience member felt exactly that. Peter Jackson the acclaimed director of the "Lord of the Rings" trilogy directed the rather impressively resurrected cast in his own interpretation. With award winning actors such as Rachel Weisz and Susan Sarandon, as well as past nominees like Mark Wahlberg, Stanley Tucci, and Saoirse Ronan.

The events in the movie are of that in the book, but the timeline is askew. There were details that I felt made the story of the book such as the affair Susie's mother had with the detective trying to solve her murder, Len Fenechmen. The emotional crisis that develops between her mother and father is implied, but is let out of the movie. I feel that for a movie that was two hours and fifteen minutes long, it should have had more of the original plot. I don't know what it was about this movie, I just didn't enjoy it. In fact I'm not the only one. Rotten Tomatoes.com, where I go for my movie reviews, only gave it a 36% rating. Overall, I give the movie a 2.5 star rating. Sorry Mr. Jackson, no Oscar for you!

Joe Dirt Gets Animated and McDreamy Doesn't Believe in Valentine's Day?! What?!

Stephanie Lyman
Sports Editor

For all the ladies out there that love Sex & the City, you just may be in luck because Sex & the City 3 is in the works! The second installment for the movie franchise hits theaters on May 28th. Rumor has it though, that the third movie is being hurried along before the ladies get too old looking. Representatives for the studios have denied it, but I actually believe it's true. Sorry Sex & the City fans.

Its true, Joe Dirt is getting animated. TBS is in the works with David Spade, the star of the flop comedy. I personally can't stand Joe Dirt because it's ridiculous. However, the mullet sporting loser will be back on the small screen sometime soon.

"I think they're just being exaggerated-what Not really. Her brother is worried that her security is not good enough around her and something bad may happen to her. Don't worry dude, no one's going to hurt your unattractive sister and her angelic voice.

"I guess it really is true, some people just don't have souls. R. Kelly and his camp are allegedly suing Michael Jackson's estate for $3,000,000.00. They say he never got paid for the use of his song Ignition during the 2003 T.V. show Michael Jackson's Private Home Movies. Seriously dude, really? The guy's dead, just leave him alone.

Big shocker! Michael Lohan was arrested again and taking some of Jon Gosselin's sloppy seconds. He was very cozy on Facebook with Hailey Glassman at her "Halfway to Jersey Shore" themed party last weekend. Then he went and got himself arrested for making phone calls to his ex-girl who violates his restraining order. His next date with the law is February 25th.

"Apparently Hayden Panettiere doesn't feel bad about the way she treated me. She's a snob and I kind of feel bad about the way she treated me. I googled her and found that she's a snob and I kind of feel bad..."

Okay, whatever you say, I just hope your Hungarian bokser boys dig it.

I think my heart just broke a little bit, McDreamy doesn't believe in Valentine's Day! No way does everyone's favorite TV doctor (or second fave: for those of you who like McSteamy) not believe in the romance holiday of the year. Actually I totally believe it, Dempsey stated "It's really about your heart not a T.V. commercial for De Beers diamonds," I agree with you Doc and I will totally shave my head and you can do brain surgery on me any day.

"Jersey Shore Update: Mike "The Situation" is looking up with Jeni &A, scandal! Hey Mike remember when she punched you in the face? Because the whole country does.

Award Season Has Begun with the 67th Annual Golden Globes

Stephanie Lyman
Sports Editor

It's my favorite time of year! No, its not Christmas or summertime. Its award's season! Oh, how I love the Joan Rivers red carpet specials and the lovely bluff pieces they put together on legendary film icons. Award season officially kicks off with The People's Choice Awards, but I've always seen it as starting with The Golden Globes. The Golden Globes are held almost every year at the Beverly Hills Hilton; it is a night where television and movies collide.

The awards are given by the Hollywood Foreign Press Association. The HFPA is a non-profit organization that is represented by 55 different countries. It is the third most watched award ceremony but probably one of the most fun. While other award shows seem to be stuffy and proper, the Golden Globes offer an air of lightness and heart that you won't find at the Oscars or Grammys. While there is no higher honor than being nominated by an elite group

of people, it's all about fun at the Golden Globes.

Often said to be the precursor for the Oscars, it is usually so that the winner of the Globe in the category goes on to win the Oscar. It's not always true, but it does happen. This year's big winners were "Avatar," "Up in the Air," and Robert Downey Jr. I believe that the true surprise award winner was Mo'Nique for the movie "Precious." Out of all the acceptance speeches that night, hers was the most touching. "Precious" is taken from the novel Push by Sapphire. At the end of her speech she reached out for victims of sexual abuse, which is a theme within the movie.

As far as the "givers" went, "Avatar" won Best Picture-Drama, following James Cameron's second award for Best Director, his first coming in 1997 for "Titanic." Also, Sandra Bullock and Meryl Streep shared the titles of Best Actress in both of their respected categories. The recently released "Up in the Air" won Best Screenplay (Jason Reitman/Sheldcen Turner).

We Want You In Our Sheets

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Gossip Round-Up.
INTERNATIONALLY SPEAKING
Hey Buddy, How are You?

Samantha Kevorot
Editor-in-Chief

What happened to the times when people used to go clubbing for the music? It seems that in modern society, the clubs are a place for boys that look like they could be on "Jersey Shore" to try and hit on girls wearing small amounts of fabric that they call a shirt or a skirt. When the smoke from the fog machine dissipates and your eyes adjust to the darkness, the scene is usually the same; the poorly synthesized beat that's blaring through the speakers is accompanied by chants of "Hey!" and circles of Gotti look-alikes performing synchronized fist pumps into the early hours of the morning. Also, most recently in Providence, the drum beats are accentuated by sounds of gunshots and screams. For anyone who is familiar with the popular YouTube video called "My New Haircut," I'd say that those depictions are pretty accurate.

The behavior in the female spectrum isn't too great either. The overly-tanned, orange groups of people parade around in trashy outfits, grind their bodies against the poles on the stripper-like platforms or against another female in attempts to gain the attention of one of the guys with the sparkling Ed Hardy t-shirts and an overbearing amount of Axe and Acqua di Gio cologne that are stationed around the dance floor. I'm all about being proud to be a female and embracing my curves, but sometimes it can be a bit too much (or too little clothing). Sexy doesn't signify appearing in public 5% of the way naked and dry humping the stripper pole at Club Hell or Ultra, Sarna in depth, not dry.

The music inside the clubs has changed drastically too. The once relaxing and hypnotic trance, house, and techno sounds have been replaced with catchy pop tunes and lyrics such as "Ain't got a care in the world, but got plenty of beer" from the song "Tik Tok" by Ke$ha. I suppose it is indeed a brave new world we're living in. The times are changing, but there are still some things that I would prefer to stay the old-fashioned way.

Many of these international students participate in the Buddy Program sponsored by the I-Club. After joining the Buddy Program and participating in the I-Club, I've met a lot of interesting people I've met are international students because of their different outlook on everything. They are all so eager to learn from us and get to know us. As Americans, we are so much more familiar with our own country and not knowing where to buy groceries or get their car fixed, but at the same time you're creating a friendship and learning.

At first, I felt like I was doing a favor for someone else by simply being the friendly and outgoing person that I am, but really I was doing a favor for myself too by networking with my international classmates. You never know, maybe you'll end up in Columbus one day and have no idea where the closest McDonald's is or for a delicious comfort feeling Big Mac, or land a job in Tokyo and need to know how to use chopsticks to impress your new boss, maybe even go to Italy for an event and have no idea how to pronounce the name of the venue. For any future vulnerable and embarrassing situation, it's good to have friends in high places but even better to have friends in foreign countries and the Buddy Program definitely opened my eyes to this.
Johnson & Wales Women's Basketball Knocks Off Albertus Magnus, 66-60

DANIEL BOOTH
DIRECTOR OF ATHLETIC COMMUNICATIONS

New Haven, Conn. – Freshman Alyson Dowen (Burlington, Vt.) scored a team-high 17 points and added seven rebounds to lead the Johnson & Wales University women's basketball team to a 66-60 victory over Albertus Magnus in a Great Northeast Athletic Conference contest on the road on Thursday evening.

Senior Alexa Ramirez (San Marcos, Calif.) recorded a double-double for Johnson & Wales with 14 points and 10 rebounds while fellow senior Jaquita Mendy (Lake-wood, Wash.) was also in double-figures for the Wildcats with 12 points, four rebounds and three assists in the victory.

Albertus Magnus was paced by Kendra Walker, recording a double-double with 20 points and 12 rebounds while adding five assists. Kendra Dowen, Alyson's older sister, notched 14 points and added three assists in the loss for the Falcons.

Albertus Magnus jumped out to the early lead and held the 14-5 advantage on a jumper by Dowen with 1:41 left in the first half. Johnson & Wales responded with a 20-6 run to take the 25-20 lead on a pair of free throws by Dowen with 7:59 on the clock. The Wildcats led an eight-point lead several times in the first half before taking the 41-35 lead into the locker room at halftime.

The host Falcons controlled the action in the beginning of the second half and regained the lead, going ahead 49-47 on a layup by Katelyn White with 13:11 remaining in the contest. Johnson & Wales when went on a 12-0 run, capped by a pair of free throws by junior Katrina Andrews (Hartford, Conn.) with 6:35 left. Albertus Magnus cut the lead to just 61-60 with 2:04 on the clock, but it was not enough as the Wildcats went 3-6 from the free throw line down the stretch to seal the 66-60 victory.

With the victory JWU improves to 9-9 and 4-1 GNAC while Albertus Magnus falls to 8-10 overall, 4-2 in league play. The Wildcats will return to action on Saturday, January 30th when they host Emerson for a GNAC contest, starting at 1:00 p.m.

Johnson & Wales Men's Basketball Downs Suffolk, 88-69

Daniel Booth
Director of Athletic Communications

Providence, R.I. – The Johnson & Wales University men’s basketball team posted a commanding 88-69 victory against Suffolk in a Great Northeast Athletic Conference contest at the Harborside Recreation Center on Thursday evening.

Sophomore Lamont Thomas (Provi- dence, R.I.) led Johnson & Wales with 18 points and six rebounds while sophomore Calvin Jones (Providence, R.I.) had 18 points grabbed boards in the victory. Junior Louis Ferrante (Providence, R.I.) added 15 points, five rebounds and four assists while sophomore James Fort (Sa-lem, N.H.) rounded out the double-figure scorers for JWU with 10 points in the vic-tory.

Leading the way for Suffolk was sopho-more Luke Barrett (Cincinnati, Ohio) with 12 points off the bench. Freshman Colin Halpign (Melrose, Mass.) added 10 points and four rebounds for the Rams while freshman Matt Pepljovnic (Quin-cy, Mass.) tallied eight points and a game-high 12 rebounds in the setback.

Johnson & Wales controlled the ac-tion in the early stages of the first half and took a 20-9 lead on a layup by Jones with 10:05 left in the first half. Suffolk responded with a 13-4 run and cut the lead to 26-22 on a layup by freshman Karl Busch (Smithfield, R.I.) with 5:30 remaining on the clock. JWU then used an 11-6 run over the next three minutes to take the 37-22 lead. The Wildcats would have the 42-29 lead heading into the locker room at halftime.

Suffolk cut the lead to just six points af-ter a pair of free throws by Barrett made the score 49-43 with 14:23 left in the game. JWU responded with a 22-8 run, capped by a layup by Thomas to give the squad the 71-51 lead with 7:17 left. The Wildcats led by as many as 29 late in the second half en route to the 88-69 victory.

With the win Johnson & Wales im-proves to 7-10 overall and 4-0 in the GNAC while Suffolk falls to 5-12 for the season. 1-9 in league play. The Wildcats will return to action on Saturday, January 30th when they host Emerson for a Great Northeast Athletic Conference contest, starting at 3:00 p.m.