Coming Out Celebration

Samantha Kowalczyk
Editor-in-Chief

Though I’m Coming Out was set on what seemed to be an infinite loop, it was a fun and welcoming atmosphere at Johnson & Wales’ 3rd Annual Coming Out Celebration in Xavier Auditorium on October 15th.

The night kicked off with an open resource fair at 6:00pm, followed by a program at 7:00. The resource fair included an array of tables and displays, including, but not limited to, our own campus’ PRIDE Alliance, Queer Action of Rhode Island, Rhode Island Pride, and Planned Parenthood – all of which offered information to students and a deeper look into what they do. For the program, they had guest speakers Dr. Ron Mattel, Vice President of Student Affairs and Dean of Students, Rodney Davis of Pride RI, Colby Zengel, Coordinator of Health Promotions, Wellness, and Representative of the Prison Task Force, and Andrew Winters from University of Rhode Island’s LGBT group. There were also performances by Ms. Gay Rhode Island, a Rainbow Presentation by the JWU PRIDE E-Board and members, and The Empress of the Imperial Court. Kerin Ramamurthy, director of the Gender Equity Center on campus, stressed the importance of the event, and PRIDE organization as a whole. “We have a vibrant, diverse community here, and we want to showcase this diversity. We’ve always invited the community, and we’re striving to decrease isolation.”

As a student-run group, she also touched upon the issue of sustainability. “We really wanted to hand this over to the students, and the E-Board has blossomed over the past two years. It’s all about the students and their voices.”

Among the various groups at the event was Queer Action of Rhode Island, a grassroots, direct-action group of concerned citizens. Member Steve Peppa explained “while some other more docile groups might not agree with our methodologies, we believe in action versus words.” It’s not just talk! They have participated in Equality Marches in Boston, organized a “Don’t Ask, Don’t Tell” demonstration at the Statehouse in Providence, and even staged a “Die-in” (“Homophobia Kills”) outside of the U.S. Capitol and White House in Washington, D.C.

Also at the event was Planned Parenthood, who was offering up a variety of information and products for those seeking them. Coordinator & Community Health Educator, Calvin Anderson, emphasized that they offer support and services to anyone, regardless of gender. “We really want to be a resource for the community. Our program, Real Life: Real Talk, is here to promote healthy discussion and healthy sexual conversation – for anyone.”

The all-inclusive nature of the event was something truly exciting and unique. It was all about people, making connections with other people, supporting and celebrating each other for who they really are.

Celebrating 100 Years at Johnson & Wales University
With Student Alumni Association

Zachary Ranes
IDEAS & OPINIONS EDITOR

Many people are wearing blue bands around campus these days that say "JWU100." What is this? This is the Student Alumni Association, or SAA, celebrating tradition. The freshman class of 2014 marks the centennial year of Johnson & Wales University. SAA is the "tradition keepers and builders of the university; they honor the historic milestone of 100 years with the give-away of the aforementioned wristbands. The blue bands are more than a fashion statement. They connect, inspire and give. They connect students to each other; inspire students to understand philanthropy, and help students give back.

There are over 22 alumni chapters in major cities across the United States and the Caribbean. Also, more chapters will be added this year. Meredith Litasol, the club advisor, explains the Student Alumni Association’s purpose: This organization participates in local and regional alumni socials, local alumni professional development events, as well as campus and networking events. The SAA serves as a link in connecting students and alumni on the local and national levels. This is done through activities designed to promote institutional pride, spirit, traditions and to educate current students at all campuses about philanthropy. The organization is run by the vice president, junior Catherine Arts. She testifies, “I’m glad to serve as the president of the Student Alumni Association because of my love of Johnson & Wales, its rich history, and current activities. Johnson & Wales truly has a place in my heart. I hope to share that love with my peers.” Ms. Arts words speak volumes: she is 100% dedicated to the organization that helps foster community at the career university. A special connection is made with this school where “students are here now and alumni forever.” Join Student Alumni Association to make your university stronger and forever put a specialized footprint on the future of Johnson & Wales.
The Campus Herald welcomes all content suggestions and feedback. If you feel we are not covering a specific organization, event, or subject, please e-mail or call us with information about the organization or event.

Letters to the Editor, columns, and editorial cartoons are written by individuals and represent the opinion of the author, not necessarily that of the newspaper. Electronic submissions are encouraged and should be sent to campusherald@jwu.edu. Letters, columns, and cartoons must bear the author's signature, addresses, and phone numbers. Unsigned or anonymous letters will not be accepted. The Campus Herald reserves the right to edit or condense letters; shorter letters will be given higher priority.

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Alcohol Awareness Week Filled With Laughter & Learning

October 18th to the 21st marked the hero-themed National Collegiate Alcohol Awareness Week. The four days were filled with educational forums, fun activities, and a guest speaker. October 18th was the kickoff event entitled "Happy Hour in the City." It started at 7pm and featured the consequences of alcohol misuse. The 19th marked the "Dirty Bar" and "Feelin' Tipsy" event, with Sigma Sigma Sigma and Safety & Security, where beer goggles were on display. Anna Lokhiski points out, "students had to try to catch a fish, play baseball, and go through cones to see how they would function with the beer goggles on. It wasn't as easy as it seemed." These goggles are a "truly effective way of reinforcing the "don't drink and drive" message, demonstrating just what it feels like, and how dangerous it is to be drunk." That same night, two hilarious movies were shown on the Hot Tub Time Machine and more relevant to Alcohol Awareness Week, The Hangover. Wednesday's event was "Dead for a Day." People volunteering for this day were asked to dawn shirts that read on the front "I am" and "Feelin' Tipsy," and for a Day. They were also asked to not speak the entire day to symbolize the people that were tragically killed because of alcohol intoxication. At 8:00pm there was a guest speaker at the Pepsi Forum immediately followed by a touching candlelight vigil. During the closing event of the candlelight vigil, Phi Beta Sigma hosted an event entitled "Letters for Loved Ones." This touching event "entailed writing a special acknowledgement to those who have lost friends, family, and others in the community, teacher or a childhood friend. The letters were then tied to biodegradable balloons and released into the air." On the last day, Oren Ferris, member of Phi Beta Sigma. The last day featured a discussion in the main community room called "Feelin' Tipsy," and another amusing movie, Despicable Me, to cap off Alcohol Awareness Week. As conveyed in the events of this week, anybody can be an "everyday hero." Students learned that they must take action to thwart alcohol related deaths in order to save lives.

Lessons From 'King' Kong

There are those whose first instinct is to skip a class when a guest speaker is visiting, but when David Kong took the stage of Xavier Auditorium on September 27th, the students who attended were enthralled. The C.E.O. of Best Western since 2004, his distinguished thirty-nine year career and reputation as an innovator in the industry precedes him.

Kong sports a charcoal grey suit and a sharp Double-Windor knot in his purple tie. He looks too young to have been in the industry for almost four decades. As if he could read the minds of the students, he addressed their thoughts by saying, "Eating sushi works wonders." Kong went on to share his impressive story. He took his first hotel job during college after his move from Hong Kong, and eventually went on to become the C.E.O. of one of the largest hotel chains in the world. Kong then went on to share the three lessons he believes to be the most important to attaining professional success.

Lesson 1: Differentiate Yourself. Make yourself stand out from the competition. Be constantly reinventing yourself to stay relevant and fresh. How are you different, personally and professionally, from everyone around you?

Lesson 2: Life's not fair. Your grandma knew it, your momma knew it, and by now you should too. Sometimes you get the apple, sometimes you get the core. It's not fair, but it's life. That means there's someone less qualified. Don't let it slow you down. Just keep going.

Your hard work and perseverance will pay off in the end.

Lesson 3: You are the master of your own destiny. Tied into this last lesson was the concept of marketing. Kong asked, "What is your brand promise?" To illustrate, he asked us to say what came to mind when he mentioned "Mother Theresa." Of course, everyone pictured good things like happy orphans, and a benevolent old woman feeding the homeless. Then he asked what came to mind with another name: Paris Hilton. The contrast, and the point, could not be clearer. Your "brand promise" is all about the perception people have of you, and that perception is up to you to create.

In a world where image is everything, Kong advised the students to not be "too about being liked. It's about being respected." So if corporate success is what you aim for, then Kong's advice is king.
Jour Le Pomme

LISA M. YAS
STAFF WRITER

This Columbus day I had the opportunity to be invited by the J&W Christian Fellowship for the Apple and Pumpkin Picking event at Jasswell Farm, a fourth generation family farm located in the heart of Smithfield's Apple Valley. Having been fortunate enough to live in three different cities, the concept of picking fresh fruits and vegetables was alien to me and something I wanted to experience.

After warm introductions into the group, we proceeded to our destination admiring the beautiful fall season affect. Upon arrival, we were greeted by an amusing, attractive scarecrow who instructed us where to go for the fruit picking. The guide instructed us to take plastic bags for our fruits, which would be weighed and paid for at the end of the session. I watched the group pick apples and pumpkins and noticed many people - young and old - different from the wide variety of apples and pumpkins available for picking. It was a lot of fun communicating with the fellowship members and listening to what dishes they would cook up with the apples. The dishes ranged from the classic apple pie to a more exotic Russian salad.

The fresh pressed apple cider on the farm was the best I have ever tasted. In addition, the farm claims to be the only cider mill in Rhode Island to press and puree-pressed apple cider on premise. I noticed that the onsite bakery was packed and people browsing the delectable assortment of fresh baked goods, from pies to Candy apples. An onsite farm stand carries a complete line of preserves, salad dressing, prepackaged baking mixes, Vermont cheeses, and a variety of fruits and vegetables. The Jasswell Farm website offers a schedule of seasons available that lists the best time to pick your fruits and vegetables. For instance, the best season for strawberries would be around mid-June to early July, whereas the best time for apples/pumpkins would be early September to late October. There are a lot of tours and hay rides offered across the farm and presents the opportunity to educate the young generation about agriculture, especially now that there are so few farms left.

During your time at university, try to be a part of various clubs, the experiences will be enjoyed and your perspectives will be broadened. Sure, the first impression should not always count, but when you decide to join a group or club, it does play a strong role. This could be the breaking point, which leads to joining or withdrawing from a group. Hence, I must state that the Christian Fellowship groups are some of the warmest people I have met with that in the newcomers who ventured for this event feel extremely welcome. The group meetings are held every Tuesday in Narraganset. If you cannot make it, join them for one of their unforgettable events. If you can't head down to Jasswell Farm in time for Halloween, the farm does have fresh cut Christmas trees available from late November to late December. Will you see me at Jasswell Farm for Christmas? Absolutely, and I will be with my Christian Fellowship friends.

Look Fabulous For Halloween

AMANDA WAIDS
STAFF WRITER

Halloween is on its way and everyone is on the hunt for the best costume. Every year it is a mission to pick something new that no one else has and is different from your costume from last year. Luckily, this year there is a huge new selection of costumes you can choose from for those of you who can't afford a new costume, there are tons of ways to get a great costume for little or no money at all!

The most popular new costumes are based on some of the year's biggest movies and shows. Of course reality shows, Jersey Shore had to get in on the action. Most party stores carry Snooki wigs and Mike The Situation T-shirts (abs and all) to anyone can be in the Jersey Shore this holiday season. Some costumes based on movies include Avatar characters, from Matt Damon's the Hurt Locker, and Jonah Hex characters. Whatever your favorite new movie is, there probably is a new costume to go with it.

Besides television and film, there are also some new novelty costumes. The most innovated costumes are board game themed costumes with game pieces and players such as Scrabble, Candyland, and Monopoly, and will make any trick-or-treater look sweet as pie. Other novelty costumes include Sesame Street characters and crayons. Most importantly though, this year's most popular costume has to be Lady Gaga! This year is a perfect year to dress crazy and allow yourself to be one of Gaga's little monsters. There are over three different Gaga outfits to choose from and so many accessories to complete your look.

Any of these costumes would be a great pick for this year, but if you can't afford it, here are some quick ideas you can put together for nothing. My personal favorite look on a budget is the nerd. Anyone can do this with just some rolled up jeans, high socks, a sweater, a backpack, and if you want to spend a few bucks, a fake pair of glasses. Another great idea is a Greek god or goddess, which is a very popular look this year. No need to spend money when you can just throw on a sheet and make a toga! With just some jeans and a t-shirt, a hippie is not difficult to achieve either. Other easy costumes include a lifeguard (bathing suit, sunglasses, sunblock), an athlete (jersey and shorts, and a person from the 1980s (leggings, off the shoulder sweater, and curly hair). These costumes are easy to acquire and will guarantee a great holiday. Happy Halloween!

A Haunted Past

SARAH LAFFERRIERE
STAFF WRITER

Providence is home to many Johnson & Wales students during the school year. What they don't know is there is another world that surrounds them. The historical buildings and busy streets have many stories hidden beneath the concrete. Providence has a ghostly past of wars, unorganized government, and riots. There are many areas of Providence where the echoes of other worldly apparitions are seen, even in one of the dormitories on campus.

Benefit Street is the first stop on our ghostly tour. Dating back to the early 1770s, Benefit Street looks as though it is stuck in a time warp, Providence did not have a graveyard until the Revolution. This led the citizens of Providence to bury the dead on the families' land. The families' land at the time usually meant Benefit Street. Now there is something to think about the next time you find yourself walking in the area. Edgar Allen Poe was also a visitor of Benefit Street. He came to court the widow Sarah Helen Whitman. It is rumored that on certain nights, a man in a black pentecostal and tall hat can be seen pacing up and down the street as if he is looking for someone or someone he once knew. There was a report of a college student, renting out a house of the street, seeing a man in a long white dress shirt and tri-cornered hat that gave him the nickname "The Captain" (Rory Raven, 24). A place can be heard still playing in a nearby apartment that was once an old music academy. Two of the most infamous haunts are of a Horse Drawn Carriage that races down the street and an elderly woman who looks out the attic window of a historic home along the street. Walk the streets at night if you are feeling brave and who knows - you may find yourself face to face with Poe.

Be glad that you are not a student at Rhode Island School of Design. Almost the entire campus has paranormal activity. Starting with the Barlow

The Most Bustling Street in Providence

ZACHARY RANES
IDEAS & OPINIONS EDITOR

When I think of Thayer Street, images conjure in my mind of exquisite dining, one of a kind shops, and great bars. On any weekend night, this street is filled with bustling college students having fun. For in weekdays, the vibrant scene is Ever-changing stores are always coming and going, which make this destination unique. It even features many clothing stores for the bold and modest.

Do you want Thai, sushi, and curry in one day? Head to Thayer. This street still has its old time charm. It was a very popular counter-culture hangout for the hippies and grunge-rockers during the 1960s and 1990s, respectively. You can still see remnants of psychedelic drawings on store walls and a rock influence at the local bars. As evident by its rustic atmosphere lays Avon Cinema, one of a kind movie theater that shows indie films.

Providence Place Mall, this is not. This is the main center of shopping and only shopping in America. Just like Providence, Thayer Street is a hidden gem nestled by New Bedford. This street offers so much that it is impossible to do everything in a day. If you want another interesting street in Providence, I would recommend going to the distinctive destination.
Microwaveable Pumpkin Coffee Cake

Recipe from Cooks.com
Tossed in the kitchen of Sarah Leflericre

A couple weeks ago, a friend asked me if I knew any recipes that she could cook in her dorm room for when her parents visited. I found this recipe online and thought it was worth a try. I tested it myself and it was surprisingly delicious. All of the ingredients are easy to find and the best part is that you can make it in your microwave!

Ingredients
For the cake:
1/2 cup butter
1/2 cup firmly packed brown sugar
1/3 cup white sugar
1 1/4 cup flour
3/4 teaspoon pumpkin pie spice
1 tsp salt
1/4 tsp. chipped nuts
1/8 tsp cinnamon
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp sour cream
1/4 cup canned pumpkin
1 egg

For the glaze, whole in a small bowl:
1/4 cup powdered sugar
1 tsp. buttermilk
2 tsp milk

Procedure
Preheat 2-quart microwave safe bowl, melt 1/3 cup butter on high for 30-45 seconds or until melted.

Sit in brown and white sugar, flour, pumpkin pie spice, and salt until crumbly.

Remove 1/2 cup of mixture and place in a small bowl.

To the removed mixture, add nuts and cinnamon. Mix well and set aside.

To remaining mixture, add baking powder, baking soda, sour cream, pumpkin and egg. Whisk together until smooth.

Pour batter into an un-greased 8-9 inch round microwave safe dish and sprinkle with reserved mixture.

Microwave on medium for 8 minutes on the turntable (or for 4 minutes, rotating the dish 1/2 turn halfway through and for another 4 minutes).

Microwave on high for 4 to 6 minutes or until cake pulls away from sides of dish.

Let stand for 5 minutes, the decorate with the glaze, cut and enjoy!

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Culinary Arts

The Capital Grille is Sure to Please

MEG SYLVA
ADVERTISING/RETAIL DEPARTMENT MANAGER

A friend and I recently went to dinner at The Capital Grille, located at Union Station, just a few blocks from Johnson & Wales’ downtown campus. On warmer nights, guests can be found dining outside on the patio area, but on this night, we decided to eat inside the restaurant. Outside the restaurant is the patio area where guests can be found dining on warmer nights. Upon our arrival, rich mahogany paneling and elegantly appointed tile greeted us. The hostesses at the door seated amongst the atmosphere of the high class. Looking around from our table, the other guests were well dressed, and consisted mostly of business professionals, and even a couple of families.

Our prompt waiter was politely at our service with menus and drinks soon after being seated. The Capital Grille is known for their dry-aged steaks, but they also offer a variety of other choices from soups and salads, to seafood and appetizers. For entrance, there were options such as cedar planked salmon with tomato fennel relish ($34), a 10-ounce filet mignon ($39), veal chop Milanese ($39), and grilled swordfish with lemon shallot relish ($34). A range of side dishes such as Parmesan truffled fries ($9) and lobster Mac ‘n cheese ($14) are sold a la carte. For those of legal age, The Capital Grille also offers a selection of over 350 wines, with over 5,000 bottles on the wall.

Wining and Dining: Foxwoods Style

SAMANTHA ERTSHOFF
ASSISTANT EDITOR-IN-CHIEF

The 4th Foxwoods Food & Wine Festival will take place from November 5-7. It will be orchestrated by Dianne Owen, the Executive Chef of the Foxwoods and MGM property. Owen has been planning Foxwoods with his edible creations for a total of 11 years, and took over the Executive Chef position 2 1/2 years ago.

The Food & Wine Festival this year will feature delicious events such as the Welcome Cocktail Reception and Gala Dinner ($250 per ticket) on November 10th, the Bon Bon Boogie Bash ($75 per ticket), as well as a Grand Tasting ($125 per ticket) on the 6th and 7th, among many other spectacular events throughout the weekend. Celebrity chefs such as Tom Collicchio (Craftsteak), Alex Guarnaschelli (Chopped, Butter), Anne Burrell (Secrets of a Restaurant Chef, Worst Cooks in America), and David Burke (David Burke Prime), just to name a few, will also showcase their culinary talents during this event. Also, many of the restaurants throughout the casino/resort are offering their own wine dinners and brunches.

Also, some familiar Johnson & Wales faces will be seen floating about the events. Members of the Special

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Culinary Review Update:

Hey everyone, I just wanted to take the opportunity to inform you, the reader, of an upcoming series to the Capital Herald in the Culinary Section. Beginning in the November 10th edition, there will be highlights and reviews of each of the Providence Campus events. We will be featuring reviews of each of the seven dinner halls between Downtowns and Harbourhouse, not including Starbucks. It will feature some things beyond just the food served and in the end it will be a final review comparing the menu, the price and the quality of each dish. This comes from an idea submitted by a Capital Herald reader, so I also encourage you all to submit ideas to culinaryreview@foxbusiness.com, attention: culinary section, for anything on restaurant reviews, recipes, and all things food. Finally, get ready for Thanksgiving in about a month, as we will have some tips and tricks to get that turkey ready for the big feast!

-Daniel Klein, Culinary Editor
EYES AND BRAINS HALLOWEEN CUPCAKES
Pictures and recipe adapted from Epicurious.com
Tested in the kitchen of Danny Klein

Last year I baked a simple cupcake with chocolate frosting and Reese’s pieces to bring to my friend’s party on Halloween. This year I wanted to make things more interesting. I am using the same cupcake recipe but the frosting and decorating technique is what makes these treats ghostsly more appropriate. Since the yield is about a dozen in each, I decorate each one in a slightly different way.

Ingredients:
For the Cupcakes:
3 cups all-purpose flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
2/3 cup unsalted butter, softened
1 3/4 cups sugar
2 eggs
1 1/4 cups whole milk
1 teaspoon vanilla extract
For the Frosting:
1/2 cup unsalted butter, softened
4 cups powdered sugar
1 1/2 teaspoons salt
1 1/4 cups cream milk
1 teaspoon vanilla extract
Red and black food coloring

Procedure:
1. Preheat the oven to 350°F. Prepare a muffin pan with cupcake liners.
2. Sift the flour, baking powder, and salt together in a medium bowl.
3. In a mixing bowl or Kitchenaid, cream/combine the butter and sugar until it looks like wet sand.
4. Add the eggs one at a time, and beat well after each addition.
5. In a small bowl, combine the milk and vanilla.

Procedure, cont.
6. To the butter mixture, add about one quarter of the flour mixture and mix well. Add about one quarter of the milk mixture and mix well. Continue alternating the flour mixture and milk mixture, beating after each addition until smooth.
7. Pour the batter into the cupcake tins. Bake for 15 to 20 minutes, until the cake springs back when touched.
8. While cupcakes are baking, make the frosting by creaming the butter in a large bowl and adding in the powdered sugar, salt, milk, and vanilla and mix until smooth and creamy.
9. Remove cupcakes from oven and let cool for about 10 minutes, and turn out from the muffin rack.
10. Once completely cooled, reserve roughly half of the frosting and pile the frosting up in the center of half of the cupcakes in a dome shape, similar to an eyeball. To make the surface smooth, clip a butter or frosting/pastry knife in hot water and smooth it over the top of the frosting.
11. To the reserve frosting, add a couple drops of red food. Take out half and add a couple drops of blue to make a pinkish gray color. The latter will be used to make brains.
12. Take some jellybeans, M&M’s (or any small, round candy) and place into the center of a life-savers (or any rounded candy with a hole in the center) and put in the center of the cupcake, thus forming an iris and a pupil. Repeat for all eyeball cupcakes.
13. Using a pastry bag (or Ziploc with the corner edge snapped off), pipe the red frosting on the tops of the white frosted cupcakes in vein patterns. Make the veins radiate from the center of the cupcake to make the bloodshot quality more realistic.
14. For the final half of the cupcakes, using a clean pastry bag or Ziploc, pipe the pinkish gray frosting in a squiggly pile on half of each cupcake top (brains have two hemispheres, you know). Then pipe the frosting in a squiggly pile on the other half of the cupcake top.

The Apartment: Still a Work in Progress
DANIEL KLEIN
CULINARY EDITOR

On a Tuesday evening in the beginning of the month, I decided to visit the newly opened “The Apartment” located at 373 Richmond Street, across from the Hess Station and Rick’s Roadhouse, en route to Downtown from Harborside.

Upon entering the restaurant, I noticed a large, free standing bathtub at the front door. I forgot to ask what it was for, but it left a lasting impression on me. Soaking in the milieu is definitely enjoyable once you pass the tub. It has the feel of Starbuck’s, but without the coffeeshop stuffiness. You can sit at the bar or in oversized chairs at a table, both with great views of two flat screen televisions. With enjoyable music and low-lighting, it is a nice place to go after work to enjoy a cold one and the company of friends.

Described as “an American craft Alehouse” that serves lunch, dinner, late night and Sunday brunch. The Apartment is not necessarily a place that jumps off my tongue for amazing food. The reason is because the main focus of the place is beer. Almost every kind, flavor, color, strength, size, type, and shade of beer can be found there in both draft and bottle. They feature many seasonal beers, ones from 20 different states, and Canadian, English, Australian, Mexican, European and even Asian beers. If you or your friends are of drinking age and are looking for a variety between your lagers, ales and stouts, The Apartment has it all ranging from $3 to $10.

If however you are looking to go there for a meal, I wouldn’t necessarily say it is at the top of my food list. When I went, my friend and I scanned the double-sided menu, which consisted of some sandwiches, a handful of salads and appetizers and some very interesting, yet random entrees from Asian noodle dishes to fish and chips and chicken dishes. Overall there were maybe a dozen and a half choices for entrees, but I felt that they could’ve been a bit more refined and chosen either a theme or cuisine instead of random things. The nice thing though was that they listed a recommended beer to compliment your sandwich.

The Apartment: Dead Skin / The Campus Herald

FBI, U.S. Customs & Border Protection, Social Security Administration, State Police, DEA and many more.

Government Career Fair
and Federal Job Search Workshop

Harborside Recreation Center
Thursday, Nov. 4, 2010
3-6 p.m.

Visit link.jwu.edu and click on “Careers” for an updated list of employers and to register for these important events.

Step by E.E.A.C.S. for resume assistance and tips on preparing for this career fair and job search workshop.

JOHNSON & WALES UNIVERSITY
Experiential Education & Career Services
John Hazen White Center
401-596-1070
The Friedman Center
401-596-4511

Johnson & Wales University admits students of any race, color and national or ethnic origin, among other categories.
FREAK WEEK 2010

MONDAY, OCTOBER 25
Spooky Bingo 9pm, Harrorside Recreation Center
great prizes!

TUESDAY, OCTOBER 26
Freaky Photos 4:30-5:30pm, Marketplace at John Hazen White

WEDNESDAY, OCTOBER 27
Magician Peter Boie 8pm, Xavier Auditorium
www.peterboie.com

THURSDAY, OCTOBER 28
Search theismus through the slide 4-6:30pm, Oakes Commons
Film Twilight Eclipse 8pm, Harrorside Recreation Center

FRIDAY, OCTOBER 29
Trip to Six Flags New England’s Fright Fest 3pm-Midnight
tickets are limited & cost $20
limit two tickets per JWU ID
Tickets on sale as of 8pm on Thursday 10/21
in the Harrorside student activities office only

SATURDAY, OCTOBER 30
Halloween Dance: ‘Nightmare on Pine Street’ 8pm-Midnight, pavil Forum
video dance party, free smoothies, costume contest, prizes & more!

SUNDAY, OCTOBER 31
Freak Week Festival 12:30-4pm, Harrorside Greenspace

FREAK WEEK FESTIVAL
SUNDAY
OCTOBER 31
HARBORSIDE GREENSPACE
12:30 - 4 PM

ACTIVITIES INCLUDE:
CARAMEL APPLES
COOKIE DECORATING
COSTUME RELAY
PUMPKIN PIE EATING CONTEST
& GREAT PRIZES TO BE WON

JWU
University Involvement Board
“We’re the Fun People”

peter boie
MAGICIAN FOR NON-BEIEVERS

ATTENDING
“AMAZING show!”
Kansas State University

WITNESS
“INCREIBLE magician!”
Florida State University

Join Us
Wednesday
October 27
Free
Xavier Auditorium
8:30pm Doors 1 9:00pm Show
University Involvement Board www.peterboie.com
COME MEET UoB IN CAFFE COMMONS
THURSDAY, OCTOBER 28TH
4 - 6:30 P.M.
AND
SEARCH THROUGH THE SLIME
Recent Horror vs. The Classics
ZACHARY RANE
IDEAS & OPINION EDITOR

With Halloween just around the corner, a slew of new horror movies are coming out. Saw:3D and Paranormal Activity 2 are a couple of the big ones, and their Are both sequels stemming from the success of their earlier movies. We must look back and appreciate the old horror movies though, for the ones above won't do any justice to the horror genre. Yes, they look good, but if you want a real frightening experience, you need to go back to the late 50s and early 60s. Alfred Hitchcock was churning out horror classics like nobody's business. Vertigo, Psycho and The Birds all come out within six years of each other. No director ever had a better film period with such great horror movies produced. In today's society, the quality is gone, we have crappy remakes of Friday the 13th, The Blob, and Halloween. Much has been lost in the skill of cinematography. We must go back to our old roots and re-discover Alfred Hitchcock's lost art.

SAMANTHA KOWALCZYK

This was a two-fer when I watched it for the first time, a total must-see 80s movie PLUS Johnny Depp's first-ever role (those, yikes). Wes Craven's classic has everything you'd expect - a dark and complicated dialogue, and the scarred face of Freddy Krueger. Come on, the guy tells one-liners before mutilation! I can't lie - it's a pretty creepy movie, and the fact that there's a dream inspired by Craven's inspiration turns me on that much more. It's cool to see the dream. (There were several documented cases of people dying during night terrors.)

Nightmare on Elm Street is one of the most frightening scenes ever, for my money. I'll just say this: sleep, the ceiling, blood all over the place. Low-tech it may be, but it is well shot and eerily convincing. Another classic scene, though not as scary is (SPOLER ALERT) the dream of Johnny's character. Glen. Sucked into a bed? Yes. Lots of blood? Yes. I swear, Freddy killed the Kool-Aid man or something, because the amount of blood that results is ridiculous. And I love it.

While the actress who plays Nancy's mom is corny (and not in a good way - I honestly laugh at all of her dialogue), Nancy herself (Jennifer Jason Leigh) is like-able and a good anchor for the movie. Also as writer Diablo Cody puts it, "Nancy gets points for rocking pajamas and dark under eye circles - and long before rehab chicks was hip.

While I think other (original) franchise movies are better, such as John Carpenter's Halloween, there is still something about Nightmare that makes me reach for it first. It's what I like to call "fun-scary," not unlike another Craven classic and personal favorite, Scream. Maybe it's the promise of buckets of blood while eating buckets of popcorn. Maybe it's the thrill of being scared while knowing that you're not going to die.

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Glitz, Glam and Business Fashion Show

AMANDA WADJA
STAFF WRITER

Thursday, October 21st, the American Marketing Association and International Fashion Society joined forces to host Johnson & Wales’ first ever business fashion show. They worked tirelessly to get all of the looks together and the showing running on time, and it was a great success. Although the show went smoothly and the event was handled quite well, there were a few things that could be improved upon for next time.

First, there seemed to be confusion as to what time the event actually started. Many people believed the show started at 9pm and unfortunately a lot of walk-ins were probably turned away due to this problem. Online, the JWU events calendar stated that the show started at eight, and upon further inspection, a lot of the fliers for the show didn’t have times on them. Another complaint of students was that the prices were too high. General admission was $10 and VIP tickets, which included a front row seat, a name tag, and a gift bag were $15. Unfortunately, though, most students didn’t know that a portion of the proceeds were being donated to Strides Against Cancer, and so really their money would have gone to a good cause. Given that this was their first year hosting this fashion show, I think they had a fairly small amount of glitches.

The show featured stylist Jill Marcellini of Fox’s The Rhode Show and included fashions from both Kohl’s and JCPenny, with handbags and jewelry from Brighton Collectibles and Gennaro Inc. The show had 34 complete looks with all pieces from JCPenny costing under $50. The show featured sophisticated outfits appropriate for the office as well as other occasions, including day to night looks targeting an age group of 18 to 23. Amanda Alonso, President of the International Fashion Society stated, “We decided that since this is a career oriented school that we wanted to help students take what they hear in the classroom and actually physically see what is appropriate to wear, while also adding some fashion fun to it.” That is exactly what they did. They had fun florals, sexy animal prints, even cargos appropriate for the office all of which were suitable and affordable for their target market.

At the end of the show, they continued the fun with a large raffle. Prizes for this raffle included a JCPenny gift card, an Applebee’s gift card, Newport chocolates, Lacoste polo, a Pandora bracelet, as well as many other wonderful items. Some of the clothing items used for the show will be donated to the organization Dress For Success, a non-profit organization that helps prepare unemployed women to find jobs. When asked what their fundraising goal for this event was, International Fashion Society Vice President Ashley Vatcher said, “We hoped to raise as much as possible and will be donating several hundreds of dollars to the organization next week!” Hard work and generosity made this event possible and successful. Hopefully next year it will be even bigger and better.

Olympian Gets Banned for his "Dysfunction" & Mel’s Ex Hires Her 40th Lawyer

STEFANIE LYMAN
SPORTS EDITOR

• DWTS finally got interesting this past week with the elimination of “The Situation” (yay!). Now don’t get me wrong, I’m with the rest of the world and have my (sometimes) closeted love of Jersey Shore, but dude had to go. He was horrible and I felt bad for Karina. He looked like he wanted to sweat his disgusting Ed Hardy cologne all over her to first- pump- ing- good- techno. Good work America, I’m very proud of you.

• Olympian LaShawn Merritt has been banned for 11 months from track & field due to his off field problems. Merritt, who won the 400 meter Gold in Beijing, tested positive for a banned substance found in male enhancement products. The reported sentence for first time offenders is two years (you could learn something from that, MLB, but since Merritt cooperated, probably because he was just trying to work his “magic,” the sentence was cut down to 21 months.

• So, the Vatican has its own newspaper. That must be one hoppin’ holy read. Anyway, they named a popular TV character a “true Catholic.” Those epic pick, Homer Simpson. That’s right, the idiotic, sometimes crude patriarch of one of the longest running TV families. If I was going to go with a “true Catholic” portrayed on TV I’d go with the dad from the 80’s family show Eight is Enough, who proved birth control just wasn’t an option (they had eight kids).

• For all you diehard Shia lovers out there (i.e. my BF’s & I) he’s single! Rejoice!

• Oh, court appointed community service, you’ve seen everything from Boy George picking up trash to Naomi Campbell showing up in $3,000 alligator boots, and now Smokey from Jersey Shore. Snickis was sentenced to 48 hours community service and $533 in fines. She reportedly cleaned up animal cages at a shelter for neglected and abandoned animals, work at the police station. Can you imagine being in that holding cell, getting released, and hearing the legendary "WAAAAAAAAHHH" because Smokey dropped your release papers? Ugh, gross. After she finished her “community service” she signed autographs for her local Jersey Shoreans and charged $10 bucks a pop! The money reportedly went to pay off her restitution and a charitable donation.

• I very sincerely dislike Okama Gregor-whatever. She’s annoying. I think she’s a gold digger, and borderline crazy. The apparent Russian immigrant has hired her 40th lawyer in her battle against ex Mel Gibson. Granted, that dude is off his rocker, but seriously 40 lawyers!? Who’s paying for all of those lawyers? Oh, that’s right, you’re ex who’s suing in court for child support. He also pays for her house (rent, utilities, and renovations). Gibson, as crazy as he is, hasn’t put one up bit of a fight in the “shakedown” that’s been going on lately. He reportedly had his child support upped from $5,000 a month to $20,000, all to cover Grigoryson’s bills. Please give me a break, maybe you wouldn’t have so many expenses if you stuck to one lawyer. Can’t you just hire Gloria Allred and get on with it? I really hope you go away soon, I’m so sick of you on my TMZ and Perez tweets.
Bigger is Not Always Better

AMANDA WALHA
STAFF WRITER

America is a country that has been entirely taken over by reality television. Everywhere you turn, there are shows like American Idol, Jersey Shore, Top Chef, and so many others. Two of America's biggest reality obsessions include The Bachelor (or Bachelorette), and Say Yes to the Dress. Chances are that most women in America watch one or both, and a large percentage of those women are most likely overweight. It is no secret that a significant number of Americans have weight issue and reality television doesn't do much to boost their self esteem.

You may or may not know that a couple years after creating The Bachelor, ABC created a show called, More to Love, which was a dating show specifically geared toward fat individuals. Now what I want to know is if overweight individuals are the norm in America, why can't be included in a reality show without it specifically calling them out as fat? When you sit down at night and you are watching a show like The Bachelor, are you thinking that the show seems realistic? Of course you aren't! The women in these shows are fake, and casting agents for these shows search much harder than you think to find these women because most Americans DO NOT look like that. Maybe if they used "real" Americans people would actually believe the ridiculous story they are trying to sell.

Recently, Say Yes to the Dress also made a "big" change with a new show entitled Big Bliss. If you are trying to make a plus size girl feel good about herself, stop putting words like big, huge, and large in the titles! It was even necessary to make a plus sized edition, which it wasn't, couldn't it just be called Wedding Bliss? Why does it have to be big? How about normal Bliss... Fat people get married too you know, and do it the same way as any skinny-mini does.

Other shows include Huge on ABC (not really), and miniseries like McNugget's F.A.T Chance; these shows are just as offensive. Have you ever watched Huge? One of the stars of the show is Hayley Hasselhoff, and she is in no way, shape or form, fat! These shows aren't setting a good example for the young girls watching it. These shows don't make overweight people feel included, loved, or supported, they only bring people further away from each other. Fat people don't need television to tell them they can fall in love, or be happy; they know it already because they are human beings who are looking to be accepted, not separate based on size. It's things like crowning a girl thick and fabulous that make people that are overweight ashamed of themselves and that is not okay. Although this may not be what networks like ABC were going for, maybe they should stop next time they want to make a new show, and think how it might make the type of person being portrayed feel.

Is Bullying a Big Deal?

RICARDO COSTA
STAFF WRITER

When most people think of bullies, they picture a middle school playground with a larger child threatening a smaller child for a place on the swing set, right? Nowadays that is not the only case. We are facing bullying on a much bigger scale. Our colleges and universities are also stepping grounds for bullies. Bullying has happened to students on campus for a lot longer than most think. To describe bullying, it occurs when a person willfully and repeatedly exercises power over another with malicious intent. When college is supposed to be a great time in a person's life, a student being bullied, whether psychologically or emotionally, can become depressed and in certain cases, suicidal.

The Village People Are Polluters

DANIEL KLEIN
CULINARY EDITOR

No, not the guys who sang "YMCA," though that song does pollute every sports game I go to. I am talking about the people who live in the Harborside Village. This is my second year as a resident there and lately, I have noticed a few prevalent things hurting the area.

My disclaimer for this article is that I'm not a green activist promoting eco-friendly options nor am I hardcore for saving the planet. Hugging trees and hooting raucus as Mother Nature are no hobbies of mine. I'm just someone who is looking to live in a cleaner area. For starters, there are no smoker's poles in the Village anymore. In the beginning of last year, each building had at least one 25-50 feet away from the entrance. When I arrived this year, my roommate and I were surprised that there weren't any. Even though I don't smoke, I have noticed that large portions of residents of the Village do. You can find them anywhere behind that glowing amber ash, unless of course they just flicked it and left. The other day, I was astonished at the pile of butts increasing beneath one of the benches. I don't know why there are no more smoker's poles, and it seems like they were better than polluting the grounds around the dorms.

Speaking of pollution, there are also no trashcans anywhere within the Village. As I walk to the beach or as I am coming home from work, I see garbage all over the place. In addition to cigarette butts there are beer cans on the steps, banana peels on the grass, half eaten muffins becoming food for ants and empty chip bags fluttering in the breeze; it has become a bit off-putting.

Recently, there was an issue where students were leaving trash outside of the compactors and problems with vermin began to arise. Resident Director of the Village, James "Skip" Gross, took action by emailing all students with directions on how to properly operate the dumpsters and also mentioned, "Let's do all of our part and put the trash in the compactors. This is starting to become a large inconvenience for everyone in the community as well as the grounds facility for the university." My question is, why stop there? If it is such an inconvenience for the grounds crew to clean up our messes, they should place garbage cans strategically around the village so that small things (or common waste) can be disposed of. Isn't there a risk of pests and unwelcome germs from that garbage?

The only garbage bins in the area are by the Harborside Academic Complex, bus stop and the one garbage can in FLC. As a final point, there is no recognition of recycling. Since I began living here, I have noticed that the recycling bins are left completely overflowing with plastic bottles and cans.

For the past two weeks, I have been waiting for the recycling bins to be emptied. It has taken two weeks for these bins to be retrieved because they are all overflowing with plastic bottles and cans. This is garbage that could be used for anything from items for your room to extra money. There are no empty bottles and cans in my dorm. I never empty my bottle of water because I save the bottle to save plastic. Is this only me? Is this another example of carelessness?

"E-E-C-Y-C-L-E, recycle. C-O-N-S-E-S-E-R, conserve. Don't you P-O-L-L-U-T-E the Earth, the land, the sky or sea, or else you going to get what you deserve."
Counting Calories At The Drive-Through
SAMANTHA KREIVIS
ASSISTANT EDITOR-IN-CHIEF

Did you know that, according to the U.S. Centers For Disease Control, that more than 67 percent of Americans are overweight or obese? No, that didn’t pop into my head. How could it be in a country where there are more McDonald’s per capita than there probably are hospitals? Supposedly, health advocates claim that one reason why people cannot easily access the nutrition information on food ordered while dining out.

Not to worry, citizens of America, the government has your answer to this crisis. As of March of this year, President Barack Obama signed a health care reform bill and this 2,400+ page document contains all of the plans that Obama has in order to “help” Americans maintain healthy lifestyles and afford medical treatment.

Buried somewhere under thousands of pages reads a law that forces chains restaurants to display nutritional-calorie information for each menu item they serve. This information is to be clearly posted at drive-throughs, on menus and menu boards, and on vending machines. The goal is to inform the people of all the calories they’re ingesting to promote healthier choices.

Thanks a bunch, because I didn’t know that my Carmel Frappuccino from Starbucks that I had for dessert, after my Bacolette Triple from Wendy’s, was highly caloric and would cause me to die of a heart attack before the age of 30. This is seriously just another player to make more money from restaurants. So much for going Green, because these pamphlets of information are an absolute waste of time and natural resources. Everyone knows that going out to eat isn’t necessarily the healthiest thing to do, especially in places like fast-food restaurants, and even school restaurants, with all of those deep-fried things, and mountains of potatoes. People are probably overweight or obese because they don’t know how much calories are in food, they’re overeating and not because they don’t care to have control over themselves and it’s normal to have fast food for every meal of every day; A McGriddle for breakfast, a whimper meal for lunch, and a Bacocon with a large, chocolate milkshake. Those are the reasons people are fat, in conjunction that they have “no time to exercise” or are “too tired to cook after work.” That’s a bunch of crap. I’m on the SHUT! program and take 25 credits a trimester versus the normal 20. I also have a job, and am involved in many clubs after the school day is over and I still cook for myself, and my roommate as well. You want people to make better choices? Lower the prices of groceries so people can afford to cook at home. Stop serving the obese people at McDonald’s! I’m drinking an alcoholic drink and saying it’ll be ok. I hope you’re right, Obama.

INTERINATIONAL SPEAKING
MICHLLLE MONEY
GUEST WRITER

Usually, I blend in with the crowd. There is nothing special about me that makes me stand out. I am not a leader but not quite a follower. I am indecisive, but I just call that easy going. I am the typical American teenager who likes to go shopping in her free time. Blending in is what I did best. This all changed last Thursday, September 16.

This was my first international coffee hour. This coffee hour is held every Thursday at 2:30pm in the Intercultural Center connected to Xavier Hall. International students gather to meet other International students, and to enjoy coffee and cookies. I was there to set up the cookies, coffee, and as a part of my class work study at the International Center.

The many different international students began to arrive as I watched. Slowly, I became more and more nervous. I was one of the few people who was actually from the United States. I did not have an accent and I barely spoke a second language. I felt as if I stood out from the crowd. We then started the game of human bingo, in which you ask people questions about their talents, hobbies, places they have been and about their life. It was a great way for them to get to know each other, though I found myself soon entangled in the game.

After a while though, I stopped playing and was just taking time to listen and ask questions. The students started to share a bit of their world with me, I was caught up in stories and jokes. I could hear stories of languages behind me. Soon, they were asking me questions. Where was I from? How many siblings do I have? What is my major? Do I like Lady Gaga? I laughed and answered the questions. I was from New Hampshire. I have six sisters and two brothers. I am a Culinary Arts and Food Service Management major at JWU Providence. Lady Gaga. They were shocked to learn that I only live two hours away and that going home was never easy. Some were surprised at how many siblings I have (though most people are usually surprised). We shared stories and I felt like I fit in even though I am a little like a sure thing. I found it difficult to say names and even harder to remember them, but the students were very welcoming and worked with me.

I started out feeling like I was invading upon some secret world of the international students, but over the course of an hour, they welcomed me and made me feel as if I belonged. I learned so much about everyone there and was glad that I went. I made many new friends and cannot wait to go back again.

I would highly encourage that more people attend. It is a chance for you to get a sneak peek at some different cultures, or if you are an international student, for you to make some new friends and connect with people from your country too.
**Sports**

**The Heat Is On**

**ZACHARY RAVES**
**IDEAS & OPINIONS EDITOR**

"I’m taking my talents to South Beach" uttered Lebron James on July 8th this past summer. Aggy nicknamed "The Summer of LeBron," sport fans glued to the tube, eagerly awaiting the outcome of his 2010-11 season.

As a New York Knicks fan I felt a twinge of hope, at the thought of him teaming up with Amare, which would be a match made in heaven. Unfortunately, this did not happen. He spurned Cleveland and went on sign with the Miami Heat, joining the superstar cast of Chris Bosh and Dwyane Wade.

This off-season we saw some players changing scenery, a potential superstar chosen and some staying on their own turf. Dirk Nowitzki and Joe Johnson re-signed with their current teams, and "The Big Leperchua," Shaquille O’Neal, signed with the Boston Celtics.

As big as free agency was, the draft was even bigger. John Wall from Kentucky was picked first overall by the Washington Wizards and is ready to make an immediate impact for the Washington Wizards franchise. The Wizards look to forget their 2009 campaign that ended in a fiasco, when Gilbert Arenas was suspended for bringing firearms into the locker room.

The number two pick ended up going to the Philadelphia 76’ers who picked Evan Turner from The Ohio State. Philadelphia is in a rebuilding mode, so don’t look for them to do anything too special this year. The 3rd pick went to the big losers of free agency, the New Jersey Nets. They went out on trying to land a big ticket free agent to grace their new facility, when they eventually move to Brooklyn. Instead, they settled for Derrick Favors, who skipped his final three years of college for the NBA.

The fourth pick was Wesley Johnson from Syracuse, who went to the Minnesota Timberwolves. Derrick Cousins, another Kentucky product, rounded out the top five and went to the Sacramento Kings. He joins the first ever Sacramento King Rookie of the Year, Tyreke Evans.

The pressure is clearly on the Miami Heat, they have an incredible all star lineup that is in a win-now mode. Will they be able to work as a team, or will their egos get in the way? All this will be answered as the season tips off Tuesday, October 26th.

**World Series Preview**

**DANIEL KLEIN**
**EDITORIAL EDITOR**

The pinnacle of the baseball season begins tonight with a showdown between the San Francisco Giants and Texas Rangers. Game I features pitching greats Cliff Lee and Tim Lincecum and will hopefully produce more of a duel than game 1 of the NLCS. The keys to the series for the Rangers will be to keep up the dominant pitching along with their aggressive base running. Look for nothing short of spectacular out of Lee and hopefully a great outing from CJ Wilson and Colby Lewis the next two games.

For the Giants, their upper hand is having field-home advantage and negating the deep hitting position of Vladimir Guerrero. In addition, if their offense can produce more runs in each game and keep their relief guys steady, then Giants can rely on their trusty closer of Brian Wilson to help lock up some wins. One other key match up to watch will be the battle of the MVP bats involving Giants’ Cody Ross and Rangers’ Josh Hamilton. Don’t be surprised if Texas brings him their first title in 6 games.

**Athletes + Breaking the Law = Headaches for Management Everywhere**

**STEFANIE LEAHY**
**SPORTS EDITOR**

It is no surprise that people break laws everyday. When ordinary people do it, it’s disappointing. Celebrities? No surprise Wolf!!! When an athlete retires or not, breaks the law, it’s not only disappointing, but also heartbreaking for fans and people everywhere who look up to these people as role models. I’m sorry, Charles Barkley, yes you people are role models.

Partis Hilton sticking cocaine where it doesn’t belong and Lindsay Lohan getting sent to prison and being forced to wear orange on Wednesday, when she is clearly supposed to be wearing pink, is comical. Junior Seau, beating his 25 year old girlfriend, and then driving his car off of a cliff is scary.

There has always been some athlete in some league in North America in trouble. Whether it is the Michael Irvin partying with some Coke in his hotel room, or the two Montreal Canadians who stole a woman’s purse inside a Tampa nightclub, athletes in the news for committing crimes is a new thing.

In recent news, athletes such as former-NFL star Junior Seau, Olympian LeShawn Merritt, and Brett Favre have all been grazing headlines from TMZ to ESPN.com. Within the past couple of months, NFL, NBA, and NCAA have had athletes arrested for various reasons.

On Monday, September 18, former 12-time Pro Bowler Junior Seau, whose most recent stint was with the New England Patriots in 2009, was arrested on suspicion of domestic violence. The investigation is still underway and no official charges have been filed. After his release, Seau got into his Cadillac Escalade and was driving along Carlsbad State Beach when his car quickly accelerated and went over a 30 feet embankment.

Seau discards reports that he was trying to commit suicide and simply claims he was anger while driving. New England Patriots management was probably breathing sighs of relief and messaging their therapists at the thought of possibly trying to clean this mess up of Seau was their problem. Now all the Patriots, Dolphins, and Chargers need to shake their head at are the pictures of Seau popping up on the internet in his former team uniforms.

On an international level, the United States Olympic Committee must now be concerned with the personal affairs of their athletes inside the bedroom. 2008 Olympic champion LeShawn Merritt has been banned for 21 months after testing positive for a banned substance. The banned substance was not something found in a performance enhancing drug, but a male enhancement product like Viagra. A shining star for USA Track & Field which has recently seen medals lost and former athletes taken away to prison for steroid use, now must deal with a 24 year old man who was trying to have a normal functioning personal life like most adults.

The most disturbing of recent arrests and headlines comes from the NCAA. On September 18 in Memoinon, WI not far from the campus of the University of Wisconsin - Stout, two athletes from the hockey team had an altercation with a young man outside of a bar, the incidents after the alleged first attack resulted in his death.

Jedidiah McGlasson and Jarod Britton were charged with felony murder after 22 year-old Bradysn died from injuries he sustained in an accident. Police reports say that McGlasson & Britton had a verbal altercation with Simon outside of a bar in Memoinon, both parties reported separately. As Simon was heading home on his bicycle, McGlasson & Britton then again approached him, pushing him off of his bicycle causing him to slam his headfirst into a stone wall. Simon died September 23 due to complications from his head injury.

McGlasson & Britton have been suspended indefinitely from the team. Ten other U.W. Stout hockey players have been suspended (due to their involvement) after the request for reimbursement for the 2011-12 season. Though not a Division I hockey powerhouse like Boston University or University of Minnesota, it is quite possible that The Devils could face more issues than their previous 14 from last season.

Athletes are no exception to any kind of misconduct. It is sometimes heartbreaking and heartbreaking to see that your favorite star on the field/court/ ice has been arrested for domestic violence or even murder in some cases. To quote former NBA All Star Charles Barkley "I don’t believe professional athletes should be role models. I believe parents should be role models. ... That may be so, but it's face. I understand the invasion of social media and more sports networks than family shows, it's a little hard.

Weight gain in young adulthood may worsen serious health issues later in life.

**JENNA LEE**

**SPORTS EDITOR**

Drinking empty calories can lead to unhealthy weight gain. Sign up for SNAP; a no fee research study in your area that provides 18-35 year olds with tools to prevent weight gain. You’ll receive personalized feedback on your calorie expenditure, blood pressure, body fat percentage and cholesterol levels PLUS a detailed analysis of your diet and exercise patterns. So our team of professionals will help you create strategies for a healthier future. Modest weight loss can be expected.