What's happening?
The best activities in Providence for the first few weeks of school.

CULINARY, PAGE 4

Abby Bora
Editor-in-Chief

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Editor-in-Chief

Chances are you've heard the news: the RI Governor race is heating up. According to The Providence Journal, Post polling results, for the Democratic primaries, Gina Raimondo is in the lead with 31.7% of the votes, followed closely by Angel Taveras with 28.3%. Clay Pell with 25.3%, and Teddy Giordano with 10.1%. The Republican party has fewer candidates: Allan Fung, the current mayor of Cranston, and Ken Block, the founder of the RI Moderate Party, are running. Brown University conducted a poll that listed Block with 30% of the votes, and Fung with 31%.

The candidates have been taking big initiatives to get voters' attention on some of the largest issues in the state. Gina Raimondo is leading in the Providence Journal, and in the Brown University and Huffington Post polls, is focusing on broadband and telecommunications in the state. She has recently released a TV ad featuring the very popular beer company Narragansett. According to WPRI.com, "an investment from Raimondo's venture capital firm helped two Rhode Islanders buy Narragansett back from Pabst and open a Providence headquarters."

The Providence area favorite, and current mayor, Angel Taveras, seems to have a strong focus on education. The Providence Journal states, "Taveras wants to conduct a review of the state's teacher preparation programs to ensure that they are based on the best models in the field. He would also modify the SEE GUBERNATORIAL ON PAGE 2

ECO reduces use of gas and electricity at JWU
Abby Bora
Editor-in-Chief

Since the program began in June 2012, the Green Conservation Office (ECO) has been working to reduce energy use around campus. Under the leadership of Matthew Fannom, the program's manager, and Erin Donnellan, the energy conservation specialist, the university has decreased electricity usage by 10.4 percent and gas usage by 1 percent between July 2013 and June 2014. ECO's first project was the Yoga Hall. After meeting with SEE ENERGY ON PAGE 2

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JWU Campus Herald.com
RIPTA

used it or not," Damien Slocum, the associate dean of student development, said. Slocum worked with the Accounting Office, recommending changes and analyzing student ridership patterns and costs. "Student feedback was the timing of the announce-
ment. Left little time for them to make proper arrangements and plan accordingly for the new expense," he said.

With these concerns in mind, the university announced on Aug. 1 that the changes to the RIPTA Riptunes program would be delayed until the end of the fall term. The university would give students more time to adjust their financ-
es. Faculty and staff received a similar email stating the chang-
es, and that they will continue to be offered free RIPTA service if they choose not to use university parking. The email mentioned that the university is investigating other RIPTA options, like a set number of rides for a set price, instead of only offering the opportunity to buy an unlimited pass.

Some students continue to fight for free RIPTA passes. "The Free RIPTA Campaign" book page has 710 likes, and posts a "Reason of the Day" to demonstrate why RIPTA should continue to subsidize fully free RIPTA passes.

Senior business student Brett Jacob is working to unite stu-
dents in a "collaborative effort" to bring back the passes. "There's a legitimate student voice behind it," he said. "I've felt, and believe that others feel, that the decision was made in a vacuum with no consideration for the practical and economic impact on the stu-
dents," Jacob questioned where the saved money will go. men-
ing RIPTA's increase in tuition. "Where's our refund?" he asked.

The cost of subsidizing RIPTA passes for RIU was unavailabil-
ity. RIPTA has recently made investments in transportation, with changes to the parking permit policy, the parking garage, and the purchase of new buses to replace older models. Mayor Michael Quinn, the director of the Providence Campus's Safety and Security, said that in the past year, the university began drop-
ning students off at locations along Alnare Avenue and Narragansett Boulevard. This also allows students to be dropped closer to home, and "we've had no inci-
dents," Quinn said. He emphasized the impor-
tance for students to have a plan. Some students may decide not to purchase passes, but they can come up with new ways to move around the city and sur-
rounding areas. "If you're resourceful," Quinn said. "You don't see the changes as a-
ing a safety threat on campus. It's been thrown up as a red flag if I thought it would affect safety." Vieira knows she'll purchase the discounted RIPTA and will take on more hours at work to cover the cost. "It just be another thing, on top of books, to keep tabs on," she said. "It's something to learn from and ad-
just to."
Military State

Colby Fraser
Staff Writer

In a world where local towns of 8,000 people have armored personal carriers and police officers outfitted in military equipment needed to invade foreign countries, one city is torn between looters, protesters, and law enforcement. The on-going events in Ferguson resemble a plot line of the unpacked summer blockbuster. Who knows how much longer the almost month-long ordeal will continue? Between looters and excessive force from police, it makes being an American shameful. Social media makes reporting on hot issues like this easier than ever. From videos of police officers pointing loaded guns at protesters stating “I will F**king kill you” to a gas station engulfed in flames. Ferguson has brought much debate to American politics. A young adult named Michael Brown was unarmed and killed, which caused a larger issue to sprout.

The major news outlets argue over the race issues involved, but less is discussed about the militarization of local law enforcement. Ferguson was more transparency and less speculations of the events leading to death of Michael Brown. Then the month-long disaster occurring in Missouri could be avoided. Police should have the tools needed to keep the peace in times of civil unrest like the dozens of store loottings that occurred, but a paradox is created when these “police” are wearing equipment used in modern warfare. Grenade launchers, gas masks, fully automatic M-16 machine guns, APC (Armored Personal Carriers), tear gas, pepper spray projectiles, wooden bullet projectiles, and LRAD (Long Range Acoustics Device) all seem like overkill to prevent looting and keep the peace.

No one is perfect, and no one should pretend that everything law enforcement does will serve justice; however, that does not pardon irresponsibility and lack of accountability. Another unarmed man was killed by two police officers only a week after Michael Brown, a few miles away from Ferguson. In that same town a few months before, a man was charged with destruction of government property for getting blood on officer’s uniforms after being blinded. Unless a violation occurs on U.S. soil, there is no need for police to have grenade launchers or armored trucks capable of withstanding mines.

Maybe having police wear video cameras can mitigate excessive force and prevent events like Ferguson from happening. According to Policefoundation.org, wearing cameras was associated with dramatic reductions in use-of-force and complaints against officers by 50% over a 12-month period when the study was conducted. Law enforcement in America needs to have cognitive dissonance when it comes to the power they should have. They are in place to keep peace, not win a war.

What will you miss about the summer?

Evan Events

What's your favorite thing about the beginning of school?

“Everyone comes back. It’s like a reunion. I like meeting new people.”

Somboi Boima
Junior
International Business

What are you looking forward to as the school year begins?

Meeting new people and creating a positive environment in McNulty

Dan Mott
Sophomore
Criminal Justice

What have you liked most about RA training?

The people on the team are great to work with. They’re happy people

Leon Chong
MBA

What did you like about being on campus this summer?

I liked being able to meet new people in my hall and I also liked being able to participate in the activities that Providence had to offer, such as the summer concert series.

Jackie Thomas
Sophomore
Counselling Psychology

The Impact of Social Impact Bonds

Bradly VanDerStad
160 and AAD Editor

Whenever the government needs more money, taxpayers groan. What today’s government needs are open-minded officials who are not afraid to try original methods to save money from the budget. Here’s an idea that would help the state save money, keep people out of jail, and actually make money for potential investors. It’s called a Social Impact Bond, or SIB. How it works is simple: private investors direct some of their funds into community non-profits, dedicated to keeping criminals out of jail. Some of the state’s jails are in and out of prison wasting tax money, when all they really need is a bit of counseling and perhaps training in a specialized skill that can get them a job. The state saves money as these criminals are kept out of jail and become more productive members of society-everyone wins.

As the state saves, it keeps some for itself and sends a portion to the initial investors. If the non-profit works well enough, there is potential for enough money to be saved where both the state saves tax dollars and the investors profit. Here’s the cool part—-even if the effort fails completely, the taxpayer doesn’t have to worry because the investment is from a private firm, and it is they who accept the risk.

It is ideas like Social Impact Bonds that will keep our state and others saving money and helping people as well, and should definitely be implemented in RI.
### Graze US

**A healthy snack delivery service**

**Elizabeth King**  
Staff Writer

Sometimes life gets ahead of us, and maintaining a healthy, nutritious diet becomes a difficult task. As snacks are the norm at class, work, and meetings with no breaks in between, they're likely to skip meals or snack on unhealthy foods. Two habits that can sap your energy and pack on unwanted pounds. Even going to the grocery store regularly can become a difficult task for those of us who do not receive the university's meal plan. Most of us can agree that things would be much easier if we could have food delivered straight to our door.

That's where Graze, a snack delivery service based out of the UK, can help. Graze is an exclusive service where customers refer others to join, so its services are very user-friendly. When you sign up, you create a personal account online and can browse Graze’s selection of dozens of snacks, ranging from mini pop-corn bags to trail mix, granola bars, and crunchy snacks with dips. Each snack is individually wrapped, so you can pack as many as you need in a bag or purse when you're on the go.

Each box is formulated by Graze's personal nutritionist to provide nutritious carbohydrates, fats, and proteins, and there are low-calorie options for those seriously watching their waistlines. Another great option that Graze offers you is to personalize your boxes to specific dietary needs. While all their snacks may not be allergen-free, those who wish to avoid spicy foods, milk, and gluten can easily do so, and vegans can keep their boxes animal-product-free by pushing a single button (be careful though, as I personally found that a few snacks containing honeycombs were not eliminated after choosing the vegan option). You even have the option of trading snacks, as well as labeling them "try" "like" or "love" to vary the frequency at which you receive them. Every snack that I have tried from them has been quite tasty, and you are free to cancel and resume your deliveries at any time. A few potential downsides to Graze include the price, unpredictability, and requirements to sign up. Boxes can be delivered weekly or by-weekly, and each one will cost you $6, which may not be worth it when you only receive four small snacks (on average about 1/4 - 1/3 cup servings) per box. In addition to this, even though you can vote for which snacks you receive most often, your final box is still a surprise, which may not be desirable to those keeping careful track of their dietary intakes. Finally, to sign up for Graze you need to know a friend and use their friend code, which can be a challenge if you're the first to try it out. However, if you would like to try the service now, feel free to use my friend code, LIZZXOL9, at http://www.graze.com/. You can also follow this link: http://www.graze.com/us/p/LIZZXOL9? to get your first and fifth boxes free.

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### Homemade Disney Dole Whip

**Elizabeth King**  
Staff Writer

Enjoy the last of summer’s warm days with this frozen treat inspired by the classic Disneyland dessert.

**Makes 3 modest servings**

**Ingredients**

- 2 cups frozen pineapple, mango, strawberry, or other desired fruit  
- 1/4 cup milk of choice, such as coconut, soy, or almond  
- 1/16 teaspoons salt  
- 2 tablespoons organic cane sugar, or other sweetener of choice to taste  
- Scant 1 tablespoon lemon juice

**Directions**

Blend all ingredients until smooth. If your blender is not powerful like a Vita-Mix, you may need to add more liquid as you blend until you then freeze a bit before serving or churn it in an ice cream maker. When desired consistence is achieved, squeeze through a strainer, pan with a plastic bag with an edge cut off for an authentic Dole Whip look, or simply serve with an ice cream scoop. For a serve that holds its shape longer freeze the swirled dole whip at least 20 minutes prior to serving.


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### Culinary Arts Museum reborn

Since May of 2013, the Culinary Arts Museum has been closed for inventory purposes. After more than a year, the doors reopened on September 2, 2014. "The closure of the museum was to get a handle on the vast collection," said Director and Curator of the Culinary Arts Museum Richard L.S. The collection has been growing for 25 years and was not properly inventoried early on, so there was a lot of catching up to do.

In addition to the reopening, the museum now features an exhibit called "Sweet Success," which focuses on ice cream, chocolate, and other confections. The main component of the exhibit is the 1896 ice cream bar, which was built in Haverstraw, N.Y. After spending some time in Manhattan as The Agora Ice Cream Parlor, it was donated to JWU. This is the first time in 21 years that the antique ice cream bar has been reassembled and is on display.

"This is a chance to see what students are learning," said Williams, the collections manager at the museum, committed on the types of visitors that come through the doors. "We have always interested parents and students during move-ins and weekends. We also get students coming to other Southern New England colleges and universities as they orient themselves to the area." The Culinary Arts Museum is far more than just a museum, inside is a catering kitchen, enough event space to entertain 170 people simultaneously, teaching labs for professors and students to use (with the museum collection as reference material for research and projects), and a children-friendly space. "We are trying to engage with people in any way we can," Williams said.

"We really want to make it a student's museum. A teaching museum," said Williams. There are currently plans to house individual display cases for every major at JWU, and have reference material for all of them to use. There is also a wide collection of exhibits to see, including "Food on the Move," a glimpse at the history of food and travel; Culinary Beginnings," which focuses on the history of culinary across the world; "Diners," which concentrates on the long and rich history of diner culture, and many more.

The Culinary Arts Museum is always changing and growing. If you'd like to see a 5,000 year old ding (bowl) from the late Shang Dynasty, see a chef's coat signed by Thomas Keller of the famous French Laundry restaurant in Napa Valley, or would like to play skee ball in the Country Fair to Culinary Olympics exhibit, JWU students and families are always admitted free of charge.

For more information, like the Culinary Arts Museum's Facebook page, or see their online collection at Culinary.org.
Learning New Englandese

A look into local customs

Kaylyn Abbott
Staff Writer

College is an amazing opportunity for students to travel to other countries for their studies. With these new areas come different customs and phrases. For freshmen and transfer students, Rhode Island and the rest of New England can be a little different than back home.

For starters, seafood is a must-have in the region. New students will quickly learn that the locals love New England clam chowder and stuffed quahogs, among other things. There is also Rhode Island-style calamari which is thinly named so because the calamari is mixed in with hot banana peppers, making it unique with a mild and tangy flavor compared to the other ways that the dish is served.

New England is also home to a few popular American brands. Hood has been been serving milk, ice cream, and other dairy products for over 100 years, and Ben & Jerry's started out in Vermont. Bliss Dairy is located right in Attleboro, Mass., which is a short drive from Providence. Another popular treat found right in Rhode Island is Def's. Def's is soft frozen lemonade that is both smoother and sweeter than Italian ice. It's a Rhode Island staple. Coffee milk is among the other things that was invented in Rhode Island. Accessories from Kiel James Patrick and Alex and Ani were not only founded in Rhode Island, but have become fashion must-haves in the region.

Besides inventing physical objects, New England loves to create new words and ways to talk. Everyone knows that the locals talk really fast, with the people of New England being some of the fastest speakers in the country. New students will notice that the locals, more noticeably those from Massachusetts, tend to drop the "r" in many words. Instead of being pronounced the city of Fall River, many say it as "Fall Riva."

Some words used by locals are unique compared to the rest of the country. For instance, around here the water fountains may be called "hubbler," and some people call milkshakes "cabinets." Wiens may be called "gaggers," and sub sandwiches are called "grinders." Also, the word "wicked" is not bad here, it's used to say something is cool.

Dr. Brosnan's 8th annual Maine Writer's Conference

Bradly VanDerStad
IAE and JAE Editor

Every August since 2005, JWU English professor Dr. Jim Brosnan and his wife Donna have traveled to Maine to co-coordinate the Writer's Conference at Ocean Park. The conference is one of the longest-running writer's conferences in the nation, hitting its 17th year last month, and is designed for writers of all experience levels. Many of the conference-goers have had poetry and fiction published, while some are more the scribbler-on-a-napkin type. Brosnan answered a few questions for the Campus Herald:

CH: What do you look for in presenters for the conference?
Dr. B: Presenters must have a publishing record from established publishers and usually have teaching experience. We have had both college and high school teachers with publishing credentials. We also have had the Maine and NY poet laureates conduct workshops and/or read from their works.

CH: How has the conference developed under your leadership?
Dr. B: We continually refine the conference. When I first started directing the conference, it started on Thursday evening. We added another day to be able to offer a more fulfilling experience. We have added open-mic opportunities for conference attendees to read new work and a keynote speaker on the first evening of the five-day conference.

CH: Any words of wisdom for budding authors at JWU?
Dr. B: Budding authors need to set aside time to practice the craft (if not on a daily basis) with some frequency. Keeping a journal is a good start. Joining a writers group is also very helpful: participants in a group can be supportive and offer helpful suggestions to one another to improve the writing being examined.

The Weybosset Hill Writers meet weekly on campus and are led by Dr. Brosnan. If you have interest in attending the conference next summer or want to know more about the writer's group, send him an email at brosan@jwu.edu.

RI Pride 2014
RI Pride was a month-long event, culminating with PrideFest 2014 on June 21. The festival featured over 120 vendors and live performances from names such as NKi Harris, David Hernandez, Miss Gay RI 2014 Nadia Starr. The Illuminated Night Parade took place downtown, with the announcements posted in front of PPM. Members of the procession included support organizations, clubs like Ego and the Dark Lady, a variety of churches, and more.

What's happening in Providence?

Bradly VanDerStad
IAE and JAE Editor

Bored? You never have to be bored in Providence! Below are just a few of the many things to do in the local area:

Providence Ghost Tour:
Take a tour on College Hill to hear chilling ghost tales and see the most haunted areas of Providence. Buy your tickets at www.providenceghosttour.com.

Roger Williams Park Zoo:
Check out your favorite animals while it's still warm and sunny. The zoo boasts animals like giraffes, elephants, and snow leopards, and hosts events throughout the year. You can find out more at www.rwzoo.org.

The Providence Flea:
Stop by South Water Street and browse or buy at one of Providence's best outdoor flea markets. Hurry over, the first two Sundays of September are the last ones of the year! The fleas last from 10 a.m. to 4 p.m.

Friday Night Jazz:
For five dollars, you can enjoy smooth jazz at Aspire Restaurant on Friday evenings from 7:30 to 11:30 p.m. The restaurant is located right downtown on Westminster St.

Friday Coffee Tastings:
Jump on a RIPTA to Pawtucket for a free coffee tasting every Friday at New Harvest Coffee Roasters. Visit www.newharvestcoffee.com for more information.

Gallery Nights:
Enjoy a free tour of some of Providence's best art galleries on the third Thursday of the month. Theme-dedicated bus tours stop at around four galleries and take about two hours. Tour schedules and maps can be found at www.gallerynight.org.

Steele Dan:
Steele Dan's Jamato! Ever After tour will be at the Providence Performing Arts center on Sept. 7. Get your tickets now at www.ppacri.org.
Julia Abbiss
Copy Editor

A couple of months ago, I came across an article titled, "Can tourism kill a destination?" In the article, it wrote, "There are reasons why scholars have called tourism a 'devil's bargain.' Tourism either poses a threat to the natural or man-made environment, or it poses a threat to the local culture and society (and sometimes it does both). This truth is one that upsets me greatly. Tourism is a tool that should empower and preserve a local community's land, traditions, and economy, not strip societies of their resources and culture. My vision of what the tourism industry should be falls under the definition of sustainable tourism: "Tourism that meets the needs of present tourists and host regions while protecting and enhancing opportunities for the future" (TIES).

That's why I jumped at the opportunity to study abroad in Costa Rica to get my concentration in Eco, Nature-Based, Adventure, and Sustainable Tourism this past summer. Not only does the title involve everything I wish to become an expert in, but Costa Rica itself is known for being a pioneer in all things sustainable. In fact, by 2021, their aim is to become the first carbon neutral country in the world. Naturally, my expectations were high.

For 25 days, our group of 25 students trekked around practically every corner of Costa Rica has to offer. Starting on the Caribbean side, we watched as a sea turtle was released into the wild and traveled in a rainforest lodge that was only accessible by boat. We then ventured to the Sarapiqui region, where we stayed at Tirimbina Biological Reserve and completed the academic aspect of our course. This was followed by the volcanoes and hot springs of La Fortuna and the intense zip lining courses through the cloud forests of Monteverde. Our amazing month came to an end on the Pacific side of the country, where the weather was unlike anything I've ever experienced - so warm and calm that it felt like I was swimming in an enormous bath.

While I anticipated this trip to be a professional confirmation for me, what I did not expect was how memorable the other students on the trip would be. The briefest way I can express the bond we all shared is by describing the events of our final group activity. My roommate Lucy Sweeney and I lead a reflective meditation on the beach as the sun was setting. After the meditation portion, we all sat in a circle and shared either what we learned about ourselves or what we were grateful for on the trip. The evening activity was filled with tears, laughter, and consistent gratitude for the moments we all experienced together. I could not have asked for a better group of people to have traveled with.

This study abroad will forever be a beautiful highlight of my college career. Being surrounded by professionals who have dedicated their lives to running a sustainable business was incredibly inspiring. Our tour guide Ricardo Howell at our sustainability teacher Carl Chavarría embodied tropical Tico pride and hospitality, as he showed us that, if established correctly, tourism did not have to be a "devil's bargain." If you want to see more photos of our time in Costa Rica, check out https://www.facebook.com/CostaRicaWILAW, be sure to stop by our booth at the Study Abroad Fair on Wednesday, October 1, from 4 p.m. to 5 p.m. See you there!

Alison Rugg
Columnist

I'm starting this year off a little different. I hope you are all looking forward to seeing what all of the fabulously dressed students of JWU have to offer. I thought I would write up a small list of what I believe are staples for every man and women's closet. I am quite the preppy and boho chic sort of girl, so feel free to disagree. I think that no girl or guy should, or even could, live without any of these items.

For The Ladies:
1. Little Black Dress (LBD):
   You can wear this to work, school or a night out on the town. Buying yourself a great LBD would be a worthwhile investment.

2. Cardigan:
   Simple button down cardigan can not only keep you cozy on a fall day, it can give a very simple fashion statement.

3. Crisp White Button Down:
   This is a serious must have for all of the working woman or man out there.

4. The White T-Shirt:
   Everyone's best friend, when you want to turn your work outfit into a causal bombshell. Pair this with dark wash denim and some flats, and you're good to go.

5. Black Ballet Flats:
   I mean, what else would you want to throw on after a full day of wearing your favorite pair of stilettos?

6. Pencil Skirt:
   This is a staple for all working women. If you're the type of person to gravitate towards bold colors or prints, here's a tip. Always choose a pattern that will be figure flattering, especially if you plan on wearing it to the office. If you are smaller on the top and bigger on the bottom (just like me), avoid 'loud' prints which will accentuate your lower half.

7. Pearl Necklace:
   What women in their right mind wouldn't love to look Audrey Hepburn or Jackie O for the day? A pearl necklace can add a great pop to any outfit day or night.

8. Bangles:
   Bangles bracelets are a great 'throw on' accessory, and is a great way to add a bit of color to an already solid look.

9. Mini Pants (ankle length pants):
   If you don't own a pair of these, I would suggest your grab your keys right now! Mini pants, also know as ankle length pants, come in a variety of different styles and colors. They are extremely comfortable and are very figure flattering.

10. The Boyfriend Blazer:
    A blazer is a great way to add a professional touch over your classic LBD. It can also serve as a jacket, once the fall winds start to roll in.

11. Statement Necklace:
   Statement Necklaces can add an artful and fun touch to almost any classic outfit.

12. 'Sick' Shades:
   An amazing pair of sunglasses are a must have for both men and women. Whether you have the fashion sense of Emma Stone or Nikki Minaj, or Tom Cruise or Ozzy Osbourne, 'sick' shades are necessary fashion statement. My advice is to find a pair that keep your beautiful eyes healthy, yet express your personal style to a tee.

For the Gentlemen:
1. Dark Wash Denim:
   Every man should own at least one pair of dark jeans, they are a staple wardrobe item. They are super easy to both dress up or down on the daily.

2. Band T-Shirt:
   Great pick to throw in your meeting at the office or with the family. A staple to give a man's outfit a finish.

3. Khakis or Dress Pants:
   Khakis are a great way to dress up or dress down your outfit. If you're not the khaki type of guy, a great dress pant will do! Dress pants commonly come in blue, black and grey. These are all classic colors and go with different types of tops and shoes.

4. Polo:
   This is the type of shirt you can wear for many occasions; whether its going out to dinner with the significant other, or going out for drinks at the bar with your friends.

5. Sperry Top-Siders:
   Boat shoes are an amazing item to have in your closet preppy and agree, they are some of the best shoes you will ever own.

6. Sports Jacket:
   Great pick to throw in your meeting at the office with the family. A staple to give a man's outfit a finish.

7. Watch:
   There's something something to wear. Whether it's a leather or metal strap that makes a man look rugged, it also makes for a good gift! A strap makes a great gift.

8. Solid Color Tie:
   A mean, why not? Solid color tie, and quite a bargain for all men. You never know if you're going to have that meeting tomorrow, and you're going to be 'anything' to wear. A solid tie or break an outfit.

9. Dress Shoes:
   Dress shoes are very important for any.
If you often find yourself exploring the depths of the Internet (or Tumblr), you may be familiar with the term sex-positivity. Sex-positivity is not a new concept, but as the term begins and thus your "college experience," it may be relevant to you. Sex-positivity is the belief that people have the right to intentionally explore and experience their sexuality without shame, judgment, or coercion. There are organizations who support the sex-positive movement and disseminate accurate, comprehensive sex education. One such organization is The Center for Sexual Pleasure & Health, based locally in Pawtucket, RI.

If you hop on the #11 RIPTA bus and visit the CSPH, take advantage of the knowledgeable staff, the extensive sexuality library, and the intriguing display of vintage vibrators. In the meantime, here are a few ways to begin incorporating sex-positive values into your life:

1. Respect the rights of your peers to practice bodily autonomy and make their own decisions regarding their sexuality and health.

Perhaps it's because many of us grew up quoting Mean Girls verbatim, but people often label their friends or peers "sluts" or "prudes" based on real or perceived sexual experiences. Slut-shaming or sexual bullying contributes to a sex-negative society which accepts and even condones sexual assault.

What you do with your body is solely your decision. Whether you have sex with 10 people, 50 people, or no one at all, no one has the right to judge, shame, or condemn you for your decisions.

When we stop shaming others for their sexual behaviors, we can make room for our own exploration and self-acceptance. That's sex-positivity.

2. Don't tolerate sexual harassment or other forms of power-based personal violence on campus.

Power-based personal violence is any form of violence in which the motivation is power assertion, control, or intimidation. This includes rape and sexual assault, stalking, partner violence, and other uses of force and threat. In order to combat sex-negativity and to respect the rights of others, we must also demonstrate intolerance for violence.

Johnson & Wales understands the importance of eliminating violence and has implemented the Green Dot program on campus to start tracking our progress. Green Dot is the idea that everyone can do something to prevent violence from happening in our community.

If you're interested in attending the university's Green Dot bystander trainings, contact the Gender Equity Center.

In case of a personal safety emergency be sure to add JWU Campus Safety & Security to your contacts list (401-598-1101) and know that Counseling Services is the only and only confidential resource on campus.

3. Seek out medically-accurate, comprehensive sex education.

If you're trying to find sex ed on campus, the Gender Equity Center and the Health Education office have teamed up to form the JWU ASK! Educators, fellow students trained to educate their peers on health, wellness, and equity issues.

You can even bring the ASK! Educators to your organization or club to facilitate workshops on many sexuality topics. Find JWU ASK! on Facebook or connect with them through the Gender Equity Center.

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The Campus Herald is looking for writers for all sections of the paper.

As a writer for the school newspaper, you'll have the opportunity to cover everything from campus news to the coolest concerts in Providence. Your stories will be published in our bi-weekly newspaper and on our new website, jwucampus herald.com. Additionally, you'll be building your resume and portfolio, while gaining valuable writing experience.

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Numerous positions on staff are available.

The Campus Herald is also seeking new writers, photographers, designers, videographers, and advertising students for the upcoming year. Join to gain valuable experience, build your portfolio, and to meet like-minded people. Interested students should email jwucampus herald@gmail.com. You can also stop by one of our meetings on Wednesdays at 6 p.m. on the 3rd floor of CBCSI.
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OTHER OFFICES
Downcity (CBCSI, 232 Weybosset St.) and Harborside (Second Floor, Wildcat Lounge)

Wildcat Welcome Events

SATURDAY, SEPTEMBER 6th
Jim Spinnato: R-Rated Comedy Hypnotist
8:30 pm - Wildcat Center Main Gym
Late Night Bingo - In the Wildcat Center
11:00 pm - 1:00 am - Wildcat Center Lounge

SUNDAY, SEPTEMBER 7th
Trip to Six Flags New England
Shuttles leave Harborside bus stop: 9:00 am
Comedian Marlon Wayans
8:30 pm - Wildcat Center Main Gym
Casino Night
10:00 pm - 1:00 am Wales Hall, Pepsi Forum

MONDAY, SEPTEMBER 8th
Poster Sale
9:00 am - 7:00 pm - Gaebe Commons (Rain Location: Wildcat Center Main Gym)
Student Involvement Night
4:00 pm - 7:00 pm - Gaebe Commons (Rain Location: Wildcat Center Main Gym)

TUESDAY, SEPTEMBER 9th:
First Day Fro-Yo
5:00 pm - 7:00 pm - Gaebe Commons

WEDNESDAY, SEPTEMBER 10th
Magician Michael Kent
8:00 pm - Schneider Auditorium

THURSDAY, SEPTEMBER 11th
Food Truck Night
5:00 pm - 8:00 pm - Harborside Blvd. (near the Athletic Practice Facility)
Fall Film Series
9:00 pm - Harborside Green

FRIDAY, SEPTEMBER 12th:
Think Fast! Trivia Game Show
8:00 pm - Schneider Auditorium
Tron Laser Tag
9:00 pm - 1:00 am - Harborside Green

SATURDAY, SEPTEMBER 13th
Big Bucks Bingo
10:00 pm - 1:00 am - Wildcat Center Main Gym

@JWUPVDInvolved
Wildcat Nation roars back into fall sports

Christian Nelson  
Staff Writer

Welcome back, JWU students! And for our new freshmen and transfer students entering their first term at Johnson & Wales, welcome to our college. The summer sure went by fast, and it’s almost time for classes to start back up again. To sports fans, that means something else is upon us. In the coming weeks, NCAA athletics will be back in the swing of things, representing Wildcat pride all over the Northeast.

For those who don’t remember last fall’s athletics, there is an assortment of sports teams that students can follow: men’s and women’s soccer, men’s and women’s cross country, and women’s field hockey.

Looking back at the fall of 2013, one can tell that JWU athletics cemented itself as a growing player in NCAA Division III competition. Men’s soccer won the 2013 GNAC Championship, where they faced Lasell College. They eventually qualified for the NCAA Division III Championship, but came up short against Brandeis with a score of 1-0.

Now looking forward to 2014, Wildcat Nation has a reason to be excited for what’s ahead. Men’s and women’s soccer, one of JWU students’ favorite sports to follow during the fall term, has retooled for sustained success, with some high-profile recruits, along with veteran leadership that has built upon previous experience and success in seasons past.

Wildcat Nation, if you haven’t been involved in the new traditions of this school’s revamped athletics program, then this is your year to get into it. Look out for big games under the lights down at the Scott’s Miracle Grow Athletic Complex.

Also be aware that during the fall, men’s ice hockey will be preparing for a second chance at a title in 2015, after they came just short in last year’s playoffs. Women’s hockey will play their first year as an organized club, where they prepare for their inaugural season in 2015. Men’s and women’s basketball will head back into the Wildcat Center for another competitive season. Meanwhile, men’s wrestling will hope to continue their success following the 2013-2014 season, when they placed eighth at the NCAA National Championship and boasted three All-Americans on the 2013-2014 roster.

JWU is rapidly becoming one of the top programs in Division III athletics, and we see all a part of it. Make sure to keep up to date on all of the games, schedules, and scores on either ProvidenceJWUathletics.com, the JWU mobile app, and right here at The Campus Herald.

Welcome to the new Wildcat Nation, JWU students.

Q&A with Xavier Carty on the upcoming soccer season

Naim Leary  
Staff Writer

Last year, the men’s soccer team swept the Great Northeast Athletic Conference awards for the week of November 11 after capturing the school’s sixth GNAC Men’s Soccer Championship. The men’s soccer team was eliminated from the 2013 NCAA Division III Championship with a 3-0 setback against Brandeis in the opening round of the tournament. The men’s soccer team is preparing for the upcoming year, planning a comeback, aiming for another ring, and hoping to win the NCAA Division III Championship.

Q: How did it feel title yourself and teammates champions? How does it feel to own a ring?
A: It felt great to win the ring. We worked hard this season and the championship was against a team I got red carded against, so I felt good after and the manner of which we won the game was even a greater feeling. To do it as a freshman, it gives me a lot to look forward to.

Q: What are your goals for this season? Is another ring in the making for this season?
A: My goals for this season is to get more assists and even more goals. I feel, as a midfielder, it is important to get my teammates more goals. I also want to go a step further in the NCAA tournament.

Q: Do you have any game rituals?
A: No. I just have a great time with my teammates before the match.

Q: Why do you wear the number 17?
A: I wear the number 17 because I am inspired by my favorite player Eden Hazard. I also like the number 18 as well, but my best friend on the team has it. It’s okay. I am most likely going to switch to that number next year.

Xavier Carty, M, advancing the ball during a 2-0 win over Castleton.

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Samsung raises the bar with the Galaxy S Tab

Ryland Grudzinski
Business/tech editor

Samsung announced the addition of a new device to their already impressive lineup of tablets: the Galaxy S Tab. Designed to appeal to fans of the Galaxy S series of smartphones, the new tablet clearly reflects the earlier phone's design and interface. With over ten varieties of tablets on the market, Samsung is in a better position than ever to steal the market from long-time rival Apple. With an 8.4" and 10.5" version, the Galaxy S Tab will directly compete with the iPad Air and iPad Mini.

This round of tablets are only 6.8 mm thick, making them the thinnest on the market. Samsung's OLED screen makes this possible by eliminating the need for backlight panel traditional LED screens need. The OLED screen can display intense color and deep blacks, and is a feature that has appeared on Samsung phones before. The Galaxy S Tab will be the first Samsung tablet to use this display. The 8.4" and 10.5" versions will have 359 ppi and 287 ppi screens respectively, with a resolution of 2560 x 1600, slightly higher than the current generation of iPads.

Both versions of the Galaxy S Tab will ship with 16 GB internal storage, with a microSD slot for additional space (up to 128 GB). The device will be WiFi only upon release, though Samsung has announced plans to create an LTE version for use with major U.S. cellphone carriers. Various peripherals such as keyboards and stands have been confirmed for the tablets shipping date, though they have not yet been revealed to consumers. Samsung has priced their Galaxy S Tab to match Apple, with $400 for the 8.4" and $500 for the 10.5". With specifications either on-par with or exceeding their rival's devices, it is clear Samsung is making a push for control of the tablet market. Since established Galaxy Tab fans will be anxiously awaiting the device's release in July, Samsung's real test will be seeing how many die-hard Apple fans will make the switch to the Galaxy S Tab.

New online forms change access to jwuLink accounts

Abby Bora
Editor in chief

In the past, JWU students have been able to sign a form on-line giving parents or guardians access to their jwuLink accounts. JWU announced on July 1st that this authorization will now take place online, giving students greater control of their accounts.

The federal government's Family Education Rights and Privacy Act (FERPA) requires authorization for outside individuals to access education records. Both the paper and online forms fulfilled FERPA requirements, but thanks to recent system upgrades, JWU was able to make the switch.

According to Derek Lavoie of Student Communications, this change offers greater security to students. "They can allow parents and other individuals to see only the stuff they need to see," Lavoie said. "Students can feel better knowing that only authorized information is being accessed as opposed to everything connected to their jwuLink account."

The "pinch" of involvement

Beau Cobb elected as national president of FBLA-PBL

Abby Bora
Editor in chief

For JWU marketing major Beau Cobb, being elected as the national president for the Future Business Leaders of America-Phi Beta Lambda (FBLA-PBL) seemed like the next natural step. Cobb had been involved in the organization for ten years, started Tennessee's state chapter, and served as the national secretary for the past year. After 10 years, this has been the pinnacle of my involvement in the organization," Cobb said. "It's a great opportunity for me to put my knowledge into action."

FBLA-PBL is both the oldest and largest student business organization in the U.S. More than 1,800 college students attended the Nashville conference, which took place from June 24-27. While other members were busy competing in business-related events, Cobb was campaigning for the election.

He ran a campaign booth at the conference, promoting the slogan "Reconnect with Cobb!" This referred to last year's campaign for national secretary, where he focused on connecting with the organization's members. "I want them to know that I'm bringing the voice of the people," Cobb said.

In addition to the campaign booth, Cobb spoke in front of the entire conference, and also participated in a "rigorous" question-and-answer session. On the last day of the conference, Cobb was elected president.

As president of the national organization, Cobb's responsibilities include being an ambassador for the program, presiding over council and business meetings, serving on the board of directors, appointing committees and chairpersons, and numerous other responsibilities. Since the leadership team contains students from a diversity of backgrounds, Cobb explained, "He's managed to use everything after serving as secretary during the previous year. He said that his professors have "been so understanding."" JWU's National Student Organizations (NSO) has also been an asset to Cobb in the past. "The resources of JWU NSO for really helping this campaign come together." he said.

Upcoming graduation, Cobb wants to work for a career and technical education organization like FBLA-PBL. "Education and business are my two favorite things," Cobb said. "That's the mission of this organization."
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