

The Campus Herald

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New dining options offer more choice, improved facilities for students

By PATRICK DYL
EDITOR-IN-CHIEF

Dining Services at Johnson & Wales' Downcity campus spent the summer preparing two old dining locations for their new reopenings. The first is the former New Club and U Club dining facilities, which have undergone complete renovation.

The Market Place, as is now called is similar to the Snowden Dining Center with made to order menu items that will be prepared as students order them.

The Market Place will now occupy the entire space that the two former dining centers utilized, and will provide a second major option to students who would like to eat somewhere other than Snowden.

The atmosphere of The Market Place is quite an improvement over the former U and New Clubs. With tables spread out throughout the entire facility, students are no longer crowded together at long rows of tables. Although far from private, the new layout of The Market Place is less high school cafeteria, and more relaxed and friendly.

Some students may be mourning the loss of Chestnuts, however if all goes according to plan, two new concepts will open in its place by late October early November according to Kathy Decotis, Assistant Director of Dining Services.

One concept, which will occupy what students think of as the front of the building will be Starbucks. Run by the university under a license from Starbucks, the location will feature all of the staples of the high end café and students with meal plans will be able to "swipe" for breakfast. All students will be able to purchase coffee, muffins and the rest with cash.



"I think that's a great idea" says Andrew Gallucci'08, "the coffee they had at Chestnuts sucked".

That is the opinion of many people at JWU, but not all. Many students will miss the amount of space that one location offered, and many more wish the space was completed on time, especially commuters who need a place to hang out in between classes.

The rest of the former Chestnuts space will be occupied by City Burger, which will also be run by Dining Services. Despite what come to mind with the name,

City Burger will have the ambiance of a student union, a comfortable place where students can hang out between classes and grab a delicious bite to eat.

"I think it is an interesting concept" says Jonathan Humphreys'09 "but I hope that they'll offer options for Vegans as well".

The food at City Burger will be all natural, and preservative free. The vegetables will be bought from local growers as much as possible, and the bread baked by local

bakeries.

The construction of City Burger and Starbucks was delayed over the summer due to issues regarding building permits according to Decotis.

These changes will hopefully improve services for both resident and commuter students, keep them satisfied, and help them to enjoy their non class time here at JWU.

The Campus Herald/Patrick Dyl
A cozy corner of the new Market Place dining facility. A Dining Service employee in the background prepares to open the facility for lunch this past week.

Going Greek? It's Not All Grass Skirts

By TRISTIAN THOMAS-ALLEN
ASSISTANT EDITOR-IN-CHIEF

On a campus the size of Johnson & Wales', it is difficult to find a place to belong and feel at home. For some people on this campus, the way to build lasting friendships and find comfort and kinship is through Greek Life. "Greek life provides and amazing opportunity to make a home for yourself in a campus of over 10,000 people," says Student Body President Shawna White, '09, member of Sigma Sigma Sigma. "I heard it's a sisterhood for life", said Samantha Riddick, '11, a student considering pledging to a sorority. "I know I'll always have a friend in the sorority."

If the kick-off event, The Big Luau, was any indica-

tion, Greeks can expect a wonderful year. "The Big Luau kicks off what I expect to be a phenomenal year of membership. We have so many active, interested, and enthusiastic freshmen," said Greek Assistant Charlie Bryant, '09, a Sigma Pi brother.

Greek Life has existed at Johnson & Wales since the 1960's, and many of the organizations we know today gained recognition in the 1990's. Fraternity and sorority life has developed over the years and become a real presence on campus. Here at JWU, there are four governing councils that oversee the organizations in conjunction with the Greek Life Office: The National Pan-Hellenic Council - NPHC (the historically African-American fraternities and sororities, Interfraternity Council - IFC, Panhellenic Council - PC, and United Cultural Council - UCC (predominantly Latino fraternities and sororities on campus).

The benefits that Greek brothers and sisters reap include a strong and lifelong social network, a greater sense of obligation to Providence and the surrounding communities, leadership opportunities, and of course, the so-



The Campus Herald/Dustin Genereux
Gabriel Lopez of Delta Sigma Phi competes in the Big Kahuna contest at the big luau

See Greek Life
Next Page

INDEX

Arts & Entertainment.....	Page 4
Campus News.....	Page 2
Culinary Arts.....	Page 11
Life.....	Page 10
Ideas & Opinions.....	Page 8
Money.....	Page 11

The Campus Herald

September 17 is Constitution Day

Find out more about it on Page 3

CAMPUS NEWS

Greek Life

Continued from Front Page

cial aspects. Greeks across the nation are known for their very full social calendars, and JWU Greeks are no exception to the rule.

Greek Life isn't all fun and games though, although you wouldn't know that from the misconceptions held by the majority of the student body. "Greek Life doesn't always have the best reputation," said Joan Rogers, '11, who is on the fence about joining because of her own perception of Greeks.

Perhaps unbeknownst to Rogers and other students like her, Greeks adopt and dedicate themselves to a slew of serious causes that affect all of us.

One of this year's causes, which is particularly close to the epicenter of Greek Life, is hazing prevention. JWU has a zero tolerance policy for hazing for purposes of initiation and orientation into fraternities and sororities, particularly in light of the death of a fraternity pledge at Rider University in New Jersey in an initiation exercise involving a lethal amount of alcohol consumption.

However, all four of the Greek councils here on campus as well as the individual fraternities and sororities acknowledge that hazing may still exist even here despite the strict policy. To combat

those who undermine this code of conduct, the campus's Greek organizations are banding together in a cooperative effort and commissioning the formation of a Hazing Prevention Team. A volunteer from all of the fraternities and sororities on campus will serve on the team as liaisons to the fraternities and sororities to put an end to this practice on our campus as well as organizing campus activities for Hazing Prevention Week (September 24-28).

Another cause this year is alcohol awareness. One of the interesting avenues they will use is a national story of a young college woman who died from alcohol poisoning after a day of socializing at a university in Colorado. By educating the campus about the signs of alcohol poisoning and how to get help for someone displaying the signs, Greeks hope that, although there is no way to stop college binge drinking, friends will be able to look after each other, a very Greek principle, indeed. In addition to these causes, there are numerous additional events that take place throughout the

year to educate members and the university community on important issues or philanthropic causes.

So, prospective new members, when you're attending events like the Big Luau or Meet the Greeks, remember the tradition and standards that Greek Life represents and that you will be expected to uphold as well, should you choose to join. The Greek councils have put in hard work to make a positive impact in the community, and expect new members will be ready to continue in the same vein.

With so many reasons for getting involved, it becomes hard to justify not going Greek "The best part about going Greek is meeting new people, ones that you'll know for life, and the ability to get yourself out there on the social scene," says Stephanie Dubin, '09, of Sigma Delta Tau. "[The best advice that I can give a prospective Greek is] 'Be yourself!' People will like you for you."

PHOTOGRAPHY CONTEST

Johnson & Wales University
John Hazen White School of Arts & Sciences

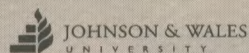
Cultural Life Annual Visual Arts Event

Open to J&W students!
Cash Prizes: \$250/\$100

Top submissions will be exhibited in the White Center and Harborside Academic Center throughout November 2007.

- Photos will not be returned
- 1 entry per person
- 2 matted copies of photo (8x10 or smaller)
- Name and contact information must be on the back of photo
- No digitally manipulated photos are eligible

All entries must be received by 3:00 p.m.,
September 21, 2007,
in the Arts & Sciences Dean's office,
5th floor, White Center.



Johnson & Wales Welcomes International Students

BY TRISTIAN THOMAS-ALLEN
ASSISTANT EDITOR-IN-CHIEF

Most students at Johnson & Wales have some reservations about studying abroad for an eleven-week trimester. But for some members of our student population, spending some of their formative years in a foreign country is a daily reality. Johnson & Wales currently enrolls over 1000 international students hailing from over 90 different countries, comprising almost 10 percent of the total student population.

American students may only notice their accents in class, slightly trendier clothing, and cooler cell phones, but the international community here is alive and thriving and will be more visible now with one of the University's newest additions, the I-Club.

The I-Club, brainchild of JWU's new International Community Coordinator Lindsay Tarnoff, aims to bridge the gaps in communication and interaction between international and American students here at JWU. "I want to give international students a chance to find a place for themselves at the University," said Tarnoff. "But I also want to get American students involved in the process. I want to create a place where we can all ask questions, 'where does that come from?' or 'what does that mean?' I think that it's important to have a club on campus where everyone can come together and get to know each other."

"It is our hope that by focusing on connecting the international students," said Erin FitzGerald, Dean on International Programs and Development, "we will be benefiting all students here, regardless of origin." Benefits aside, a few events definitely couldn't hurt.

Throughout the year, a number of social and cultural events will be offered, giving all students of all cultural backgrounds a means of meeting and making new friends from across the globe.

The I-Club will start of its inaugural year with a barbecue in Colt State Park on Saturday, September 8. A host of students from all across the world shared a day by the water and conversed over hot dogs, hamburgers, and pasta salad. Students could be heard talking

about everything from what cemeteries looked like in their home nations to fashion to sports. Unlike the separation along national lines that many see as typical of Johnson & Wales, all of the student groups naturally mixed themselves to include people from other nations than their own.

What was most surprising was not only the turnout, which exceeded 100 students, but the domestic student turnout. "I want to meet students from other nations," said Joan Swenden, '10. "I was on my way to go on a job hunt, but when I saw all of the people congregated at the bus stop at Gaebe Commons and found out what was going on, I definitely had to go."

The I-Club hopes that Swenden's sentiment will be echoed throughout the rest of the domestic student body and that more and more American students are just as interested in getting to know students from other nations.

One event that will take place monthly and aims to help achieve this objective is the Food and Culture Series. Every month the I-Club will host a night of national food, music, dance, costumes, and more. Each month will focus on a different country, giving students a taste of what the world has to offer without even leaving the greater Providence area.

Another recurring event is the weekly Tertulia. "Tertulia" is an old Spanish term coined to describe an informal gathering for discussion or debate on a particular topic to share ideas and opinions. Every Thursday at 1:00 p.m., the I-Club in conjunction with the ESL department will host a modern-day version where all participants can enjoy coffee, food, and great conversations while gaining invaluable global scope on discussion topics.

There will also be a boxed lunch series hosted by the I-Club in conjunction with the Multicultural Center and the ESL Department. International students will present on their own culture with parts of the presentation dedicated to customs, traditions, politics, games, dress, music, and everything in-between to anyone who is interested to learn. (FYI, it couldn't hurt to inform one of your Arts and Sciences professors that you are going to one of the boxed lunches, as it could be a fine opportunity for an extra credit grade.)

For all of the Honors College students, the I-Club is also a great place to find a friend and a conversation partner to help you get through your language requirement. We can't all be fluent in Spanish or French, but having a friend who is will be a big plus when it's time to study for finals.

More informally, the I-Club will also host pick-up games of soccer, movie nights, and even field trips to Newport, Boston, and New England ski resorts. This year's calendar is jam-packed with events, so every student should make it a point to attend at least one. You have nothing to lose and over 1000 new friends to gain.

The Campus

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About Constitution Day



In 1952, President Harry S. Truman signed a bill that moved "I Am an American Day" from the third Sunday in May to September 17 so that this holiday would coincide with the signing of the U.S. Constitution in 1787. Congress renamed the holiday "Citizenship Day." A joint resolution passed in 1956 requested the President to proclaim the week beginning September 17 and ending September 23 each year as "Constitution Week."

Senator Robert C. Byrd (D-WV) entered an amendment to the Consolidated Appropriations Act of 2005 that changed the name of the September 17 holiday to "Constitution Day and Citizenship Day." The purpose of "Constitution Day and Citizenship Day" is to honor and celebrate the privileges and responsibilities of U.S. citizenship for both native-born and naturalized citizens, while commemorating the creation and signing of the supreme law of our land.

The addition of the amendment, known as Public Law 108-477, requires all schools that receive federal funds hold an educational program for their students on September 17 of each year. This lesson, which is adapted from curricular materials on the Constitution produced by the Center for Civic Education, is designed to assist schools and federal agencies to meet the requirements of this law.

Source: Center for Civic Education

What the Founding Fathers Said

"Any people that would give up liberty for a little temporary safety deserves neither liberty nor safety."
- Benjamin Franklin

"A free people [claim] their rights as derived from the laws of nature, and not as the gift of their chief magistrate."
- Thomas Jefferson

"Guard against the impostures of pretended patriotism."
- George Washington

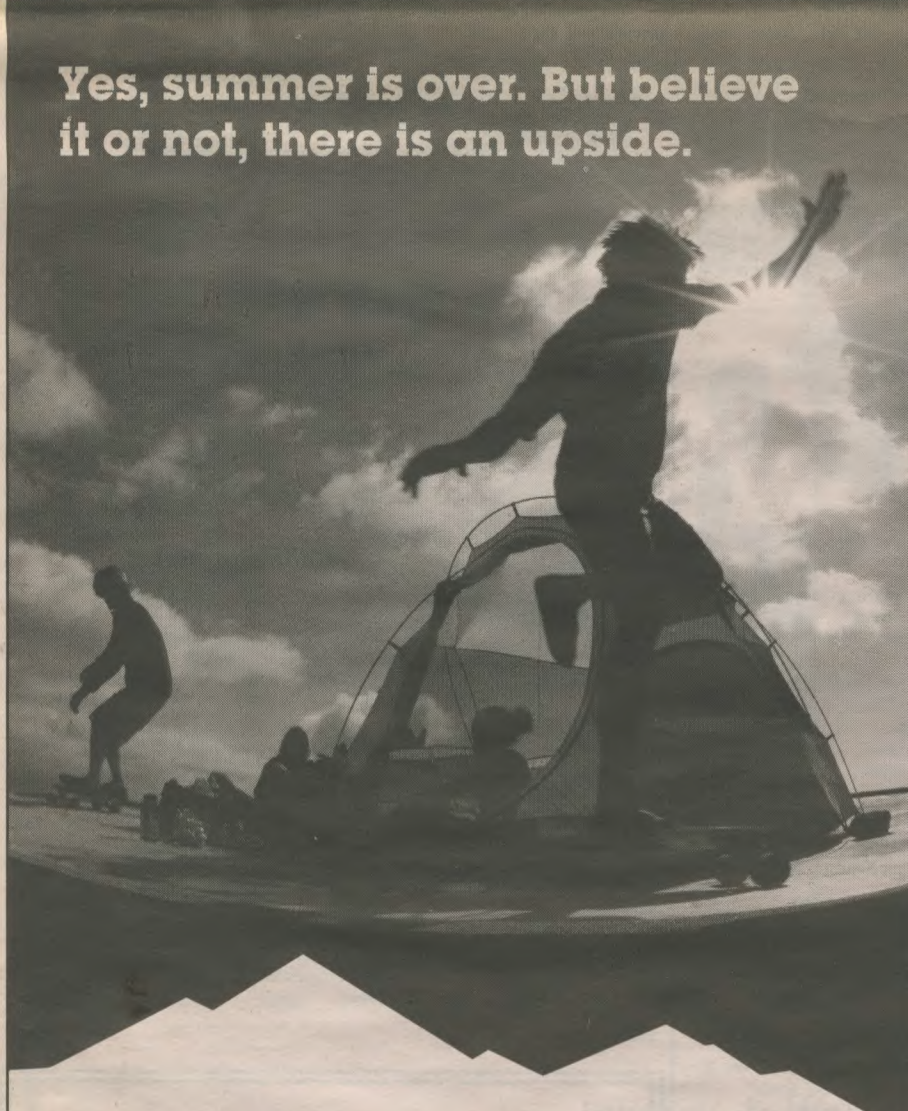
"We must all hang together, or, assuredly, we shall all hang separately."
- Benjamin Franklin at the signing of the Declaration of Independence, July 4, 1776

"Freedom had been hunted round the globe; reason was considered as rebellion; and the slavery of fear had made men afraid to think. But such is the irresistible nature of truth, that all it asks, and all it wants, is the liberty of appearing."
- Thomas Paine

"I only regret that I have but one life to lose for my country."
- Nathan Hale before being hung by the British
(not exactly a founding father, but important none the less)

"All men having power ought to be distrusted to a certain degree."
- James Madison, speech at the Constitutional Convention, July 11, 1787

See a Staff Editorial regarding Constitution Day in our Ideas & Opinions Section!



Yes, summer is over. But believe it or not, there is an upside.

College Students
Get 15% OFF full-price items.

Must show valid college ID. Restrictions apply; visit store for details.

Cranston
Garden City Shopping Center
176 Hillside Rd.



The Bill of Rights

Amendment I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

Amendment II

A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.

Amendment III

No soldier shall, in time of peace be quartered in any house, without the consent of the owner, nor in time of war, but in a manner to be prescribed by law.

Amendment IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Amendment V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property,

without due process of law; nor shall private property be taken for public use, without just compensation.

Amendment VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the state and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the assistance of counsel for his defense.

Amendment VII

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise reexamined in any court of the United States, than according to the rules of the common law.

Amendment VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Amendment IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Amendment X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

Arts & Entertainment

Jack B's Shows to Check Out

SEPTEMBER 14
Dropkick Murphys
@ Lupos/\$22.50 - Doors: 7 pm

SEPTEMBER 13
The Used
The Bled
@ Palladium (Worcester, MA)/\$25 - Doors: 7 pm

SEPTEMBER 15
The Starting Line
Permanent Me
@ Lupos/\$15 - Doors: 5 pm

SEPTEMBER 20
STEVIE WONDER
@ BofA Pavilion (Boston, MA)/\$40-125 - Doors: 7 pm

SEPTEMBER 21
Throwdown
Arch Enemy
Machine Head
@ Palladium (Worcester, MA)/\$20 - Doors: 7 pm

SEPTEMBER 21
Atmosphere
@ Lupos /\$15 - Doors: 8 pm

SEPTEMBER 23
Midnight Creeps
The Heart Attacks
Soda Pop Kids
@ Living Room /\$8 - Doors: 8 pm

SEPTEMBER 22
"So You Think You Can Dance"
Live Tour
@ Agganis Arena (Boston, MA)/\$36 - Doors: 8 pm

SEPTEMBER 24
Turbonegro
@ Paradise (Boston, MA)/\$18 - Doors: 8 pm

SEPTEMBER 25
Aiden
Drop Dead Gorgeous
Still Remains
1997
@ Palladium (Worcester, MA)/\$15 - Doors: 7 pm

SEPTEMBER 27
Jedi Mind Tricks
@ Living Room/\$15 - Doors: 8 pm

To suggest show listings, please e-mail
campusherald@jwu.edu

Behind the Scenes with Mike Epps

BY JACK BURTCH
ARTS & ENTERTAINMENT EDITOR

Just recently, Johnson & Wales University was fortunate enough to host the renowned actor/comedian Mike Epps who stars in movies like "Next Friday", "All about the Benjamin's" and the recent "Resident Evil" series. Opening with him included the comedian Will Sylvince from Brooklyn, New York who lit up the student crowd just in time for Epps to hit the stage at the Providence Performing Arts Center in front of a ruckus assembly that literally filled the entire first floor and more of the lavish auditorium. From jokes ranging to bashing Paris Hilton to his own life to interacting with the stage security; Epps left every-

thing on the floor. After the show, we were lucky enough to catch up with Mike and find out what's the latest buzz in his life as well as learn about his past experiences as an actor/comedian and to see if he had any insight to share with you.

Mike Epps, as some of you might not know, was born in Indianapolis, Indiana during the 1970's and grew up there until he was old enough to make a living. During that time Epps explained, "Man, that place was a hell-hole...nah I'm kidding. It was different, definitely a place you don't see a lot of people like me come out of. I just had to survive, and make it out on my own. My family and grandma have always been there and helped me get to the next step."

While Epps practiced his blossoming comedic nature, he also reminisced about his worst job during those turbulent years, "The worst job I had growing up, I mentioned during the show. I was working at Jiffy Lube man, and I had to put myself under those cars and a couple of times I spill oil all over my face and chest. I'd look at myself, and think...damn there has to be better than this. And I know there is now. I left Indiana, and I ain't been back since. I've been doing comedy and paying my bills."

After years of doing local stand-up comedy as a teenager, Epps left his childhood home and made his way to Atlanta, Georgia where he worked at the Comedy Act Theater where he became popular and eventually made the step up to the New York City Comedy scene and to star in the feature television series Def Comedy Jam in 1995.

"It was something I definitely didn't pass up, it was my first big break of more to come and I took advantage of every single one that came my way. Man, I think in life, the sense of humor and comedy always exists," resounded Epps.

Since getting his first break with the Def Comedy Jam show, Epps went on to make connections with rapper/actor Ice Cube, Cuba Gooding Jr. and others. Soon, he was being cast for more and more films since his break out role in "Next Friday" as the character Day-Day.

"Every movie is like the first movie to me, that's how I feel. I'm excited every time," commented Epps on the movie acting business, but he also elaborated saying, "There are also those actors



The Campus Herald/Jack Burtch
Comedian Mike Epps was well liked by JWU students when he performed during opening weekend events

who are chill with everyone and meeting those who aren't up to their celebrity status and there are those who aren't chill with lower cast members. I was just lucky to meet guys like Ice Cube, Cuba and others who actually appreciated the people around them, using that for their own acting."

In terms of Epps immediate future, there seems to be even brighter days ahead. This includes the upcoming comedy rap album he plans to release (we were lucky enough to have a taste of that during his performance here) as well as starring in an upcoming HBO Comedy Special and a new movie entitled "The Better Man" which involves a successful talk show host leaving Los Angeles to reunite with his family in the Deep South.

For now, Epps has been living his life on a constant diet of stand up comedy and occasional movie appearances, mentioning, "The business is great right now man, I feel like I'm on top of the world, and just being here, eating these delicious wings and having a great night here in Providence...what more could I ask for? You know, my life's changed now. I'm starting to experience what people are really supposed to do. You supposed to be married. You're supposed to have a family, kids, treat your wife right."

As Epps started to head out of the theater, he stopped and said, "You know, I was pretty much winging it out there tonight and probably had one of the best times in awhile, I usually can't say that very often and wish I really didn't have to leave Providence tonight!"

top 10 movies

1. **Superbad**(R)
Michael Cera, Christopher Mintz-Plasse
2. **The Bourne Ultimatum** (PG-13)
Matt Damon, Julia Stiles
3. **Rush Hour 3**(PG-13)
Chris Tucker, Jackie Chan
4. **Mr. Bean's Holiday**(G)
Rowan Atkinson, Willem Dafoe
5. **War**(R)
Jet Li, Jason Statham
6. **The Nanny Diaries**(PG-13)
Scarlett Johansson, Laura Linney
7. **The Simpsons Movie**(PG-13)
animated
8. **Stardust**(PG-13)
Claire Danes, Charlie Cox
9. **Hairspray**(PG)
Nicole Blonsky, John Travolta
10. **The Invasion**(PG-13)
Nicole Kidman, Daniel Craig

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Chartbusters

Top 10 Pop Singles

- | This Week | Last Week |
|---|-----------|
| 1. Sean Kingston | No. 1 |
| "Beautiful Girls" (Beluga Heights) | |
| 2. Fergie | No. 2 |
| "Big Girls Don't Cry" (will.i.am/A&M) | |
| 3. Timbaland feat. Keri Hilson | No. 3 |
| "The Way I Are" (Mosley/Blackground) | |
| 4. Plain White T's | No. 4 |
| "Hey There Delilah" (Fearless) | |
| 5. Kanye West | No. 6 |
| "Stronger" (Roc-A-Fella/Def Jam) | |
| 6. Soulja Boy | No. 11 |
| "Crank That (Soulja Boy)" (Collipark) | |
| 7. T-Pain feat. Akon | No. 7 |
| "Bartender" (Konvict/Nappy Boy/Jive) | |
| 8. Rihanna feat. Jay-Z | No. 5 |
| "Umbrella" (SRP/Def Jam) | |
| 9. Fabolous feat. Ne-Yo | No. 8 |
| "Make Me Better" (Desert Storm/Def Jam) | |
| 10. Hurricane Chris | No. 9 |
| "A Bay Bay" (Polo Grounds/J) | |

Top 10 Albums

1. **Soundtrack**new entry
"High School Musical 2" (Walt Disney)
2. **Miley Cyrus**No. 4
"Hannah Montana 2 (Soundtrack)/Meet Miley Cyrus" (Walt Disney/Hollywood)
3. **Dave Matthews and Tim Reynolds**new entry
"Live at Radio City" (Bama Rags/RCA)
4. **Various Artists**No. 3
"Now 25" (Universal/EMI/Sony/BMG/Zomba)
5. **Soundtrack**No. 6
"Hairspray" (New Line)
6. **UGK**No. 1
"Underground Kingz" (UGK/Jive)
7. **Fergie**No. 8
"The Dutchess"



Jonas Brothers

- | | |
|--|--|
| (will.i.am/A&M/Interscope) | |
| 8. Jonas BrothersNo. 5 | |
| "Jonas Brothers" (Hollywood) | |
| 9. PliesNo. 2 | |
| "The Real Testament" (Big Gates/Slip-N-Slide/Atlantic) | |
| 10. CommonNo. 7 | |
| "Finding Forever" (G.O.O.D./Geffen) | |

Top 10 Hot Country Singles

1. **Kenny Chesney**No. 1
"Never Wanted Nothing More" (BNA)
2. **Rodney Atkins**No. 2
"These Are My People" (Curb)
3. **Reba McEntire Duet With Kelly Clarkson**No. 4
"Because of You" (MCA Nashville)
4. **Rascal Flatts**No. 7
"Take Me There" (Lyric Street)
5. **Brooks & Dunn**No. 8
"Proud of the House We Built" (Arista Nashville)
6. **Bucky Covington**No. 6
"A Different World" (Lyric Street)
7. **Toby Keith**No. 10
"Love Me If You Can" (Show Dog Nashville)
8. **Keith Urban**No. 5
"I Told You So" (Capitol Nashville)
9. **Sugarland**No. 12
"Everyday America" (Mercury)
10. **Tim McGraw With Faith Hill**No. 9
"I Need You" (Curb)

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Martial Arts Ping-Pong Action Busts Out in BALLS OF FURY

BY JACK BURTCH
ARTS & ENTERTAINMENT EDITOR

From the minds that brought us *Night at the Museum* and *Reno 911*, *Balls of Fury* is a minor entrant in the film genre I like to refer to as "spomage," movies that are clearly spoofing a genre, but do it from a place of great affection. Think *Princess Bride*, *Shaun of the Dead*, or, if you want to move directly to the head of the class, *Kung Fu Hustle*, where Stephen Chow grafts together all the martial arts clichés he can lay his brilliant hands upon and brings them together in a film of rarified genius. And while *Balls of Fury* is at times inspired, ultimately, its attempt to play with the conventions of both martial arts and sports films does not congeal into something memorable.

The film gets off to a strong start, with a quick life history of 12 year-old Randy Daytona, ping pong savant. *Balls of Fury* does a good job of satirizing the mania surrounding the Olympics, Daytona's experiences on the world stage prove hard to live down, and his life spirals downward until, 19 years later, he has a pathetic life in dinner theatre as an post-meal novelty act. Playing the adult Daytona is Dan Fogler (*School for Scoundrels*), looking and acting like a cross between Sam Kinison and character actor Curtis Armstrong's rounder, younger brother. His fortunes have fallen faster than Conrad Black's, and he plays the schlub with a heart quite convincingly. Using as his inspiration the music of Def Leppard, the one hair band from the late '80s with a modicum of cachet, Fogler is genuinely funny throughout, even when the material verges on banal. His ability to coax an entertaining reaction shot out of any situation almost — almost — makes the film's numerous crotch-shots defensible.

The other cast member who shines is James Hong, whose blind ping pong "Master Wong" is a constant delight. Particularly amusing are Hong's many wacky line readings around the delights and dangers of his dalliances with prostitutes. The film's opening acts, which focus on Wong and Daytona riffing to great comic effect on such student/teacher relationships as that of Daniel/Miyagi (*Karate Kid*) and Caine/Po (*Kung Fu*). However, after a fresh and energetic first 45 minutes, the film enters a tailspin of creative bankruptcy.

The journey proves far more interesting and engaging than the destination, as once we arrive in Feng's Central American lair, the movie stumbles over genre clichés that it had been leaping over with glee up to this point. A case in point would be the introduction of Christopher Walken to the story, which is simultaneously and predictably both creepy and funny as the villainous Feng. You would think that the appearance on the scene of such a talented character actor would launch the film into comic orbit. Alas, Feng turns out to be little more than a bad cliché of a villain, whose actions make little or no sense as the film unwinds in the final reel.

And as goes Feng, so goes the film. While the comic charms of George Lopez, who plays an undercover FBI agent accompanying Daytona on this dangerous mission to bring Feng to justice via a dangerous underground table tennis tournament that gives a whole new meaning to 'sudden death' continue to elude me, not so the stunningly attractive actress Maggie Q. However, while she is quite arresting in the role of Maggie, ping pong princess extraordinaire, the love story she is scripted to play opposite Fogler is about as convincing as a George Bush exit strategy.

Common Comes out Swinging in FINDING FOREVER

BY JACK BURTCH
ARTS & ENTERTAINMENT EDITOR

For me this album should be called *Finding an Oasis* because that's what it feels like with the current state of rap feeling much like a desert to me. I've had to endure lyrical goldmines such as "I'm hot cause I'm fly" for too long, so when I hear Common proclaim:

*"The un-American idol, tower like the Eiffel
Lean wit it, rock wit it, black like the disciples
Know when to use a bible, and when to use a rifle
You rap like you should be on the back of a motorcycle
Caught a case of robbery, and 'Beat It' like Michael
Your career is a typo, mine was written like a haiku"*

It's like a huge glass of water that was too long coming. The fact that this is the first of the hot Chicago rap trio of Common, Kanye and Lupe being released this year and it makes me optimistic for my rap listening for the rest of the year. Albums by rappers tagged with the "conscious" label are often about as much fun as a civics lesson. Chicago rapper Common has fallen into that trap before, and there's reason to believe his seventh album would be a snooze: With a name like "*Finding Forever*" and some cosmic gobble-dego on the cover, it has all the curb appeal of a collection of Dilated Peoples' B-sides.

It's a great surprise, then, to discover "*Finding Forever*" is not only one of Common's better efforts, but also one of the year's sharpest hip-hop releases. Produced in large part by Kanye West, who helmed nine of the 12 tracks, "*Finding Forever*" forsakes social soap-boxing for an inviting vibe that will unify both hip-hop heads and casual listeners. There's plenty here to go around.

Lyrically, Common is in title-fight mode, rolling out both laugh-out-loud punch lines ("she said you know I don't be dating rappers/ I said I got my SAG card, baby, I'm an actor," he says in "Break My Heart") and sharp darts at his competitors ("you was better as a drug dealer," he growls at an anonymous gangsta rapper). And several lines are ripped right from today's headlines; he talks about a woman who was "driving herself crazy like the astronaut lady" in the deliriously entertaining "Drivin' Me Wild", though ref-

erences to celeb couples such as Reese Witherspoon and Ryan Phillippe may confound longtime fans (but they may help court the TMZ.com crowd). The song itself featured British songstress Lily Allen, is engaging while features a classic Common story flow.

West's tracks are typically impressive, especially the back-and-forth throw-down in "South Side" where Common continues his successful partnership with Kanye's beats. It's a perfect pairing as most of Kanye's beats use eclectic sounds and old school samples, which compliments the intelligent flows and smooth delivery of Common. Common with his slow smooth flows are a perfect foil Kanye's high pitched staccato. While the beat is engaging on its own, the diamonds of lyrical twists they throw out stick with you. "Misunderstood" which samples Nina Simone is simply breathe taking with its silky guitar hook and driving jangly back beat.

Throughout the album, you may think you are listening to the late James "Dilla" Yancey on several songs. But in reality, you are hearing Kanye's best Dilla impression. According to Com, Kanye tried to chop the samples similar to Dilla's style as a way of honoring him. However, there is one Dilla beat on the record found on the song "So Far To Go." The track features a guest spot by R&B singer D'Angelo. The original version can be found on J.Dilla's "The Shinning". For this version, Common spits entirely new verses. Having Dilla on the album ties in with its title because in Common's eyes, and many others, Dilla and his music are forever.

So has Common found 'forever?' That still remains to be seen. He insists, "those that doubt Com will soon believe." The thing about Common is that he knows he is touched and embraces it. He can in the same song incorporate his hood and sensitive sides and come across as forced or foolish. Superstardom may not be in Common's cards. He may have to settle for being one of hip-hop's most winning underdogs. But this is definitely album for anyone. If you're tired of nursery rhyme rap that's popular now, a fan of Kanye's stellar beats or a fan of masterful lyrical writing of any kind you'll find this album hard to put down!

Impulse
HAIR DESIGNS

HAIR . NAILS . TANNING . HAIR REMOVAL

Impulse
DESIGNS

HAIR . NAILS . TANNING . HAIR REMOVAL . HAIR . NAILS . TANNING . HAIR . NAILS . TANNING . HAIR REMOVAL . HAIR . NAILS . TANNING . HAIR . NAILS . TANNING

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STUDENT ACTIVITIES

2007 Parents' Association Essay Contest

Enter to win a \$1,000 scholarship!

Write a 500 word essay about:

Describe a significant event that occurred in your life and explain how that event helped to shape you as a Johnson & Wales student.

First Place

\$1,000 Scholarship applicable 08-09 academic year

Second Place

\$500 Scholarship applicable 08-09

Third Place

\$250 Bookstore Gift Certificate

The winning essay will be selected by a panel of faculty from Arts & Sciences. Winners will be contacted directly on Thursday, October 4. All submissions must include your name, e-mail address, and local or cell phone number.

RULES:

1. Essay must be no longer than 500 words.
2. Composition must be type written, double-spaced, with a font size of 12.
3. Entries can be submitted to Professor Donna Thomsen, Rm. 514, John Hazen White Center no later than 5 P.M. on October 1.
4. Entries will be judged on creativity, composition and grammatical accuracy.
5. All undergraduate Johnson & Wales students currently enrolled are encouraged to participate.

The winner and his/her family are requested to attend the

President's Breakfast at the J&W Inn
on

Sunday, Oct. 14 to read the winning essay.


Email nhardendorf@jwu.edu with questions.

*J&W has adopted a policy whereby the total of all University funded or administered monies awarded to a single student may not exceed a specified amount during an academic year. For more information, please contact the Student Financial Services Department. This scholarship will be applied to the student's account in three equal disbursements by term during the 2008-2009 academic year.

Johnson & Wales University

Fall 2007

Film Series

 JWU Premiere Thursdays 8:00pm Harborside Recreation Center	September 6	Pirates of the Caribbean at World's End
	September 13	Oceans 13
	September 20	Knocked Up
	September 27	Ratatouille
	October 4	Transformers
	October 18	Hairspray
	October 25	Harry Potter and the Order of the Phoenix
	November 8	The Bourne Ultimatum

Second Showing Tuesdays 8pm Xavier Auditorium For more information please call Ext. 4668

TOTAL ENTERTAINMENT LIVE

SEPTEMBER 11

Robert Channing
Mind Reader

9pm
Pepsi Forum

SEPTEMBER 14

Bingo and
Comedy Palooza
Featuring

Comedian Lee Camp
8pm Bingo.

9pm Comedy Harborside
Rec Center

SEPTEMBER 16

Battle of the
Sexes Game Show

9pm Pepsi Forum

OCTOBER 10

Comedian
Ryan Belleville

9pm Pepsi Forum

OCTOBER 17

Inspirational
Comedian Wendi Fox

8pm Pepsi Forum

OCTOBER 24

Magician Joel Meyers

9pm Harborside
Rec Center

NOVEMBER 7

Comedy
Juggler

Josh Casey

9pm

Pepsi Forum



For more information
call 401-594-4668

FALL 2007

Ideas and Opinions

THE EDITOR'S DESK Of Military Aide, Land, and Justice

By PATRICK DYL
EDITOR-IN-CHIEF

Israel is a funded state. Despite its own relatively healthy economy, it continues to receive aid from the United States, in disproportion to both the country's population and needs.

The financial aid alone that Israel receives from the US allows it to purchase tanks, helicopter gunships, F-16 war planes, machine guns and bullets - all of which it uses to commit human rights violations against the Palestinian people on a daily basis. When it is not possible for the Israeli government to use the funds directly on military expenditure, their use elsewhere frees up other Israeli government funds to pay for military salaries, services and facilities.

In fact the Israeli government is the largest recipient of US financial aid in the world, receiving over one-third of total US aid to foreign countries, even though Israel's population comprises just .001 percent of the world's population and has one of the world's higher per capita incomes.

By 2008 the US will be giving Israel more than \$14 Billion in military aid which it, in turn, uses to subjugate and occupy Palestinian lands. The US and Israel also signed a so-called "memorandum of understanding" in which the US government pledged to give at least \$30 Billion in military aid over the next decade.

Disgrace.

Here in the US we have hungry children, millions who have no healthcare, and millions of unemployed whose jobs have been outsourced to Asia.

I am not in favor of isolationism, howev-

er I think that it is pure lunacy for the US to give such obscene amounts of military aid to Israel, a nation which indiscriminately kills innocent women, children and men, "in response" to the actions of terrorists.

According to the United Nations Office for the Coordination of Humanitarian Affairs on August 8, in an attempt to push Palestinians to abandon land in the Jordan Valley, the Israeli military destroyed two agricultural wells in Bardela and Furush Beit Dajan villages. Meanwhile, on the same day, four Palestinians, including one child, became homeless after a structure was demolished in Jiftlik village.

This is one of the reasons Islamic Radicals are able to sway people against the US. This is fodder to them, this backs their cause for personal power. This is why the US is hated.

Israel is trying to gain what they call their "biblical land" land that has belonged to Persians and Arabs for centuries. Its time for American citizens to let our government know that we will not support this action.

Not again will we sit by and watch as people are forcibly removed from their lands! Hopefully we have learned enough from our own history that this is not right. We will not support the fear tactics, and human rights abusers perpetrated by Israel on a daily basis. I truly believe that the end does not justify the means.

Everyone has the right to live. Everyone should be able to know they are safe in their homes, if not anywhere else. The world should not let religion and bigotry and fear dictate how we make our decisions. And the world must stand up for what is right, and speak out against injustice.

CONSTITUTION DAY: Great Idea Wrong Approach

STAFF EDITORIAL

Constitution Day is September 17 and Federal law requires schools to acknowledge its existence every year.

The law establishing the holiday was created in 2004 with the passage of an amendment by Senator Robert Byrd to the Omnibus spending bill of 2004. Before this law was enacted, the holiday was known as "Citizenship Day".

In addition to renaming the holiday "Constitution Day and Citizenship Day," the act mandates that all publicly funded educational institutions provide educational programming on the history of the American Constitution on that day. In May 2005, the United States Department of Education announced the enactment of this law and that it would apply to any school receiving federal funds of any kind.

The Byrd Amendment, while perhaps an honest attempt to educate Americans about the Constitution of The United States of

America, the foundation of our nation, the holiday reeks of pseudo-patriotism.

The law is ineffective at its goal, and a bothersome requirement to school administrators who struggle to engage an apathetic student body.

A cursory glance at the activities calendar for Johnson & Wales shows no specific Constitution Day activity.

Ask the typical JWU student to name the freedoms granted in the First Amendment and you may get two or three answers, but not all of them.

The holiday needs to be taken seriously, or not at all.

Americans need to know their Constitution, and their Constitutionally protected rights. Mandating a holiday is not the way to accomplish this. Overhauling the education system? That could be a good start.

The Ideas, opinions, or views express in the IDEAS & OPINIONS section of THE CAMPUS HERALD are those of their individual author or authors and not necessarily those of THE CAMPUS HERALD or its Editorial Board, or those of Johnson & Wales University.

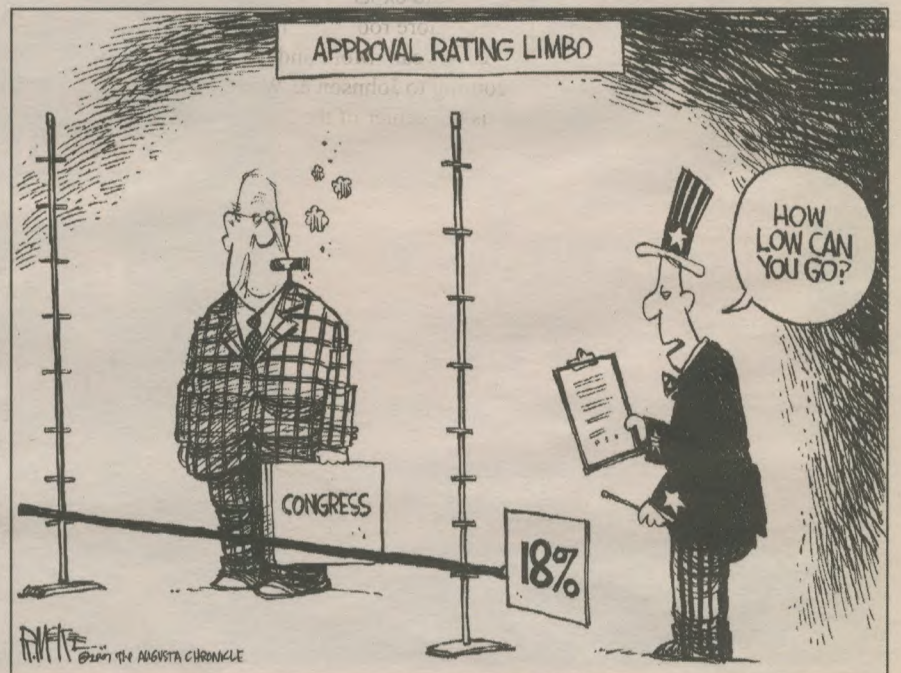
Unsigned Editorials are those written by the Editorial Board and reflect the views of the majority of the board.

THE CAMPUS HERALD invites letters and commentary from the university community. All submissions must include your full name, contact information and major (for students) or department (for faculty and staff). THE CAMPUS HERALD reserves the right to edit submissions for space, and content.

Quote of the issue...

"The First Amendment, as originally understood, does not protect student speech in public schools."

- Supreme Court Associate Justice Clarence Thomas in his concurring opinion in *Morse v. Frederick* in which he supports the repeal of *Tinker v. Des Moines Indept. Community School District* which protects a student's right to free speech.



Student Government Welcomes YOU

By SHAWNA WHITE
GUEST WRITER

It is my pleasure, on behalf of your Student Government Association, to welcome you (back) to Johnson & Wales University! I am sure that if you take advantage of the many opportunities around campus, you will have an outstanding year!

I would like to take this opportunity to introduce the Executive Cabinet. My name is Shawna White, and I am the Student Body President. I am joined on the Executive Cabinet by Andrew Childers, Speaker of the Senate; Evan Lemoine, Chief Justice; and Ashley Masterson, Speaker of the House.

Over the past few days I have been asked numerous times what SGA does. We are your voice at the University. If you think that there is something that needs to be changed at the University, the Senate will look into it and if it is a valid claim will pass legislation that the Student Body President will work with Administration to implement. Also, we are in charge of the Appropriations Budget, which gives money to clubs and organizations to help offset some of the costs that go along with their programming.

If you have something that you would like to discuss with SGA, please call us at 401-598-1091 or come visit our office on the first floor of CBCSI (next door to PPAC).

I encourage you to get involved on campus and help us to make the University better, so that college can be the best 4 years of your life!

Shawna White is the President of the Student Government Association at Johnson & Wales University's Providence Campus.

Republicans debate while Fred Thompson opts for scripted entry on TV

By LIBBY QUAID
ASSOCIATED PRESS WRITER

Eight Republicans argued over the Iraq war and immigration before a crowd of 3,600 New Hampshire voters. Missing in action: actor-politician Fred Thompson, who skipped the debate in favor of announcing his candidacy in the more comfortable setting of late-night TV.

With delight, they zinged him for ducking the debate, their fifth.

"Maybe Senator Thompson will be known as the no-show for the presidential debates," former Arkansas Gov. Mike Huckabee said.

"Maybe we're up past his bedtime," joked Arizona Sen. John McCain. (At 65, Thompson is actually six years younger).

Thompson's scripted announcement — an appearance on NBC's "The Tonight Show," a commercial and a Web video — allowed him to avoid the unscripted debate, which raised troublesome issues important to conservative primary voters.

How to handle illegal immigrants. Whether to pass a constitutional amendment saying life begins at conception. Whether to sign a no-new-taxes pledge.

These questions, addressed Wednesday by his rivals, await Thompson on the campaign trail.

He begins a tour of early primary states Thursday in Iowa with just two events — remarks at an afternoon gathering and a meet Fred session in the early evening.

Staff upheaval continued at the Thompson campaign with the departure of Mark Corallo, the fourth aide to leave the communications team in the last month. The moves reflect efforts by Bill Lacy, who ran Thompson's 1994 Senate bid, to put his

stamp on the presidential campaign.

Former Massachusetts Gov. Mitt Romney thumped former New York Mayor Rudy Giuliani for the "sanctuary" policy that stopped New York City workers from reporting illegal immigrants. Giuliani accused Romney of tolerating the same policy in Massachusetts cities while he was governor.

Huckabee called for a "human life" amendment to outlaw abortion.

McCain and Giuliani refused to make a no-new-taxes pledge, instead citing their records of supporting tax cuts.

Thompson already has raised eyebrows on taxes; traveling last month in Iowa, he refused to rule out raising taxes.

"You can't win a Republican primary for the presidency without clearly stating you're not going to raise taxes," said Pat Toomey, a former Republican congressman from Pennsylvania who heads the anti-tax group Club for Growth. "He's been able to avoid taking a lot of shots."

Thompson's campaign also has stumbled, raising less money than expected and weathering a stream of staff departures amid grumbling about the active role Thompson's wife, Jeri, has played in the formerly unofficial campaign.

"Let's say we chalk it up to working the kinks out," GOP pollster Tony Fabrizio said. "But they have to run a near-perfect campaign from here on out, because they've got a lot of catching up to do."

Now the bar is set high for Thompson, who will be judged on how much money he raises, how his announcement goes and the kind of campaign team he assembles, Fabrizio said.

Initially, Thompson's entry may have the most impact on Romney and McCain, two

leading candidates who have positioned themselves as conservatives seeking a more limited government.

Thompson also is promising to be the same kind of conservative: "A government that is big enough to do everything for us is powerful enough to do anything to us," he said in his campaign announcement.

But there's more to Thompson than his conservative voting record as a senator from Tennessee. As an actor — he plays gruff district attorney Arthur Branch on television's "Law & Order" — Thompson has a certain magnetism.

Another magnetic personality, former President Clinton, acknowledged as much Wednesday on CNN's "Larry King Live."

"Because of his movie roles and his television roles, he has got a certain swagger," Clinton said. "He is smart. And he knows what to say, and how to say it, to appeal to a certain big swath of the American electorate."

If his campaign gains traction, Thompson could challenge Giuliani's lead in national polls.

His performance in future debates is equally important. The next opportunity is Sept. 27 in Baltimore, although not all Republicans have agreed to participate.

"First impressions for Thompson are going to be absolutely crucial," conservative Republican consultant Greg Mueller said.

"How he does in debates, his first commercial, appearances on major talk shows, how he handles issue questions in the media," Mueller said. "The first three weeks are going to make or break the Thompson campaign."

Speak Out

By NEKORO GISCOMBE
STAFF WRITER

The interactive "Speak Out!" section of The Campus Herald is meant to provide the University community with a professional forum to voice their ideas and opinions.

To submit a question for Speak Out!, please e-mail campusherald@jwu.edu.



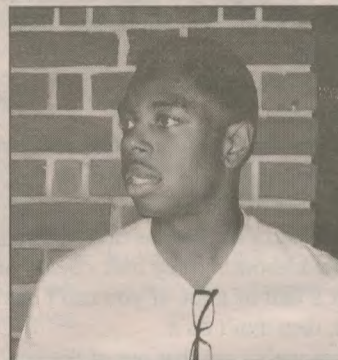
STEVEN HAZEL '09
COMPUTER TECHNOLOGY SERVICES

"I would expand Snowden Dining Hall to make more room for the incoming students each year. More and more students are coming to Johnson & Wales, and Snowden is the center of the Downcity campus."



MAYORIE BAILEY '09
BAKING & PASTRY ARTS

"I would like to see another fitness center."



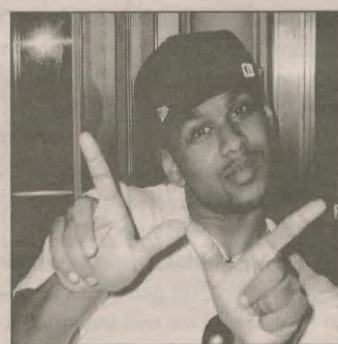
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"A lounge-type chill place!"



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CRIMINAL JUSTICE

"A HUGE student lounge, with a snack bar, a lot of couches, and TVs!"

Our Question This Week:

"If JWU could expand right now Downcity, what would you most like to see constructed?"

LIFE

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Your First Tattoo: Are You Ready? Introduction

By JACK BURICH
ARTS & ENTERTAINMENT EDITOR

At some point in most of our contemporary college lives, most everybody entertains the notion of getting a tattoo. The social stigma that they garnered in the early-mid 20th century has faded dramatically, so a greater number of people have started warming up to the idea. Let's say you've decided to take the plunge, what now? Here's a list of tips and hints that should make your first tattoo experience easier

Before You Go to the Shop:

- Decide on a design beforehand

Or, at least have an idea. Showing up at the shop having no idea what you want is just a waste of everyone's time and is probably a strong indicator that you shouldn't be getting a tattoo at all. If you have a general idea about what you want, most artists will happily help you fine-tune the design to your liking.

Andrea Gruber '11, who's looking forward to eventually getting her first tattoo, commented, "I'm actually really stoked on getting something meaningful, being my horoscope sign, and having the idea already to go will work great when I finally decide to go have it designed and done."

On the other hand, nothing will upset a tattoo artist off faster than somebody who is all wishy-washy about their design, and keeps scrapping the artist's drawings. If you know exactly what you want, the best thing you can do is show up with a printed picture that they can turn into a stencil and go to work.

- Shop different artists/shops before going through with it

All tattoo artists are not created equal. Finding a good tattoo artist is not a matter of looking in the phone book. The best way to find an artist is to just go into nearby shops and look around. Almost every artist will have "their book" or portfolio of pictures of tattoos they've done, and they're probably very accessible, usually at the front counter. Also know that artists will excel at different styles. Some are good at portraits, some at "traditional" style tattoos, etc. Try to find an artist that seems to fit the design you're after.

"After seeing all my friends get tattooed and just watching how the process works, finding a good artist and all that is pretty tough, I just have never felt the real passion to do the research and get a tattoo like others", mentioned Ricky Postiglione '11.

A note on going to the artists' home: Don't do it. They're tattooing out of their house for a reason, and it's usually because they can't get a job at a shop, or they're just starting out. Even though they're willing to do your Swan for \$20 and a 6-pack, don't do it. Seriously. Just bite the bullet and go to a legit tattoo parlor.

- Regarding Price

Tattoos aren't cheap. If you go to a half-way reputable shop, you can expect to pay something around \$100 per hour, usually with a \$50-\$60 shop minimum.

"You always have to watch out for the artists that will charge you an arm and a leg for something relatively small, usually they're not worth the appointment...only if it's longer than say an hour or two", Sophomore Greg Moore declared.

The artist will quote you a price before he starts working on you, so make sure you have enough cash to cover it (as well as some extra - see "Tip the Artist" below).

I've never tried to haggle a price, so I don't know if they're willing to wheel-and-deal, but I'd have to guess that they're probably going to be firm on the quoted price.

On Your Way to/At the Shop:

- Make sure your schedule is flexible

If you have an appointment, get there on time and expect to wait. Tattoos regularly take longer than originally estimated, so don't be surprised if your 2:30 appointment ends up being more like 3-3:30. The shop will have all sorts of magazines and flash art to look at, or bring a book or a friend or something. Just don't moan and groan about how long you have to wait; chances are he's doing his best to get the other dude out the door and you in the chair.

If you're a walk-in, then you need to be ready to wait for a considerable amount of time - possibly an hour or more - until an artist becomes available. You're almost always better off making an appointment.

- Don't drink or take aspirin/pain medication

I can't tell you how many times I've heard people talk about "getting totally loaded" and heading to the tattoo shop. I've got news for you - the alcohol (or aspirin) may dull the pain slightly, but your artist won't be too thrilled when you start bleeding all over the place. Alcohol and painkillers thin your blood, which (*dong*) makes you bleed more. Having to wipe the blood off of your skin every 10 seconds will just irritate the artist, as well as your freshly wounded flesh.

- For Pete's sake, eat something

The fear of the unknown is a powerful thing, especially when you're darkening the door of a tattoo shop for your first. You're very liable to get nervous and people regularly pass out in the chair (because they're expecting it to be the worst pain they've ever felt). A good way to combat this is to eat before you go. Avoid spicy foods that will make you gassy or require multiple trips to the can, but be sure to get a meal in you.

During the "Procedure":

- About the pain

This is usually the number-one concern for most first timers, so I'll try to be thorough. For those of you who haven't already figured this part out. Tattoos hurt. There's no two ways about it, they hurt - some of them hurt a hell of a lot. If you can't deal with pain, then don't do it.

Now that we've got that out of the way, some tips on coping with the pain. Depending on the physical location of your tattoo, you could very well be sitting in a somewhat uncomfortable position; in those cases, I've found it best to simply grab a paper towel or something to squeeze. If you want (and the shop allows it) you can bring a companion along to keep you company - just make sure they stay out of the artists way - which can be a good distraction. But, above everything else, don't verbally whine about how much it hurts. The artist knows it hurts and probably isn't taking pleasure in your pain. Letting out a little yelp or verbal grimace every now and again is fine, but don't make a 3-act play out of it.

It's been my experience and that of others which have testified to three stages of pain while getting a tattoo. They are:

1. Initial Shock - just like it sounds, this is the fairly intense stinging pain that catches you sort of off guard. This will transition to #2 somewhat quickly, about 20 minutes.

2. Numb and Stung - the longest of the three, this is the part where you've adjusted to the pain you're in and the area has started to numb (slightly). Don't misunderstand me, it still hurts, but psychologically you now know what it's like, so the shock has worn off. Expect this to last at least an hour.

3. "Ok, I'm Over This" - as you near the end (assuming the tattoo will only take a couple hours - if not, assume everything after 1.5-2 hours will be like this), you're going to start getting more and more irritated that the tattoo isn't finished yet. The pain will probably increase because of this change in disposition (and because the artist will probably be shading now - arguably the more painful than the outline). Hang in there, chances are you're going to be done soon (or at least past the halfway mark).

- Do what the artist tells you

You want your tattoo artist to have optimal working conditions. If that means you have to sit backwards on a chair 5 feet off of the ground with your head down, so be it. You want your tattoo to look good forever more than you want to be comfortable during its application, trust me.

- Hold Still

If you move, it's going to screw the artist up, so don't move.

- Don't expect to be coddled

Most artists are sensitive to the pain they're inflicting and will probably check in with you ever few minutes to make sure you're alright. If you need a break to use the can or something, ask for one, he/she will more than likely oblige you.

Two things you should really not do is repeatedly ask to see the tattoo in progress (assuming it's on your back or something) and ask how much longer it's going to take. All you're doing is making it take longer and probably annoying the artist.

The Aftermath:

- Tip the Artist

This is another little-known fact about tattoo artists. They like to be tipped. 10%-20% is usually pretty standard, or more if you have the cash and feel like they did an especially good job. The great thing about tipping a tattoo artist is that, if you go back to the same artist, a fair amount of the time his hourly rate will magically decrease. Scratch his back and he'll probably scratch yours.

- Follow the Artists instructions for care

Tattoos require a fair amount of maintenance in the first few days after you get them. Most shops will give you written or verbal instructions on how to care for your new tattoo. They're not just blowing smoke, so listen to (and do) what they say.

Well, there you have it. Hopefully this sheds a little light on the tattoo experience.

to Fat: The bad

By NICHOLAS OEHLBERG
STAFF WRITER

Fat is a part of our everyday eating. It is also 5 more calories per gram than carbohydrates and protein. There have been many misconceptions and myths about Fat. Is Fat bad? Do we need it? If so what is it used for? Well, to start off, there are three types of fats: Monounsaturated, Polyunsaturated, and Saturated fat. The most common way to differentiate the amount of double bonds with Carbon.

Most people know that Monounsaturated fats and Polyunsaturated fats are healthy for our body because they lower the Cholesterol. Saturated fat is bad for you because it increases cholesterol in our bodies.

Technically there are three but there is a fourth type of fat known as Trans Fat. It is created when you take a Mono or Poly and force it to become a Saturated fat. This snaps the fat into an irregular shape that causes it to increase Cholesterol in the body except far worse than Saturated fat. Statistics show that the consumption of trans fats has a larger risk of having atherosclerosis which is the clogging of arteries. The reason why we use Trans fats is that they have a longer shelf life than any of the other fats. Also frying creates Trans fats as well. The most common foods are doughnuts, Fried Chicken, and French Fries. Though due to the recent concerns in the American society most restaurants/Fast food places are cutting down the use of Trans fat.

The most recent effort to cut trans fat is Dunkin Donuts. They created a new blend of palm, soybean, and cottonseed oils. Each doughnut will have a negligible amount of fat which is less than half a gram. It should be noted that Doughnuts are still high in calories and they are not trying to create healthy food. The main concern is to make the food enjoyable but without increasing the risk of heart disease or stroke. If eaten in moderation about once in awhile than you'll won't have to worry about these health risks.

More to follow in the next issue of The Campus Herald.

Only 12 of the 13 original states actually took part in writing the US Constitution. Rhode Island did not attend the Constitutional Convention though they eventually were the last state to ratify the document in 1790.

Source: americanhistory.about.com

Faculty and Staff welcome the class of 2011 to the College of Culinary Arts

By JOHN O'CONNELL
LIFE EDITOR

With the last dregs of summer finally coming to an end, a new year is about to begin at Johnson & Wales bringing with it over 1,000 new freshmen to the College of Culinary Arts. On Monday Sept. 3rd the Class of 2011 officially started their collegiate career here at JWU with their first taste of the next four years with the university and the Culinary Arts Program. The day started bright and early for the freshmen as they quickly got acclimated to the strict uniform guidelines that they must adhere to during their tenure with the school. Inspections were first done by the Culinary Events Teaching Assistants outside of their residence halls then by faculty

members before they entered the doors of the Harborside Recreation Center where they were introduced to the staff which will guide them through the next nine months and throughout their time.

Chef Kevin Duffy, Dean of Culinary Education at the Providence Campus, urged the incoming freshmen to make the right choices throughout his presentation "Make the right choices during your time here at Johnson & Wales." Said Duffy; he continued by saying "Leave your attitude at home, come to class humble and hungry". He also challenged the incoming class to pick the brains of their teachers, take as much away as possible, learn from their mistakes and successes.

With that said he passed the microphone onto Paul McVety, Dean of Culinary Academics, where he introduced the students to their academic careers at JWU. During the slide show, McVety gave the students five rules to live by Rule 1: Don't cheat yourself, your parents or anyone; Rule 2: Manage your time; Rule 3: Clean your room; Rule 4: Forget about the last rule; and finally Rule 5: Exuberate Respect. With that said, the students were finally given a chance to meet their teachers. The students were given a campus tour and some tips for success by the instructors along with some notes to help ease their transition into their next day of college, the first day of actual classes. With faces showing both fear and excitement the students departed with their teachers back to the class rooms.

ASK THE SEXPERT

Dear Sexpert: I need to know, is everyone really doing it?



Great question from a critical thinker! While the media or music industry may give you the message that everyone is having sex, scientific research says otherwise. The 2006 National College Health Assessment reports 76 percent of college students had 0-1 sexual partners last school year.

Surprised? The Bacchus Network conducted a national survey of over 1,000 college students aged 18-24. They write, "Crazy parties, reckless behavior, one-night stands, unprotected sex... we must be talking about college, right? Maybe not. New research suggests that perceptions of what young men and women think about sex and relationships may need updating. Results from the Smarter Sex Survey indicate that students ages 18-24 are taking sex and monogamy seriously. What's more, the survey also revealed that, contrary to popular belief, more men than women in this age group say they are virgins! So, what's really going on behind closed doors?" Like the American College Health Association (ACHA), their results report an average of 1 partner in the last school year.

So, the answer to your question is no - not everyone is doing it - even though it may appear that way. We just hear less about the students who don't have sex. It's like alcohol use on college campuses. You may think everyone is out partying, but a survey done at J&W last year reported that 70 percent of J&W students drink less than 3 drinks per week. This might surprise you too, but we ask you to keep an open mind. The real deal is that more students are deciding to postpone intercourse, stay in monogamous relationships, and "male and female participants (89 percent) believe that if a couple decides to become monogamous, they should both be tested for STIs and HIV..." Remember, many STIs have no symptoms, so the only way to know for sure is for both partners to get tested. Health Ed can tell where to go.

Sexual responsibility can mean different things to different people. It might mean abstinence, or always using condoms and birth control, or only having one partner. It might mean getting educated about STIs, HIV, pregnancy, and testing. Or it might be taking care of your friends, making sure they get home safely, and partying safer to prevent sexual assault. Whatever sexual responsibility is to you, make sure you stick to your plan - respect yourself and protect yourself.

At JWU there are a number of supportive services that can help you stay sexually responsible. Health Education, 3rd Floor CBCSI, can provide you with information about STIs, birth control, testing referrals, communication tips, and safer sex. Feel free to drop by for some quick information, or call to make an appointment with Elsa, the Health Educator, 598-2023, if you'd like a little more time and privacy - you can even bring your partner! Health Education also offers free male and female condoms, dental dams, and lubricants. Look for our fun sex education workshops in your halls or around campus. Get educated, be healthy, be safe.

Late back-to-school buying spree helps boost August sales

By ANNE D'INNOCENZIO
AP BUSINESS WRITER

Americans returned to the malls in August for a late back-to-school buying spree, helping many retailers rebound from July's disappointing pace. But analysts are still worried that the weakening housing market and higher food and gas prices will curtail shopping in the critical months ahead.

As the U.S. retailers reported better-than-expected sales results Thursday, winners crossed all sections of the industry and included Wal-Mart Stores Inc., Target Corp., Pacific Sunwear of California and Saks Inc.

"It certainly looks like the final week and a half in August drove strong back-to-school apparel selling," said Ken Perkins, president of RetailMetrics LLC, a research company in Swampscott, Massachusetts. "But I am still concerned going forward. We still have all the macro headwinds."

According to a survey by Thomson Financial, 24 retailers beat projections, while 11 missed expectations.

According to the UBS-International Council of Shopping Centers preliminary tally of 45 stores, August results were up 2.9 percent, compared to the 3.8 percent

gain in the year-ago period. The tally is based on same-store sales or sales at stores opened at least year, considered a key barometer of a retailer's health.

The August results were slightly better than the 2.6 percent pace seen in July but the tone of the retail reports dramatically improved, according to Michael P. Niemira, chief economist at the International Council of Shopping Centers, who expected no more than a 2.5 percent gain. August's pace was also better than the 2.3 percent average seen so far this fiscal year, which started in February.

The monthly results were helped by a number of special factors. For one, there's been a growing trend among schools to start classes later, delaying back-to-school purchasing. Teens usually wait to do most of their shopping until they see what their friends are wearing. Last month's business was also boosted by a shift in a tax-free sales week to August in two critical states, Florida and Texas. Cooler weather in the Northeast and Mid-Atlantic regions also aided sales of fall fashions.

Wal-Mart, the world's largest retailer, posted a 3.1 percent increase in same-store sales, helped by strong sales of back-to-school items. The results, which excluded sales of fuel, were better than the 1.5 percent estimate of analysts surveyed by Thomson Financial.

Rival discounter Target also posted strong results, turning in a 6.1 percent gain in same-store sales, better than the 5.0 percent estimate.

Gap Inc. had a 1 percent drop in same-store sale, less than the 2 percent analysts expected.

DID YOU KNOW?

Johnson & Wales has more students than any other college or university in the City of Providence?

JWU - 9,982
RIC - 9,000
Brown - 7,744
PC - 5,431
RISD - 2,200

Source: Associated Press & College Admissions Offices

King Crossword

- ACROSS**
- 1 Scamp
 - 4 Eviscerate
 - 7 Bygone VHS alternative
 - 11 Apply fingerprint
 - 13 From - Z
 - 14 Eastern potentate
 - 15 Lascivious look
 - 16 Tree fluid
 - 17 Uncle's wife
 - 18 Fragrant flower
 - 20 Sentry's command
 - 22 Pull behind
 - 24 Fanatic
 - 28 Teammate
 - 32 Youngster's transport
 - 33 "Oops!"
 - 34 Foundation
 - 36 Noble title
 - 37 "American Buffalo" playwright
 - 39 Middle
 - 41 Old calculator
 - 43 Peace opposite
 - 44 Bound
 - 46 Not neat
 - 50 Defense acronym
 - 53 Once around the track
 - 55 Car
 - 56 Big story

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59					60						61	

- 57 Actress Longoria
- 58 Salver
- 59 Half a fortnight
- 60 Stitch
- 61 "I" problem?
- DOWN**
- 1 Object of worship
- 2 Crêche trio
- 3 Influence
- 4 Petrol
- 5 Western state
- 6 November birthstone
- 7 Leave hurriedly
- 8 Ostrich's kin
- 9 Can material
- 10 Museum fill
- 12 Vintage TV game show
- 19 Prisoner
- 21 Allow
- 23 Charlotte's creation
- 25 Perjurer
- 26 Gumbo ingredient
- 27 Relate
- 28 Cougar
- 29 Moby-Dick's pursuer
- 30 Actress Downey
- 31 Fun and games
- 35 Moisture on the lawn
- 38 Election Day abbr.
- 40 "Platoon" setting
- 42 Pie-in-the-face comic
- 45 Macadamize
- 47 Foolproof
- 48 Unescorted
- 49 Toy on a string
- 50 Fresh
- 51 Mimic
- 52 Dead heat
- 54 Dog's foot

Weekly SUDOKU

by Linda Thistle

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	9			8		3		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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