Entertaining:
The Fine Art of Making it Look Easy
Reflections

Dear Alumni and Friends

The President's Message typically has been, and in the future will be, an introduction to what you will find in the magazine. But in my inaugural message as university president, I would like to take the opportunity to say a few words about my own hopes, dreams and plans for Johnson & Wales University.

I have faced many new opportunities in the few short months that have passed since taking on my new position. And this, my first letter for J&W Magazine, is in some ways one of the most gratifying. It is a chance to address more than 60,000 alumni, along with faculty and staff at all of our campuses, and countless University friends and associates.

As both an alumnus and a 30-year employee of the university, I bring a perspective to my new role that enables me to understand and respect the past, while actively pursuing new opportunities for the future. You can be assured that our unique focus on career education to benefit both students and employers, forms the core of our mission, and will never change. We continue to prepare our students, not only for that critical first job, but for a successful career path that will bring them personal and professional fulfillment. One example of this is the ongoing reorganization of alumni relations to better serve the employment and professional development needs of our alumni, which I actively support.

As university president, I intend to work closely with the leadership teams at all of our campuses to build the solid fiscal and structural foundation that will support their continued growth and success. Our advancement efforts, which are an important piece of our future stability, will be another focus for me as I enter my presidency. We will strengthen our current partnerships with industry and individuals, and develop new ones—all to benefit our past, present and future students.

In closing, I must thank Dr. Yena, Chancellor Gaebe and the board of trustees for having the faith in me to entrust me with the leadership of this very special place. It is a responsibility which I take very seriously. Johnson & Wales has a bright future ahead, and I look forward to sharing it with you. If you have ideas or suggestions for the University as we go forward, I can be reached via email at john.bowen@jwu.edu.

Sincerely,

John J. Bowen '77
University President
I’m a proud alumna. I recently moved back to the United States after living in Nicaragua for five years. I found myself returning to the Florida campus where I graduated back in 1996, hoping that someone would help me find a job. After all, on every street corner, Johnson & Wales has banners that proudly wave in the air at the 98-percent employment placement rate for their graduates. I have to be honest when I tell you that I didn’t believe it. So I called Dr. Donald G. McGregor, president of the Florida Campus (for those of you who don’t know him). When he returned my phone call, it was as if we had seen each other only yesterday. He had come into his office and welcomed me back. I feel so bad saying this, but after almost an entire year, I haven’t been back to tell him thanks for all he’s done for me. I know that his recommendation weighed heavily on my job that I now have as assistant director with the Miami Dade Public Schools. I am even more pleased to say that I also work full-time for Fisher Island as a pastry chef.

You see that 98 percent employment placement rate is true of Johnson & Wales. Keep up the good work JW.

P.S. Dr. McGregor, you are my hero. Thank you so much.

Wendy Zacca ’96

I just received JW Magazine and I can’t put it down. To the best of my knowledge, I believe I was the youngest student to take typing lessons at JW, and they were on Fountain Street in Providence. It was the winter of 1959-60. I had received a portable Royal typewriter and wanted to learn to type. My parents sent me and I attended on Saturday mornings. I have a lot of good memories from JW.

Paula Scungio ’67

John Parente’s Sports Roundup in the latest JW Magazine prompted me to write this letter. I could not help but marvel at what great strides the athletic program at JW has made. My congratulations to all who have participated in their respective sports, to the coaches, and to the administration for fostering such a successful program.

I was a student at JW during the years 1958 and 1959 when the school was located at 40 Fountain Street in Providence, and you might say it was in its infancy. With Mr. Gabe’s advocacy we were able to put the first basketball team on the floor at the YMCA, where we played most of our games. The gym was rather small and had no padding behind the baskets causing fear when driving to the basket. We did have the opportunity to travel a couple of times to play a junior college, which was a treat because the schools had their own gymnasium—usually large.

JW has had many good teams over the years, and I’m extremely proud to have at least played some small part in the inception of the program. In 1959, along with the advocacy of Mr. Gabe, we actually had a baseball team. We had some very good players, but not enough of them; therefore, we recruited outside the school to complement the student

athletic. Since this was our very first baseball team, and since there was no conference in which to play, we joined the R.L. Amateur League. As mentioned, we had some good players; all players who played at local high schools had received high recognition while there. In reading how the program has risen to such heights, I feel such a great sense of pride.

What a wonderful story the Johnson & Wales program has become, not only in its athletics, but as an institution that is providing so many academic degrees.

I personally am over-whelmed at what the school has accomplished over the years. Mr. Gabe and the late Mr. Triangolo had great foresight and we former students and present students should be thankful for what they were able to see for ahead.

My congratulations to all.

Anthony G. Pagano ’59

I received my first copy of JW Magazine recently and that prompted me to contact you. In June I opened Thai Taste Restaurant in South Portland, Maine. This venture has been very successful and I attribute this success almost fully to my education at Johnson & Wales.

I am writing to express my gratitude for the quality education that I received and to extend my hand in hospitality. Thank you for providing me with a copy of your wonderful magazine. I look forward to enjoying future issues.

Rattanaphon Boophitchai
(Pom’07 MBA)

“The interest in the new Charlotte Campus has been amazing—like nothing we’ve ever seen,” Gallagher said.

Newest Campus Welcomes Its First Class

University dignitaries flocked to Charlotte, N.C., in September for a formal Convocation welcoming more than 3,000 students to Johnson & Wales’ newest campus. “We have worked very hard to reach this day,” Campus President Arthur Gallagher told the gathering. “I would like to thank our faculty and staff who have toiled long hours—sometimes around the clock—to make sure this campus would be ready for you today.”

Just two short years ago, Charlotte business leaders approached administrators proposing a university be built in North Carolina’s Queen City. Now, new facilities house classrooms, offices and residence halls for students of business, hospitality and culinary arts, solidifying JW’s presence along the nation’s Southeast corridor.

More than 1,300 incoming students were welcomed on opening day in September at the University’s newest campus in Charlotte, N.C. Selected from close to 6,800 applicants, the incoming class represents 46 states and the Virgin Islands.

new venture. It was John Tuomala ’92, with the North American Division of the Compass Group, who first addressed the Charlotte Chamber of Commerce with the idea of bringing JW to town. Tarun Malik ’90 MS, moved from the Charlotte Campus, to take on the role of vice president and dean of academic affairs, Bryant Currie ’94, an employee of Charella, a Compass subsidiary, is in charge of dining services. His entire management staff including executive chef, catering director, production manager, senior director of operations and district manager for the account, are JW graduates. "Neither the Denver Campus nor the Miami Campus can boast such an accomplishment," Currie brags.

“I have also convinced Charella to outfit our dining facilities with the newest and greatest concepts Compass has to offer. We are considered a very high profile account.”

Add to that the fact that more than 50 percent of the Charlotte staff has previously worked at one of the University’s other campuses, and JW’s presence at the entrance to the city’s Gateway Village already has the feel of a Charlotte Johnson & Wales family affair.

“We have a strong commitment to our students and to our new neighbors,” Malik promised the incoming Class of 2008. “Physically, we are part of Center City. In our hearts, this entire city is our new home. For you locals, you have watched this area change dramatically over the years. What you see around us now, you probably never could have dreamed possible.

This is a historic area of Charlotte—one we are proud to be a part of. Thank you for allowing us into your neighborhood.” — Cathy Sengel
They've Got the Power

This election season, a range of organizations tapped into a valuable resource—young people. Political officials, grassroots movements and J&W’s own student body were at the heart of the push to register the last fall to “rock the vote.”

During a visit to the Providence Campus, Rhode Island Secretary of State Matt Brown encouraged students to use their voices to affect change. Representatives from his office demonstrated how to operate an Optical Scanning Machine, and registered students to vote. The event was cosponsored by the Feinstein Community Service Center and the John Hazen White School of Arts & Sciences Cultural Life Committee.

Brown bemoaned the small numbers of young people who voted in the 2000 election. “The reason,” he said, “is that they don’t have a clear sense of what the government is doing that affects their life.”

Federal financial aid and the Clean Water Act were among the examples he gave of government actions with life-changing implications. Perhaps most relevant for students is the potential of a military draft to accommodate the war in Iraq. “Whatever your position on the war, you want to be in on that decision,” Brown urged.

At the Florida Campus, a pitch to potential new voters was delivered courtesy of the Miami Dade Elections Department, and at the Charleston Campus, the Student Center staffed a voter registration booth at its First Friday picnic.

Faced with Hurricane for Check-In Crisis Management Team Responds

Students at the Denver Campus were pummeled by the New Voters Project, the largest grassroots nonpartisan youth vote drive in history. Combining voter registration list-building and get-out-the-vote strategies, the campaign covered Colorado, Iowa, Oregon, Wisconsin, New Mexico and Nevada.

Voter registration drives were spearheaded by students as well. Denver’s student branch of the College Republicans held a Campus Canvass, going room-to-room in the dorms registering students. And in Providence, student body President Kevin Pouts coordinated registration drives on campus including dorm visits, a Pizza Challenge on Gaube Commons in conjunction with the alumni council, and partnerships with local radio stations. The effort connected up 600 new voters. In addition, Delta Sigma Theta sorority received a $500 grant from Rhode Island Campus Compust, which funded a registration BBQ and the Get Out & Vote: The Power is in Our Hands empowerment program.

Art & Sciences Dean Angela Renaud, partnered with Leadership Rhode Island to recruit students to work on the November election. The goal, Renaud said, is to create lifelong voters.—Stacie Demouas

J&W Contribution Gives Charlotte Something to Shout About

“J&W has never baked so much!” Those words were heard over and over as Johnson & Wales students at the Charlotte Campus dug their hands into enough ingredients to make 1,000 key lime tarts, 2,000 cookies and 1,100 got-to-top brownies for the Charlotte Shout Culinary Experience. It was all part of a three-day Festival celebrating the art of food. Tens of thousands of people filled Gatesville Village, directly across the street from J&W, to sample food, getting cooking tips from celebrity Chef Wolfgang Puck ‘98 HDR and learning how to carve ice. People who claim they “can’t boil water” were in awe as they watched chefs cut close and personal at J&W’s cooking pavilions.

Then the creative juices really started flowing. Ready Set Cook, the mystery basket cooking competition that takes some fast, creative thinking, gave contestants five to six items found in any pantry. All were charged with developing a three-course menu around items like small creatures, macaroni and cheese and a protein, like fish or veal. This year it was chef versus chef and army versus navy. One local chef, winner in the semi-final round, was set to face-off against J&W Chef Shane Perry ’97, the defending champion, only to be called away to Florida to board up his house against Hurricane Jeane. His stand-in challenged the champ and tied for the title.

More than 30 students, some from the Charlotte Campus, worked side by side with well-known chefs from around the country like Puck, Michele Bernstein ’94 ’03 HDR, Randall Andrews ’92, Tyler Florence ’94, ’04 HDR and Marin Yan ’95 HDR who presented a live demonstration at the University Academic Center. Dean Peter Lehmler and Campus President Art Gallagher led Puck on a tour of the J&W kitchens as students were scrambling to finish creating desserts. Puck thrilled his sign-up tickets by cooking alongside throughout his visit.

This year’s festival included a return of Blues, Brews & BBQ, the Memphis in May sanctioned barbecue competition and performance ice carving by Fear No Ice.

Charlotte Shout, a partnership of Charlotte Center City Partners, the Compass Group, J&W and others, is a vast undertaking that takes massive amounts of ingredients to feed the thousands that flock to the event. Close to 800 pounds of beef, 600 pounds of sugar and 400 pounds of butter went into whipping up 10,000 sweet treats.—Melinda Law Rapp

J&W Magazine

Denver Shares Strength in Fight Against Hunger

For the third year running, the Denver Campus of Johnson & Wales University hosted the Denver Campus’s taste of the Nation in July. This year, the city’s oldest fund-raiser sought in more than $100,000 to fight hunger and poverty through donations to Denver charities like Safe House at the Rock, Operation Frontline, Women’s Bean Project, Meals on Wheels and Volunteers of America. Close to 500 people converged on the campus to dine on fine foods from more than 60 of the area’s best restaurants. Donations were complemented by wines donated at booths that included the camp’s quadrangle.

Denver campus student volunteers from the College of Culinary Arts served dinner items including beef Wellington, pastries and chocolate covered truffles, paired with fine wines at the J&W sponsored VIP tent. Live entertainment as well as a silent and live auction netted the day’s activities. All won high praise for their efforts to fight hunger in Colorado. “We extend our heartfelt gratitude to everyone at Johnson & Wales University for being such gracious hosts,” said Gulf Flemmons, of the Taste of the Nation event committee. “Our guests love the charming venue that the campus provides the Denver Taste of the Nation.”

Considering that more than 33 million Americans—one in 10 households—cannot afford enough food to meet basic needs and 13 million children and 25 million adults live on the edge of hunger, because this lack of access to sufficient resources, the project is a small step toward easing their hunger.—Lesley Morgan Tezco
Students Introduced to New Year Through Community Service

Once again the Denver Campus kicked off the year with the Community Leadership First Day of Class program. In September, 700 freshmen took part in leadership development activities, 550 sophomores completed a day of community service, 250 juniors worked on community development case studies and 200 seniors—the next round of new managers—worked with employers and alumni to get ready for employment after graduation.

Freshman got a chance to develop leadership skills, see the effects of solid teamwork, make new friends, and get familiar with the campus. Professionals from FOCUS Training and a group of upperclassmen mentors guided the new students through a series of low-ropes course activities.

More than 40 faculty assist- ed sophomores in service pro jects at 20 locations around Denver including Brent’s Place, Food Bank of the Rockies, Project C.U.R.E., Denver city and county parks, Family Enhancement, Phillips and Ashley elementary schools and six Boys & Girls Clubs of Metro Denver sites. Guest speakers Bill Hanistik and Mark Randall of the Denver Nuggets Ambassadors Team gave students an early morning jolt of enthusiasm for their day’s endeavors. At Phillips Elementary School, City Councilor Marisa Johnson, joined in as an honorary sophomore for the day by reading to students. This year, the Rockhampton Foundation and Old Chicago donated lunches for the students while they went about their work.

Juniors worked with the Denver International Airport Partnership, the largest economic engine in the community. Students were brought in to work with community members on some of the most significant issues facing the area including aviation, bioscience and healthcare, employment and marketing for the region.

Seniors got an early start on reading to leave the place they have called home for the past four years. They met with a team of financial planners from Waddell & Reed about taking care of student loans while entering the workforce. A workshop put on by the career development office focused on the cooperative educational experiences and externships that will help fund students future jobs.

Overall, activities were declared a huge success and a way to start a new academic year by giving something back.

—Kellie Moreman

Career Conference 2004 Resource for Alumni on Both Sides of Table

As Johnson & Wales graduates move into the employment arena, more and more alumni are returning to campus for the University’s annual Career Conference—both to recruit and be recruited. Providence’s Career Conference 2004—held at the Providence Convention Center to accommodate the size—brought 138 companies represented by more than 300 employers—one-quarter of which sent JW& alumnus to represent them.

“It was a great experience to be able to come back to cam pus and stand on the other side of the [recruiting] table,” said Cleo Clarke ’96, human resources director of the Millennium Hilton in New York City. “As an employer who was also a student, you’re able to relate to what they are learning in the classroom and hopefully give them an idea of what the industry really is.”

Clarke was pleased at the response of students and alumni in attendance. In all, recruiters from companies like Hilton, BOCe Corp., Ecolab, Compass and ARAMARK spoke with more than 6,800 students.

Perhaps more interestingly, 97 alumni, some from as far away as Texas, traveled to campus for the conference to speak with recruiters about their experiences, and ways in which they could benefit potential employers. As said, “It was a great success and a way to give back to the school and to help other students.”

Role Playing NSO Competition Puts Students in Management Hot Seats

On a stage before 300 students from the College of Business at the Providence Campus, sophomore Stephen Sperandio is playing the role of a business owner with problems. Explaining his dilemma and solution to an “executive panel” of industry insiders: Ron Testeirio’02 from Target Stores, Natalie Leonard from Edwards & Angell LLP and Kenneth Jemers ’98 from Fidelity Investments, the audience wades through the scrutiny of a job-threatening situation—charged by a mob of disgruntled coworkers that a new manager is drinking at work. He admits that he recognizes the need for change. He confesses he misjudged the character of the recent hire, and talks about how he will address the situation. He has six minutes to make his case, Poised, self-assured and deliberate, Sperandio makes an impressive presentation. His case response is followed by a question and answer session with judges, a critique of his performance and feedback from the audience. In held in conjunction with Career Conference 2004, the National Student Organization (NSO) Competitive Events Institute exercise allows students to practice leadership skills as they vie for scholarships, gifts and prizes. In all 900 freshmen watched one of four case presentations. Members of the organization go on to compete at national leadership conferences, building peer networks and testing their leadership skills.

“The role-play scenarios are real examples of current industry problems that managers face every day. To be a competitive candidate today, students need these type of management skills,” said Prof. Erin Williamson Ph.D., NSO CEI director.

“Oftentimes industry judges hire our students on the spot or provide externship opportunities. Alumni participation as judges completes the circle as the role models for our graduates of tomorrow.”—C.S.

Returning Students Get Advice From Alumni

As part of the traditional First Day of Class activities at the Denver Campus, 10 JW& alumni spoke to three groups of seniors about preparing for graduation. Sponsored by JW’s Community Leadership Institute and the Career Development and Alumni Relations Office, the panel was made up of alumni from the hospitality, business and culinary industries. It gave students the chance to talk about their job search, outside activities and their experiences after graduation.

“Volunteer your time for a couple of hours a week. Really find out if that’s the position and the place where you want to be,” advised Executive Chef A.J. Vased oftau in Denver. Wayne McNellis ’94 told those of the College of Business to look beyond labels. “When you look at the job market understand that simply because Marriott or Omni are known as hotel companies, you don’t think that they don’t need accountants, finance officers, payroll administrators. They do,” McNellis said.

Students were impressed by the event’s focus. “It was a very beneficial experience to attend and a valuable resource for us in the future. We were able to connect with alumni from our own majors, and had an instant connection point to help with our networking,” said hospitality management major Gary Brandon.

While the primary goal was to connect with students, participants enjoyed the reunion. “The alumni panel was a great opportunity for current alumni to connect with and inspire each other as well as our future graduates,” said Jessica Viskovsky ’98. —Andrew Stein

Hilton Hotels Corporation
**J&W Students Staff Athens 2004**

As lead evening noux chef in the kitchens of the Olympic Village in Athens, Jennifer Slagle oversaw 110 other cooks, many of them speaking the same language. "I knew there were going to be a lot of challenges," says the culinary nutrition major, now in her senior year. "Working with other chefs I was able to see how all of us in food service were able to pull our knowledge together to work as a team."

One of nine students and recent graduates from Johnson & Wales—seven from the Providence Campus and two from Florida—enlisted by ARAMARK for the once-in-a-lifetime work experience, Slagle served "coaches, doctors, psychiatrists, anyone with access to the Olympic Village." Days in an around-the-clock kitchen ended at 2:30 a.m. for Slagle, and sometimes later. She came to appreciate the Greek cultural mindset. "They don’t get bogged down with the negatives, and they didn’t let us get bogged down. When things got hectic or stressful, they were so relaxed. It fostered a good sense of morale in the kitchen. It was impressive to see something so massive go as smoothly."

For Georgina Konstantas ‘04, who travels to Greece every summer to visit relatives, the experience was as much a homecoming as a chance to contribute to the creation of the games. Assigned to the pavilion where Greece’s Prime Minister Konstantos Karamanlis greeted visiting dignitaries and presented welcoming gifts to delegates from member nations, the hospitality management major was working in a much smaller venue. As one of four serving as many as 600 to 1,000 guests coming and going every hour on the hour from 9 a.m. to 11 p.m., the New York native met the Queen of Spain and Prince of Monaco in the course of her duties. More impressive she says, were the Olympians who competed in the Athens 2004 Paralympics Games in the weeks following the Olympics, which Konstantas stayed behind to help coordinate and staff.

"That part of the experience was more phenominal. They [the handicapped athletes] know how to value their lives. There were no egos involved. They had to fight to get there," she says, still awed by the experience. "It was so heartwarming to meet such genuine people. They made us feel important, like we were superstars for doing what we were doing when they were the ones who’ve really struggled to get where they are."

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**Denver Prof Watches the Torch**

Kris Heffy, a marketing professor in the College of Business at the Denver Campus, knows a thing or two about carrying a torch. A friend since high school, Steve McCarthy, president of ALI International, Heffy helped set up the company in 1981 and develop its first strategic plan. Now the Louisville, Colo. event management firm manages the Olympic Torch Relay, coordinating runners and security on routes to the Olympics, be it Salt Lake City or Sydney.

In the summer of 1996 Heffy watched the Atlanta Olympic on torch relay in a communications consultant, driving the command car positioned behind the torch bearers from Florida. Coached to St. Joseph, Mo., surrounded by security motorcycles and support commands, during the 2002 Salt Lake Winter Games, Heffy ran in the 100 relay when it passed through Denver and Art of Athletics 2004, his wife, Shaine, and 12-year-old daughter, Kate, met the relay in Berlin and flew to Stockholm, Sweden in one of ALI’s two 747 aircraft. Duty included driving the command car, the torch relay VIP shuttle, two cars behind the command car, while later in the back of the command car while the Prince of Sweden Carl Philip Edward’s, there ran one of the torch bearers.

In Heffy’s appraisal, "True to his promise, torch relay security was very high during the Prince’s run."

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**J&W’s Impact on Denver Economy Wins DIA Partnership Award**

Two Police Department host- ed an educational forum on safety and the two have partnered on other public events. However, the University is working diligently on the East Colfax Revitalization Project. And in the last year, J&W has partnered with educational organizations like DBCA, Future Business Leaders of America (FBLA), Future Farmers of America (FFA), ProStart and the Daniels Fund, a program aimed at helping low-income students with college costs, to help educate the leaders of tomorrow.

And then there’s J&W’s overall effect on the business and vibrancy of the entire region. In the past few years, while much of Colorado and the nation have suffered under a severe economic downturn, Johnson & Wales University, in the heart of Denver’s central business district, holds a steady presence that relates outside to the Rocky Mountains off to the distance.

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**Alumna at Bellagio Hosts to Student**

For Johanna Miller ’02, employee services coordinator at the Bellagio Hotel in Las Vegas, April couldn’t have been more hectic—and rewarding. Asked by the Providence Campus alumni relations office to host an incoming J&W’s freshman for a tour of the back-of-the-house operations at the Bellagio, Miller quickly accepted. According to Miller, "It would prove to be a more complicated task than planned. The day that Michaela Birdi, incoming hospitality major, drove down the strip to her hotel for spring break, there would be the same day that the Bellagio Hotel went dark. A massive power failure left the hotel caused by a construction problem regime occurred hundreds of guests to evacuate the hotels, and caused Miller and many staff members to work around the clock to restore the power. "We were amazed at the degree of effort put forth," said Gino Bardi, Michaela’s father. "It was clear that [Johanna] loved her job and was thrilled to be working in her chosen field."

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**Winter 2005**
Panama’s “Martha” Explores Fine Living South Florida Style

"Cuquita" is what the famous home and lifestyle personality from Panama calls herself and everything she does is "al estilo Cuquita" (her style). Her petite and slender frame suits her friendly and homely personality. A 20-year veteran of kitchen science, Cuquita Arias de Calvo has traveled the world to practice her passion. She has studied culinary arts alongside experts like Martha Stewart at renowned schools and restaurants in Europe and the United States, and is executive chef at The Bristol Hotel, Panama’s only five-star hotel. Her television show airs five days a week in several Latin American countries and on Latin TV, a channel broadcast to subscribers in New York, Florida, Texas and California. In addition to her work in television, Cuquita has published two cookbooks and has a weekly feature in Panama’s leading newspaper.

Cuquita Arias first learned about Johnson & Wales while the international admissions department was paying a visit to Panama. Fred Johnson ’96, from the Providence Campus, and Tariana Herrera ’00, from Miami, made such a fine impression that now JW&J students are getting their cooperative education experience in her restaurant.

Cuquita decided her internationally syndicated cooking show, "El Gourmet," and magazine, Cocina Al Estilo Cuquita, wouldn’t be complete without an expedition to Miami. While on her visit, she resolved to include the Florida Campus in the locally filmed feature. She was so taken with Johnson & Wales, that "El Gourmet," included extensive interviews with faculty and alumni, while the magazine included a 16-page spread on all things JW&J. As a measure of the scope of the publication, consider that the issue prior featured the Prince of Monaco and fine dining on the sizzling Riviera.

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Event Planners Staff VMAs

Most music and entertainment fanatics only dream about being involved in a high profile event like the MTV Video Music Awards (VMAs). Last summer, Craig Skillings, a former group events account manager for the Miami Heat, put his knowledge and connections in the sports and entertainment industry to work for a select group of JW&J students. Skillings, now a JW&J recruitment planning specialist in the career development office at the Florida Campus, arranged a work experience of a lifetime for the VMAs for business and hospitality students. For those involved in the awards show it was a long, half-week of preparation before the big event. Two full days were spent in rehearsals, with more than 1,000 other student helpers from high schools, universities and organizations around South Florida. Some helped with props during production and others acted as extras in the audience during the live show. Workers were drilled on everything from entries and exits, and proper use of props, to how to act in front of the talent. (No screaming and no passing out.) Although the days in rehearsal were sometimes tedious, they offered time to network with members of the arts community, and see firsthand what it takes to handle such a large event.

The morning of the awards show the group entered the American Airlines Arena ready to rehearse with celebrities for the first time to find Usher rehearsing his opening performance. (No screaming and no passing out.)

In between rehearsals groups waited anxiously and the show went off seamlessly. Students saw the payoff from the detailed planning and diligent rehearsal directed by the MTV staff.

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Summer Diary: Digging into the Past

Few things ignite one’s imagination more than thoughtful of an archeological expedition. Thus it was on a recent adventure to Jackson Hole, Wyoming in June, that fascinating discoveries were made on an hourly basis by team members with the Jackson Hole Bison Dig 2004, sponsored by the EarthWatch Institute, the U.S. Department of the Interior’s U.S. Fish and Wildlife Services and National Park Service’s Midwest Archeological Center. The archeological research of the Jackson Hole dig revolves around the question of how Paleo-Indians survived in this rugged mountain region for a period reaching back 9,000 years. Kenneth P. Cannon, lead archeologist and fellow archeologist, Mollie Boeke-Cannon, are the principal investigators, having researched ancient sites throughout the American and mountain region. Cannon’s interest at this site on the National Elk Refuge centers around the use of bison as a food resource for ancient hunter-gatherers. The site, known as the Goerta Site, was discovered in the 1970s by workers freeing the flow of a nearby freshwater spring. The pair has led expeditions over the past four years using volunteer help from EarthWatch. Archeological work sounds romantic and at times it is. It can be thrilling to unearth a piece of stone shaped by a human hand to form a faceted tool for working with bones and hide. Tasks included digging for artifacts in excavation units and searching for surface finds. But the romance quickly evolves into demanding physical labor in extreme conditions. In mid June, Wyoming, 6,800 feet above sea level, experiences every kind of weather. Most mornings volunteers woke to ice on the tents and snow on the nearby ridges. Wind and rain squalls regularly swept through camp. Solar exposure was continuous and team members constantly guarded against severe sunburn and dehydration.

Discovering an artifact in an excavation unit is a peak moment, followed by a series of technical activities to record every relevant fact about the object. Each object is charted in a two- and three-dimension al grid with precise measurements specified in centimeters.

The object’s position, direction and angles are recorded using compass-like devices. Photos are taken and logged. Maps are drawn. Surrounding soil is sampled, analyzed and logged. All soil is bagged and water-screened to capture any remaining artifacts. Indeed, many small objects—from rotten teeth to obsidian flakes—are discovered through screening. A Global Positioning System is used to get an absolute location for the object before it is finally removed, logged, and bagged for further examination in the lab. Field work is a precious release for the Cannons, who spend most of their year in the lab studying the real and virtual data from the dig.

The research team worked hard to uncover hundreds of artifacts which will contribute to the Cannon’s research. But the expedition experience goes far beyond the dig. Camp life in the wilderness combines deprivation and richness in inexplicable ways: no cell-phones, e-mail or TV. An unobstructed view of the Grand Tetons fuels the imagination. What was life like for these ancient people thousands of years ago? Wildlife creatures rule this terrain. Much as then, people are merely visitors.

National Elk Refuge is home to bison, moose, elk, antelope, big horn sheep, wolves, and mountain lions. Skelton remains, sightings, and howls at night belie their presence. Considering the glacial influence and tectonic forces at work in the region, the geology is simply humbling. What history can be discovered through careful exploration of this rugged wilderness?—Steven Andrade

A short documentary of Andrade’s expedition is available through a speakers’ program sponsored by the JW&J School of Technology. For more information on the Jackson Hole Bison Dig go to www.cr.nps.gov/mont/ or www.earthwatch.org.

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Tied to Tyson

Students from the Providence and Denver campuses were flown to Wyoming to help Tyson Foods Chef Mario Valdivieso prepare a four-course meal for Tyson’s National Sales Meeting in September. In addition to the event, student chef intern: William "Will" Kilgore, JW&J alumni, and student chef intern: Jeremy Crow, JW&J alumni, prepared a three-course meal for the Conference’s banquet. The meal included meat from Tyson’s herd of 1,500 cattle and a variety of vegetables, cheeses, and fruits. The students worked with Tyson’s sales team to help plan the meal and coordinate the event.”

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Rounding the Globe

Discovering an artifact in an excavation unit is a peak moment. Above, Prof. Steven Andrade, right, enjoy record finds in a three- and dimensional grid. Left, soil is water screened to capture even more artifacts. “Many small objects—from rotten teeth to obsidian flakes—are discovered through screening,” Andrade says.
Students Race to the Aid of NASCAR

Bright and early one morning in June, eight Johnson & Wales culinary students and Chef Peter Pitman climbed into a J&W van and headed to the little town of Dover, Delaware for NASCAR's June Race Weekend. With close to 5,000 race fans descending on the small town for four days annually, Chef Norbert Zastavny, executive chef at Dover Downs Hotel & Conference Center, knows he needs some extra hands in the kitchen. June 2002 saw 12 Johnson & Wales students ride three hours to Dover Downs to put their cooking knowledge into practice. They did such a great job (and had such a great time) back then, that Zastavny requested a repeat performance in 2003 and again for this year's event. Dover Downs provided students with room and board for the weekend and each student received a $250 scholarship toward tuition.

Volunteers were screened in the spring by Chef Jeremy Houghton. The top 10 were chosen based on the highest recommendations from the chefs. Those students selected included Keith Williamson, a second-year participant, Ashly

Brindamour, Sarah Tippett, Timothy Bray, Jennifer Rogers, Hannah Ragland, Matthew Lawrence, and Jessica Burden. The group returned with fantastic stories about preparing pancakes for 3,000, making miniature crab cakes, prepping at 4 a.m. for a 6 a.m. breakfast, and getting the opportunity to take a tour of one of NASCAR's best race tracks.

The chefs at Dover Downs were so pleased with the students and their performance that they extended an invitation to return for races later in the year. Dover Downs has been a cooperative education partner with J&W for several years, and Chef Zastavny uses the opportunity to gather the extra cooks to build desperately needed for a high-profile event like NASCAR. In the process, students get a once-in-a-lifetime hands-on experience feeding thousands of hungry race fans and earn scholarship dollars toward their education in the process.—Randall Dubois

Gallagher Honored By Charlotte Leaders

Someone searched Google and found 1,207 hits when he typed the words Johnson & Wales and Arthur Gallagher. Add one more hit. In October, the Charlotte Campus president was presented the Newcomer of the Year Award by Leadership Charlotte. The “someone” who searched the Web was Jim Palermo, former Bank of America vice president and first Johnson & Wales executive in residence—one of the people responsible for bringing the University to Charlotte. Gallahger needed little introduction during the Leadership Charlotte Annual Awards Celebration. The Queen City knows the man with the bow tie well. In less than two years, Leadership Charlotte says he has made significant personal and professional contributions to the community’s greater good.

Before Gallagher took the stage, another well-known face stood before the movers and shakers of Charlotte, and did more than just add to the importance of leadership. Former Carolina Panther Kevin Donnelly, a fund-raiser for Make-A-Wish, showed clips of home movies he took from inside the NFL locker rooms. The city’s heavy hitters watched as players rallied the team when it was behind; saw a player forced on the sidelines with cancer give an inspirational pep talk; watched the team locker force his jubilant teammates out of the locker room and onto the field to “high-five” fans still roaring in the stands after a big win. Donnelly made his point. Leadership is not a function of position, but a fundamental force that burns within every individual.

In his short time at the Charlotte Campus, Gallagher has become an active member of Charlotte Center City Partners, the United Way, the Arts & Science Council, and Charlotte Chamber boards. Leadership Charlotte is a non-profit organization of leaders from all dimensions of the community who work to develop and enhance volunteer community leadership and educate the leaders of tomorrow. Leadership awards are made to individuals who have contributed to the betterment of others and the well-being of the community. —M. L. R.

Tsai, Clarke Raise Funds for Culinary Team

As knives flashed and food processors spun, celebrity chef Ming Tsai—host of Food Network’s “East Meets West” and PBS’s “Simply Ming”—impressed the audience watching members of J&W’s student Culinary Olympic team in action, to give generously to the silent auction raising funds to send the group to the international competition. "They want to go over to Germany on a plane, not a boat!" he joked.

Nearly 75 people spent the evening in September in support of the winning student team at Clarke Corporation of Milford, Mass., New England’s prime source of luxury appliances. Jim Rafras, Clarke’s

Chefs Star at Masquerade for March of Dimes

The Sheraton Waterside Hotel in Norfolk, Va., was the site for the March of Dimes Star Chefs Masquerade in October. Twenty-five local chefs prepared divine dishes judged by a panel of food critics, including J&W’s own Tammy Jaxthheimer ’90. This year’s event was sponsored by Sysco Hampton Roads and Smithfield Foods, and was cochaired by Erika Nester ’92, executive chef at the Norfolk Airport Hilton. Alumni included in the festivities were Greg Rens ’96, executive chef at Graciouz Living, Jerry Weihbrecht ’04, executive chef at Zoe’s Restaurant, and Brian Anderson ’95, executive chef at the Holiday Inn Express. Steve Marsey ’03 was in charge of judging.

Norfolk Campus students volunteering to assist participating chefs included John Burns, John Beighley, Jessie Gollighugh, Janetta Riddick, Mark Dwyer and Solome Zemeny. Thanks to the efforts of the talented staff, the event raised more than $76,000 for the March of Dimes. —R.D.

Walk-a-thon

A way to acquaint new students at the Providence Campus with its Rhode Island, The Hospitality College faculty and freshman volunteered their time to take part in the Make-A-Wish walk, a first before the start of classes. Eighty-five freshman and four faculty members walked and raised $1,150 for the charitable organization. Students also helped one-on-one with children, assisting with face painting, handing out water, cooking hot dogs and generally enjoying the opportunity to help a worthy cause.
Care Packages From Norfolk Campus Score Big with GLS Stationed in Iraq

The military has been a significant part of the make-up of the student population at the Norfolk campus since its inception. The first classes taught in Norfolk were only open to the military and were held at the Norfolk Naval Base. Even though a greater portion of the campus population today is non-military, there are still many active-duty service men and women who grace the University’s labs.

In August, the University received a letter from Sgt. Michael Creed ’97 requesting letters, e-mails and supplies of magazines and snacks.

“I’ve been in Iraq for about four months now...If you could send some GOOD food over here for me, as well as the fellow engineers in Mosul, it would be appreciated greatly.”

In response, and aware that a second alumnus, Percival Peters ’04, was also serving, folks at the Norfolk Campus put together care packages of toiletries, food, candy, books, playing cards, stationery, and JW&W paraphernalia to send overseas. Both Creed and Peters responded quickly.

“Just wanted to thank you guys for sending us a care package. We really appreciated that,” Peters wrote. “One guy was so excited he started to scream. Dressed in a Johnson & Wales ball cap with a coin holder around his neck and a JWU sports cup cuffed in his right hand he yelled, ‘I feel like a college kid again’...Thank you all again very much. I really appreciated the food and candy. Somebody must have told you that it wasn’t that good here. You guys are truly magnificent. Thank you again.”

She’s the Woman at Charlotte’s Core

October Parenti, who’s official title is community outreach coordinator, was featured in a cover article in Today’s Charlotte Woman. Without an office and phone, Parenti actually found herself working out of her kitchen. “It’s a $200-a-month business in her fuzzy slippers,” JW&W writer Judy Cole notes.

Answering Internet and phone messages from everyone from architects and plumbers to salespeople and prospective students, Parenti was the one campus contact—C.S.

Denver Team Races for Cure

Johnson & Wales alumni, staff, faculty, students, and friends were imbedded in the masses of more than 63,000 participants in the 2004 Susan G. Komen Race for the Cure in Denver. A team of more than 30 from JW&W walked or ran the 3.2-mile course to benefit breast cancer awareness, education and research for the Denver Metro area. This year Denver was proud to boast the nation’s largest Race For The Cure.

With blue and yellow bandannas on their heads, a JW&W banner in tow and spirits high, the team completed the 5K procession through the streets of Denver, as they shared stories of how cancer had touched their lives.

The motivation to participate in such a wonderful event, the goals of the program aimed to provide Progress Latino members with an overview and, direction, resources and services to help their classmates understand the opportunities entrepreneurship students may have available. This is in preparation for the Denver Latino Economic Development Council in helping to create successful small business opportunities for its members.

Margarita Guadue, director of Entrepreneurship for Progress Latino, was pleased with the exchange, and is hopeful for the impact it will have on the community. “The environment was very positive and engaging,” said Guadue. “Participants had the chance to exchange their business ideas as students listened and shared their own goals and dreams. A wide range of business ideas were brought by the participants, and they were very enthusiastic about considering the side business of their new or existing entrepreneurship venture.”

The partnership with Progress Latino was established by Mark Kravitz, community service leadership coordinator for the Feinstein Community Service Center. Bennett sees this pairing as a good fit for students starting in entrepreneurship. “Providing interactive, career-related community service learning opportunities for students, right at the start of their JW&W careers, makes sense and allows entrepreneurship students the chance to take part in experiential education,” Bennett said. “This is the beginning of a long-term relationship in combining potential business owners and students for real-world experiences.”

—Stacie Demaraas
Alumni Activities & Events

Textron Alumni Swap Eras

In June, alumni who've participated in J&W's Summer Work Abroad Program (SWAP) with Textron, met in Newport, R.I. to reminisce. The event, hosted by David Mitchell Ph. D., assistant dean of the College of Business, was held at Newport's Beechwood Mansion for a celebration of the city in the Jazz Age. During the evening, the group crossed the threshold to 1929, Prohibition's speak-easies and red hot music. Thanks to the Beechwood Theater Co., they partied with Vincent Autor, Helen Huntington Ames, Princess Alice Obolensky and Newport "summer cottage" socialites, singing and dancing in styles right out of Gatsby's day.

Homecoming Marks a Year of Firsts

This year the Providence Campus celebrated Homecoming Weekend Medieval style. More than 175 alumni attended the many events offered including an evening program held at the Westin Hotel which included the first ever Milestone Reunion and the 2nd Annual All Class Reunion. This year also marked more firsts. The alumni council awarded two well deserving individuals with prestigious awards. Vilma Triangolo '36, '88 HDR was awarded the Lifetime Achievement Award for all of her many generous contributions toward making the University what it is today. Mary "Mump" Carmody was awarded the Honorary Alumni Award. Mary has been involved with J&W for many years and has made a significant impact on the alumni association through her dedication. Going forward, both awards will be named after these remarkable women.

R.I./Mass. Chapter Tailgate Party

The R.I./Mass. alumni chapter hosted a tailgate party and visit to a Pawtucket Red Sox game in September. The group of 20 alumni found their families enjoyed visiting together in the lot before moving into the stadium to watch the game and fireworks.

From left, Malesia Adams-Au '94, Amy Osborn '94, Christine DiAngelo '94, Laura Schreiber '91, Jessica Lydon '98

From left, Ken DiStefano '92, Susan Mochich, Darlene Kaye '92, Patrick Meacham '94, '98 MBA

From left, Deborah Krasnoff '39 and her husband, Christopher, look for her picture in the 1894 yearbook.
The business card with its gold-embossed seal identifies the Chancellor of Johnson & Wales University. "Vivat." It will get you special treatment at just about any hotel or restaurant in the country," the impish octogenarian says with a grin upon presentation. Over the years, Johnson and Mary Wales will forever remain J&W’s founding mothers, the late Edward Triangolo and Morris J. "Gabe" Gaede. Gaede took over parenting duties more than a half century ago. And Gaede is still a doing father—no matter how he teases otherwise. "The last big thing we wanted to do was to get into the school business," he says with a wry chuckle. "I had had so much school by that time. But we did it, and it turned out to be the best decision we ever made. And it happened, I'm God's favorite idior," Gaede likes to say.

Favorite! Quite likely. Idol? No way. With 100,000 students and a staff of 29,000—"a church, a post office, two grocery stores and a grain elevator"—Gaede's father ran a small farm and the butcher shop. He was the first from town to go to high school. Ever the business man, he paid $15 for a Model T Ford with money from a paper route and charged each of three passengers a nickel a day for the eight-mile trip to Nashville High School. "You could buy six gallons of gas for a dollar," he notes.

Gaede studied bookkeeping and met Audry Reidelberger (though he was dating her cousin back then.) The two paired for life after they went away to the University of Illinois to major in accounting, and married in 1941. Working for Westinghouse he was sent to Notre Dame. When war waged in the Pacific, Gaede was assigned to port in San Francisco where he met Triangolo. "He and I were in the same unit. We became a family association," he says.

In 1947 the "family" set about tackling the challenge of realigning Johnson & Wales with post war needs. "Because we didn't know what education programs were about, we became very creative... If we got three students who wanted to learn something, we started a program; he only half-jokes. "And we seized opportunities."

Men were returning from the service in need of retraining and with GI benefits to pay the way. "Because we were so different and we were veterans, we followed the veterans, and started getting more students," the chancellor recalls.

Like the pioneers a friend of Audrey Gaede’s mother had proclaimed them to be, the two adventurous couples would curl their lives around making Johnson & Wales a success. Besides administering operations, they taught classes, cleaned bathrooms, took to the road for recruiting and brought students and staff home to celebrate their accomplishments. Stories abound of the characters that ventured in only to be added to the J&W family: Jim Lyle, Florida’s executive director of advancement, hired when he knocked on Gaede’s door selling vacuum cleaners; now chairman of the Board John Yena, who walked into Gaede’s office asking for a teaching job. "In those days, we'd hire a beer salesmen to teach salesmanship. A lot of our teachers we hired, not on the basis of credentials on paper, but credentials as a person," Gaede says.

Building a Brand

With its combination of veteran’s benefits, and job-focused programs the school grew. "We grew because we took practical education and made it available to all the people who were qualified to enter college, and helped to make them qualified by giving them training in advance," Gaede says with the conviction of a passion pursued.

Uptown campus gave students experience early in their educations. The four-day week gave them time to work to help pay tuition. "When it came time for university accreditation, teams that came in said to us, 'You're doing the same thing we did. We set up a program that was so advanced that other schools are doing the same thing that you were doing then."

"We were pretty big when the culinary thing showed up," he adds. "The culinary thing showed up (right behind hospitality) in 1973 in the guise of David Friedman, who convinced Gaede that there was but one other culinary school of note in the country. If the objective of a J&W education was to build a career, Friedman argued that there were more jobs in food service than any other industry."

"We changed cooking to a collegiate program. When you’re a chef now, you can be proud of it," he says—though he bristles at the classification of the university as "that cooking school."

"We don’t want to be known as just a hospitality school or a culinary school anymore than a lot of universities would want to be known as a football school, but we’re proud that we have the biggest and the best. That doesn’t demean any of our other programs."

Other programs now number more than 40. Branches were added, again to follow the military, offering culinary and hospitality programs at bases along the East Coast that eventually coalesced in Norfolk and Charleston.

"We have been great benefactors of the financial aid that the government has been providing for our students," he says with thanks. It has been the backbone of a democratic approach to education. Many of J&W’s students are the first in their families to go to college. Eighty percent get some sort of help with funding. "That defines the kind of student body that we have," Gaede says. "We’re career-oriented. People come here to get a job. We live on our results of our education."

Awards and recognitions pour in from organizations throughout the county. At a spy 84, Gaede flies off in every direction to speak, consult and play. Though one of a kind, a breed from another era, the brand of education Gaede4eredered keeps gaining strength.

"When you start off not knowing what you’re doing, you’re not inimical to anything—whatever you’re doing comes naturally and you’re the beneficiary of the work of those who can receive the most from it. Although I could never have imagined," his voice trails off.

The images spin on—"Mo" Gaede taking a swing at a golf ball with Emeril, pairing a Boy Scout on the back, winking up at Julia Child, sitting on a stoop talking to a sad-eyed student—and looking like he’s enjoying himself through it all.

"I’ve sat here behind this desk for 57 years," Gaede says with a wink and a grin. "You know what my philosophy in it? If it isn’t fun don’t do it."
Entertaining:
The Fine Art of Making it Look Easy

By Kimberly Lawrence

Photography: Rob Pike
Food Stylist: Chef Ken Watt '88

More than 20 years ago an infamous expert on home entertaining penned these words. While the sentiment is lovely, the host who follows this advice literally, hoping that his party—spurred only by good intentions—will evolve organically into a thing of beauty, will unfortunately find himself unprepared for the inevitable onslaught of hungry guests, spilled drinks, and trampled flowers.

"The Holidays," that ever-increasing stretch of time roughly spanning Halloween through Valentine’s Day, is ripe with novice entertainers—relative amateurs who open their homes to close friends, distant acquaintances and loving family for at least several hours, and usually longer.

Assume that our sage is correct, and that thought, effort and caring are the proper motivation to entertain over the holidays, and the perfect vehicle through which to express the friendship, altruism and love so typified by the season.

What then?

Step 1: Plan Ahead

Preparing for relaxed and "spontaneous" hospitality requires extensive planning. Though perhaps counterintuitive, consider the location before the menu. "The first thing you have to do when you're planning a home party is to look at the space and determine how you're going to serve your food," explains Nathalie Dupree '64 HDR, cookbook author and host of "Nathalie Dupree’s Comfortable Entertaining."

"People like to cluster. It’s your responsibility to make sure that the traffic flows—that people aren’t jammed up at the front door trying to get in for drinks—that there’s a flow throughout the house." She advocates drawing detailed diagrams to chart

WILD MUSHROOM ENCRUSTED LAMB
Chef Ken Watt '88, executive chef of Audrey’s Restaurant
(Yields 4 servings)

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUSHROOM RUB</td>
<td></td>
</tr>
<tr>
<td>dried shiitake mushrooms, chopped fine</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>dried crimini mushrooms, chopped fine</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>fresh white bread (crust removed and processed to fine crumbs)</td>
<td>2 slices</td>
</tr>
<tr>
<td>fresh sage, chopped fine</td>
<td>4–5 leaves</td>
</tr>
<tr>
<td>salt</td>
<td>Pinch to taste</td>
</tr>
<tr>
<td>freshly ground black pepper</td>
<td>1/8 teaspoon (to taste)</td>
</tr>
<tr>
<td>SAUCE</td>
<td></td>
</tr>
<tr>
<td>fresh cranberries</td>
<td>2 ounces</td>
</tr>
<tr>
<td>shallots, diced fine</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Merlot wine</td>
<td>3 ounces</td>
</tr>
<tr>
<td>veal demi-glace</td>
<td>4 ounces</td>
</tr>
<tr>
<td>LAMB</td>
<td></td>
</tr>
<tr>
<td>lamb loin (or racks)</td>
<td>4 each</td>
</tr>
<tr>
<td>6-8 ounces each</td>
<td></td>
</tr>
<tr>
<td>salt and pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>2 ounces</td>
</tr>
<tr>
<td>oil</td>
<td>1 ounce</td>
</tr>
</tbody>
</table>

METHOD OF PREPARATION

Combine all mushroom rub ingredients and blend well. Saute shallots until golden brown.

Add cranberries and deglaze pan with Merlot. Add demi-glace, season to taste and set aside.

Season lamb with salt and pepper. Rub with Dijon mustard and coat with mushroom rub. Heat a heavy sauté pan over high heat. Add oil to pan and heat until just starts to smoke. Add lamb and sear all sides to a golden brown. Reduce heat and cook to desired doneness (to 145° for medium rare). Serve with reserved sauce.
ROASTED COD MEDITERRANEAN STYLE
Chef Ken Walt ’88, executive chef of Audrey’s Restaurant
(Yields 6 servings)

INGREDIENTS

6-ounce cod fillets
olive oil
garlic
crack black pepper
onion, (juliened)
green olives
black Greek olives
diced tomatoes (fresh)
white wine
fresh basil

amount
6 each
1 ounce
clove
1/8 teaspoon (to taste)
1 medium onion
20 (pitted)
20 (pitted)
1 cup
1/2 cup
6-8 leaves

METHOD OF PREPARATION
Heat oil in large non stick sauté pan over high heat until it just starts to smoke. Season cod fillets with black pepper and sauce both sides.

Remove fish from pan; add garlic and onions and sauté until golden.
Deglaze pan with wine and add tomatoes, onions, and basil. Add fish back to pan and place in a 350° oven for 6-10 minutes or until fish is cooked to 145° in the center. Serve with saffron rice (if desired).

Step 2: Get Organized

Dupree advocates organizing all methods and materials into lists: “I make a comprehensive list,” she says, “I make a list of serving dishes, I make a list of preheating times [and] cooking times. If someone wants to help me tell me the go to the list.” With all her plans down on paper, a helpful guest won’t inadvertently put the roast on the plate intended for the green beans, explains the seasoned hostess.

Preparing all the food at the last minute is another common mistake, notes Watt. The more food you can prepare ahead, the better. Dupree starts prepping for Thanksgiving in mid-September, when she makes her turkey stock and stores it in the freezer.

As a rule of thumb when calculating the amount of food needed, Goldberg figures the average person eats two to six appetizers per hour. “People take more at a buffet than if the hours d’euvres are passed,” she points out—something to take into account when planning the menu. “One nice thing about doing a seated dinner as opposed to a buffet, is that everyone has his portion in front of him, you don’t have to worry about running out of food.”

So important is the priority of serving your guests’ hunger, it should trump most other concerns. “People get mean when they get hungry,” asserts Dupree. “If you want to preserve harmony in the family, get them to the table within an hour of the time that they arrive and plan so that they can eat shortly after they arrive.”

“Do not wait the whole dinner for someone who’s late,” she continues. “It’s just like holding a restaurant reservation beyond a certain number of minutes.” If the dinner hour is later than some of the younger guests are accustomed to, she recommends having something easy to heat up and agreeable to less-seasoned palates on hand: “It doesn’t hurt to have a little macaroni and cheese around for some child that is just hysterical.”

By deciding on the location, planning the flow of traffic, developing a menu and hiring all ingredients, materials and procedures well in advance, the host will allow ample time to prepare for any expected complications. But what about the unexpected?

Despite careful planning, invariably something will go wrong. In those cases it’s up to the host to rise to the occasion. While catering one hand-raised quails Watt, “we got there and discovered nobody had ordered flowers.”

Undeterred, the chef and his team turned to their natural surroundings, adorning the buffet tables with artfully arranged collections of goldenrod, pieces of driftwood, bouys, and pieces of net. Even hosts not forced to find last-minute decorations can benefit from a quick jaunt around their own back yards. “There are often times we don’t use flowers at all,” admits Watt. “Look at what’s going on around you.”

Pumpkins, gourds and colored leaves are fitting decorations for an autumn gathering, while bittersweet, with its red berries adds flaire to a holiday table. “Even pine branches and a piece of red ribbon go a long way,” Watt also recommends edible centerpieces like a gingerbread house or a bread display. The key component is creativity, he suggests. “Use what you have.”

“Keep table decorations simple,” advises Goldberg. Sometimes simple is more elegant.”

Dupree suggests maximizing your buffet table’s visual appeal by breaking the surface up into different layers. “Try to have different heights at your table.” The technique can be as simple as using boxes with napkins over them. There are a lot of inexpensive things you can do that are really more interesting than just flowers.”

Elizabeth Graham, manager of Audrey’s Restaurant, suggests “killing two birds with one stone.” Use your food as centerpieces.

Step 3: Skip Steps One and Two and Hire Professionals

As the holiday host too often learns after the fact, you can’t have it all. With enough creativity and skill, the resourceful amateur may be able to prepare and serve a professional quality meal, but may do so at the expense of your enjoyment.

Watt warns “not hiring someone to make the event something they can attend,” as one of top mistakes hosts can make.

“My basic philosophy for home entertaining,” says Dupree, “Is that unless you have full-time [staff] in the kitchen, then you can’t have the same kind of party that you do when it’s catered or in a restaurant.”

“One reason people decide to hire someone to help is so they can get out and enjoy the party,” notes Goldberg. “Depending on how small or large the function is, it can be a bit stressful to try to handle it all yourself.”

Even in a comparatively low-hanging set, such as a pot luck, the host would benefit from hiring just “one person to take the dishes and warm them up,” notes Watt. Even a catered event can seem personal. “I always try to do something myself, my signature dish . . . so it doesn’t appear that you were totally uninvolved in the process,” says Dupree.

Possible party help for hire ranges from a single server to a fully staffed catering service to a comprehensive event planner, who’ll take care of every detail from soup to nuts, for a fee.

When looking for a reputable caterer, recommendations are...
**Great Wines that Don’t Break the Bank**

**New World Exuberance Adds Nuance to Old World Tradition**

By Edward Kerry M.A., C.W.E.

S o many people believe that a “great” bottle of wine needs to cost a great deal of money. And almost just as many believe that real wine aficionados spend an inordinate sum on wine. But it’s not always so. There are great values to be had in today’s wine glut for those wishing to spend less than $20 a bottle. The question is where to start?

When shopping for wine, the lessor-priced category of “restaurant wine” in a reputable wine or liquor store can hold some of the best values in wine consumption.

Let’s look first at the New World with typically more fruit forward and exuberant wines lacking the “quiet” reserve of more traditional European appellations. While the wines of Oceania (Australia and New Zealand) have become familiar, they don’t tell the whole story. A bottle of Penfold’s Thomas Hyland Chardonnay or Shiraz reflects a more elegant fashion than many. There are unskewed Chardonnays such as Madifich which are delicious and a good match for lighter foods such as shrimp, even from the “barrie.” And there are wonderfully crisp and fruity Rieslings to be enjoyed especially from the cooler regions of South Australia such as the Clare Valley or Western Australia.

The greatest change in the last 10 years has emanated from New Zealand. We are all becoming familiar with the country’s grape-fruity Sauvignon Blanc. These wines not only hold up to more intense flavors of today’s cuisines, they pair beautifully with the fresh seafoods of New England or sushi and sashimi. Wines such as Tutu or Nobilo from Marlborough on the South Island of New Zealand are exceptional and reasonably priced.

With more intense flavor than those typically found from the Cote d’Or or Burgundy, many Pinot Noirs that have finally washed up on our shores are as little as $12. For around $20, Nautalis Estate’s is delicious.

And great value wines from South Africa are finally appearing as well, reflecting New World ripeness made with a more Old World philosophy. The wines have good acidity making them perfect accompaniments to the cuisines so prevalent today. The Sauvignon Blancs of the Stellenbosch are not as aggressive as those of New Zealand, and are delicious with New England seafood dishes. While their famous indigenous creation of Pinotage has not always been a favorite, there are some very good wines, such as Landskroon’s that are an excellent accompaniment to spicier foods.

Recognizable international varieties like Chardonnay, Merlot, Cabernet Sauvignon and Syrah offer some exceptional values. For a real Syrah bargain, try Goats Do Roam, a play on Syrah’s native Genes des Rhones in France. And try one of their desert or fortified wines like Moro Muscat Jerezco.

The Chileans have suffered from late due to pricing and perception, but some of the best values for a serious wine still come from Chile, and the quality over the last 10 years continues to improve.

There are excellent examples of Chardonnays and Sauvignon Blancs from the cool Casablanca appellation. Try the Errazuriz Estate for an example of a criper yet fruity style, or a Carmen Winesemaker’s Reserve for a more complex Burgundian style Chardonnay. Concha y Toro Trio Sauvignon Blanc has also made quite a splash internationally and is a great value. One favorite, which still sells for under $20, is Casa Lapostolle’s Cuvée Alexandre Merlot—a late wines which is a true bargain. The double the price were it from Napa or any other world renowned appellation. Cabernet Sauvignon is also an excellent value from Chile. One perennial favorite is from the D’Angelo Macul Castillo del Diablo or the Rothschild’s Los Vascos Cabernet Sauvignon. Chile is also becoming known for its distinctive Carmenere varietal including a delicious medium tannin full-bodied red wine (like Merlot) with flavors of black fruit and black olive. A case can be gathered from different producers including Edwards for less than $10 a bottle.

Argentina is only now becoming a very visible international market, in part due to focus on quality and investments from abroad. The principal wine region, Mendoza, is located in the eastern foothills of the Andes. Argentina will hang its international reputation, not only on Cabernet and Chardonnay Sauvignon, but on two varieties that have become symbols of the wine renaissance: Torrontes for whites and Malbec for reds. With origins in Spain, where it was rather undistinguished, in Argentina, Torrontes has become transformed into a crisp, floral, peach-flavored wine that is a perfect accompaniment to light appetizers and seafood.

Edward Kerry is chairman of the beverage and dining service for the College of Culinary Arts at the Peninsulac University, now offering classes toward Wine & Spirits Educational Trust (WSET) certification.
Safeguards can keep criminals from stealing your identity

By Tom Calabrese

A personal computer: $1,100. That upgrade to your music library: $500. A year of free long distance calling: $850. The cash advance you needed that covers all of your holiday purchases: $500. The piece of mind that comes with knowing you will never have to actually pay for any of this, the authorities probably do not have the resources to pursue you, and there is almost no chance that they could find you even if they tried: Priceless! Identity fraud. Can you guess who’s inside your wallet?

Identity crime as defined by the U.S. Attorney General’s office is "the theft or misuse of personal or financial identifiers in order to gain something of value and/or facilitate other criminal activity."

Identity theft "has become the fastest growing financial crime in America and perhaps the fastest growing crime of any kind in our society," says Sean Hoar of the U.S. Department of Justice.

According to a Washington Post report on May 31, 2001, "the federal office of the Comptroller of the Currency recently estimated that there are half a million victims of identity theft per year in the United States. Representatives of the Department of Justice told Congress that Internet fraud, including identity theft, is one of the nation’s fastest growing white-collar crimes." Fraudulent use of Social Security numbers is a "national crisis" according to other officials, and the Federal Trade Commission (FTC) lists identity theft as the number-one consumer complaint of 2003.

But why is this problem arising now? Because as recently as 10 years ago people conducted business in a more face-to-face manner and usually with people they knew. Today’s electronic marketplace, and its increasing reliance on the Internet and its anonymity has devalued interpersonal communication making it difficult to trust its unmet intermediaries. The speed of Internet growth has outpaced technological responses to the security of electronic transactions. The electronic tools necessary to prevent identity crimes are only now starting to emerge and afford adequate protection.

The digital marketplace exists as a hard to regulate shopping mall without geographical boundaries. With the click of a button,
purchases can be made from an unknown merchant in South America, and goods shipped to the buyer the very next day. Few bother to think about how to recover from a loss if that merchant turns out to be a scam artist outside the reach of local jurisdiction. Worse still, the Internet is an effective portal through which criminals can broker stolen information anonymously with a worldwide network of fellow thieves: steal the information locally, sell it globally, and use it outside the jurisdictional bounds of U.S. officials. From a criminal’s point of view, it’s almost too good to be true. Identity theft is a multi-billion dollar industry with very low barriers to entry.

And it comes in many flavors: theft of existing credit cards or financial instruments for reuse; theft of information to create unauthorized credit instruments under another’s name; passport and visa fraud to disguise an identity (a typical ploy of terrorist organizations); check fraud, credit card access device fraud or “skimming,” false identification fraud (fake driver’s licenses, etc.), and more. According to the United States Secret Service, identity theft plays a part in crimes ranging from loan fraud, credit card fraud, and Internet fraud to drug trafficking and terrorist activities. The same source suggests that the actual loss to the victim was in the range of $46,000 per client.

So How Does It Work?
The first step in identity crime is obtaining personal information: name, address, credit card numbers, Social Security numbers, mother’s maiden name, the names of children and pets, bank name and location—a process which is a lot easier than it may seem. Most criminals simply ask, and a trusting public provides. Known as “social engineering” or more commonly, a scam, the Disease occurs when personal information is gathered electronically, over the phone or in person via a seemingly innocuous inquiry made under false pretenses. A “lending agent” calls offering a lower mortgage rate or a lower “expensive” loan for an “affordable” price to a few simple questions. Often, unsuspecting victims will simply give up the information. According to one Federal Trade Commission Consumer Alert, www.ftc.gov, “elderly African Americans have been targeted in various parts of the United States for identity fraud schemes through advertisements to secure monies due them under a so-called Slave Reparation Act, allegedly passed recently by Congress. Flyers circulated in many southern and mid-western African American communities attempt to trick people into revealing their personal identifying information by claims that they can receive up to $5,000 in Social Security reimbursements under the alleged act. The flyers, distributed in churches or placed on windshields of parked cars or on bulletin boards in senior centers or nursing homes claim that African Americans born between 1917 and 1926 can apply for Social Security funds they are due because of a “fix” in the Social Security System.” Victims revealed important personal information to obtain the fruits of this false premise.

For an electronic version of social engineering, consider a 2002 case targeting customers of eBay. On Dec. 11, 2002 the British Broadcasting Company (BBC) reported, “The world’s largest online auction site eBay has been targeted by fraudsters using a shadow site to steal credit card details from its 55 million customers. The scam involved sending e-mails to customers asking them to log on to a Florida-based Web site—ebaystatistics.com—and re-submit their financial information.”

Criminals involved out sent messages stating “We at eBay are sorry to inform you that we are having problems with the billing information of your account … We would appreciate it if you would visit our Web site to billing information [http://www.ebaystatistics.com] and fill out the proper information that we are needing to keep you as an eBay member.” Technology makes it easy for criminals to create convincing credentials, including realistic looking Web sites, good enough to fool unsuspecting victims.

Electronic information gathering can take many forms and involve sophisticated techniques. Hackers can eavesdrop on private communications and download keystroke monitors that log everything typed over a period of time, and report back to the hacker over the Internet. Sensitive files can be stolen from a computer, or simply downloaded from Web sites. In some states, birth records and drivers’ information are online and for sale. The average computer user has little defense.

Another effective technique used to gain important personal information is a “dumber diving.” people sorting through the garbage looking for discarded mail, bank statements, investment portfolio statements, medical records, and other sensitive information. Once something is put in the trash it is legally ownerless, so there is no trespass involved on the part of the criminal.

Whether through social engineering, computer hacking or physical theft, once the identity thief has key information the victim comes off and the victim could be in for a rough ride. Data is sold on the open market, obscuring the trail of evidence and often leading to off-shore offenders who subsequently either use the information to gain false credit, or sell it to someone else. In many cases, ill-gotten gains are funnelled into criminal activities, organized crime or even terrorist coffers.

And while failing victim to identity thief may seem inevitable— especially if you are active on the net—the good news is that identity theft has captured the attention of senior law enforcement, govern- ing bodies, financial executives, and the general public who are working together toward solving the problem. New tools and methods can help take back control of personal privacy. Spyware detection programs such as Spybot, which can make malicious software ineffective on a system. Cryptographic methods allow Internet transactions to remain confidential by encoding personal information. Authentication systems, such as secure socket layer (SSL), provide both transaction encryption and authentication of remote systems. New technologies emerge daily.

However, personal precautions can ultimately be the best defense. The Secret Service, FBI, and local law enforcement agen- cies suggest the following:

• Guard Social Security numbers—the holy grail for identity thieves. It’s a mistake to store a Social Security number on a com- puter unencrypted. Its numeric pattern is easily recognizable to a computer program sniffing through a hard drive’s data. Never e-mail a Social Security number. The e-mail can be stored unsecured on the receiver’s side. If the number must be sent, use encryption. Public Key Encryption products from companies like Verisign work well.

• The new rage in electronic theft is spyware—software that monitors our keystrokes, tracks Internet visits, and tracks logins. It is important a system be inoculated against these products and peri- odically tested for their presence. Spybot, which is freeware, pro- duces very good results.

• When using remote services on the Web, and performing transactions where confidential information is needed, SSL is the protocol of choice. Most sites that use SSL display its logo.

• Be careful about sharing identity information with anyone. When using credit card information over the Net, consider using products specifically designed by the credit card company to protect your information from other sources. Many companies offer disposable numbers tied to an account and usable only once. Beware of offers too good to be true.

• Do not carry unnecessary identity information out in pub- lic. Studies show lost (or stolen) wallets are the leading path to identity theft. Thieves use gathered information online. Measure that Social Security number. Don’t carry birth certificates, passports, or even old credit card receipts.

• Sign up for online alerts from credit card companies and credit reporting agencies to learn when inappropriate activ- ity begins.

• Think about adding identity theft insurance to your home owner’s policy.

• Properly secure personal computers. Install the latest soft- ware and updates and use care in building files which contain important information that remains on the hard drive (i.e. a family, financial spread sheet with account numbers).

• Install and use a personal firewall if connecting to the Internet.

• When disposing of a computer, make sure to wipe the disk clean. Deleting files only destroys the pointers to the data but does not reclaim the space. The original data stays on the system until the disk is defragmented and wiped. There are many products avail- able for cleaning a disk. Commercially available forensic kits can restore deleted files that are effective for the attackers.

• Keep medical records secure. This material can be used to damage or threaten your reputation and privacy.

Should You Fall Victim
If you are the unfortunate victim of such an act, make sure to take these three steps as soon as possible:

1. Contact the fraud departments of each of the three major credit bureaus and tell them that a “fraud alert” should be placed in your file. This can prevent the further spread of the problem.

2. Close the accounts that you know have been tampered with or opened fraudulently. Most credit card companies for example will close your account if you change your password. If you think your account is still compromised, then close it as well.

3. File a police report with your local police agency, the FBI, or the Secret Service.

It is also a good idea to obtain the Federal Trade Commission’s Victim Guide: “When Hate Sticks,” available for free in both English and Spanish from www.consumer.gov/idtheft. Another good source of information can be obtained from the U.S. Post Office Web site at www.usps.gov under “Identity Theft.” Interestingly, if the identity thief misused the U.S. mail you may have good luck working with the U.S. Postal Inspector’s Office.

We all have agencies have victim services that can be of tremendous help.

Experian 1-888-397-3742 or www.experian.com
Trans Union 1-888-680-7888 or www.transunion.com
Equifax 1-800-525-6285 or www.equifax.com

FTC 1-877-ID-THEFT

Social Security Administration
Inspector General Fraud Hotline 1-800-269-0271

There is much being done by law enforcement in an effort to educate and protect the public from these crimes. It is important to be aware of the “phishing and pharming” techniques and to take particular care of personal information.

• Properly prepare your garbage. Once on the street, trash belongs to anyone. Be aware of what is on the statements and mail you discard. An old bank statement can be ripe with important information. Credit card application forms and instant credit offers are starting points for thieves. On the job, be careful of materials left on a desk and in a garbage. Can use a shredder for sensitive waste.

• Clean cookies off a personal computer regularly to prevent an online attack focused on stealing passwords or personal in- formation. Cookies are files that provide the Web server with informa- tion about your last Web session with the site. Hackers use cookies as a means of placing spyware on your system.

• Use virus protection software to prevent the insertion of software on a system which may enable a hacker to access personal files through a back door.

• Choose strong passwords for online accounts and change them regularly. Instead of “laptopsday,” use 1jsb2lsb09b—a much harder password to crack. Freeware programs like John the Ripper can break passwords in seconds.

These good, common practices will discourage someone from trying to perpetrate an identity theft crime on you.

School of Technology Prof. Tom Calabrese is author of “Information Security Intelligence: Cryptographic Principles & Applications.”

J&W Report

J&W Magazine
Called to Serve
For Sister Michaella DeLoia ‘40, the needs of others have lit her way

By Stacie Demarais

A pproaching a white house just down hill from Mercy Mount School in Cumberland, R.I., one wonders if it could be the convent. A friendly looking woman with short gray hair and glasses beckons, before a visitor can ask where she might find Sister DeLoia, the woman opens her arms in greeting. This is definite ly the right place.

With a youthful vigor, the nun leads the way into the parlor of the home she now shares with four other “retired” Sisters of Mercy. All, she says, are preparing for their “final journey.” At 82, she is the oldest of the group. Their surroundings are modest. Beyond an abundance of places to sit, material possessions are scarce and unnecessary.

Though life may appear uncomplicated, for Sister Michaella DeLoia ‘40, the journey to the present has been anything but—from teaching in the Diocese of Providence to counseling prisoners on death row in Honduras. Like guests to this serene domicile, all have been greeted with open arms.

As she chats about her 46 years in Central America, she excuses herself and crosses the room to deal with a bag. “I feel like I’m back in Honduras,” she laughs. Bugs are as much a part of the Honduran landscape as the mountains and poineerries she misses. “The natural beauty of the country makes up for the poverty. No matter where you live you see mountains,” she says. What differs from person to person is the perspective from which those mountains are viewed. She tells of wealthy people building homes atop beautiful mountains with huge walls to seclude them from the impoverished—approximately two-thirds of the country’s population. But if you climb those very mountains, she says, you’ll find many of these impoverished families living in shanty towns.

“You really have a culture shock when you first go down there,” the grandmotherly nun laments. “There is extreme poverty—subsistence human poverty.” As poor as they are, she says those who touched her life in Honduras had strong family values, were industrious and always willing to give what little they had.

Throughout her 60 years as a Sister of Mercy, Sister DeLoia has faced her mission with that same kind of resilience and determination, giving all she has as well.

A Calling

The call to enter religious life came to then-Esther DeLoia while she was a student at Classical High School in Providence. She had not attended a Catholic school. She was not raised on religion. In fact, her parents were opposed to the idea of their daughter joining a convent. Still, she knew the path she would choose to travel was the right one. “My heart told me,” she smiles.

Because she did not have her parent’s approval, Sister DeLoia promised her beloved grandmother that she would wait until she was 21 to follow her dream. So after graduating from high school, she took business courses at Johnson & Wales under the tutelage of the Gerrrude J. Johnson and Mary T. Wiles.

One of the few remaining graduates taught by the school’s founders, she remembers fondly the lessons she learned from them, and how the pair worked their way into their life. “More than once in the situations that I was in, I would identify the people that I was working with as [at] Miss Johnson or Miss Wiles,” she says. “I was in charge of a big school in Honduras and I worked with a woman who was the official principal of the school, but I was the supervisor of the whole school. And I always thought we complemented each other because I was Miss Johnson and she was Miss Wiles. I was that stern, direct person, very often the disciplinarian.”

Upon graduation, she went to work at the Office of Price Administration, a U.S. federal agency established in World War II to curb wartime inflation. From the Hospital Trust building in downtown Providence, she tracked rationing of goods. She loved legal work and was fascinated by the stenographic machine and had not gone into the convent, she says she may have become a court reporter.

But in October 1943, just three months after her 21st birthday, she enlisted the help of a former teacher from high school to make arrangements to enter the convent and Esther DeLoia officially became what she had always wanted to be—Sister Michaella DeLoia.

With a bachelor’s in education from Mercy Teacher Training College earned while in the convent, Sister DeLoia spent the first 10 years of her new life teaching in the Diocese of Providence. Early on, the diocese was visited by the bishop of British Honduras—now Belize—recruiting sisters for work there. Intrigued, she went immediately to sign up. In the meantime, she spent hours in the library pursuing maps and learning about that area of the world.

Finally in 1954, she was called to serve. Enlisting a local high school Spanish teacher to tutor her in the language, Sister DeLoia would sit on a veranda overlooking the Caribbean equipped with a first grade primer, practicing phrases like, “See Jane run.” Ironically, after spending 46 years overseas, she now sometimes has trouble finding the right words in English. With her still-limited Spanish skills, she was assigned to teach biology and arithmetic.

As time went on, she incorporated the business training she received at Johnson & Wales into her lessons.

Although much of her time was spent as a teacher, Sister DeLoia was a student in many ways as well—learning about the intricacies of the culture and the depth of the human psyche through every student she met. Working with children she saw the resilience of spirit in young boys who left home as young as five years old to escape poverty and neglect, and young women who flourished in the presence of a role model who showed them they valued their worth. “We do have talent and skills that help people be better people,” says Sister DeLoia.

In addition to teaching, she visited the sick, taught about religion and counseled inmates on death row. Remembering the difficulties of counseling she talks about one convict who opened up right away, while another was silent until just before his death. “God is merciful in that we don’t know when we are going to die. This man knew down to the hour,” she says, still moved by the experience.

After five years in Belize, she was reassigned to a new mission in Honduras, opening the first national school of nursing. In response to a voice need for a high school for girls, Sister DeLoia gathered the appropriate support to open the Instituto Maria Regina in 1960. About five years later, she moved to San Pedro Sula, the industrial capital of Honduras, where she served as administrator of the diocese and escape poverty and neglect, and young

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Looking Homeward

When convent rules changed yet again in the early 1970s, sisters became free to go into secular jobs. Sister DeLoia left the university and got very involved with a village ministry. "The women there were crying for religious formation," she recalls. She organized a prayer group which expanded into a ministry called the House of Prayer. Sister DeLoia eventually handed over the ministry to lay people and it still functions today.

In 1993, Sister DeLoia decided it was time to think about returning to Rhode Island. It would be another seven years before her resolve was firm to head north in the year 2000, the Jubilee Year, a year of special graces. Her sisters in Rhode Island didn’t believe she would ever make that choice. "I told them, 'If it’s December 31, I will be back.' And true to her word, in October 2000, 46 years after she first ventured to Belize, Sister DeLoia returned.

She has visited Honduras three times since, but the change in climate is too much for her body now. "The Lord had blessed me with good health while I was overseas. I was never as sick in Honduras as I was the last visit."

Though "retired," she says with a smile, "We never retire. We’re encouraged to do volunteer work where we can best serve."

Sister DeLoia asked to serve an Hispanic population and was directed to Holy Spirit Catholic Community in Central Falls. "I love the work. The people are so responsive," she beams. "My Spanish isn’t always the best. I talk with a New England accent that I never lost, but they love it."

Outside of her service, her days consist of household chores. Once a week each sister cooks dinner. She says that sending her to the grocery store on her own is the worst thing her sisters could do—she can’t decide which peanut butter to buy with all the different brands. She has given in to one modern luxury that she never thought she would bother with—a personal computer. "I discovered e-mail," she laughs. She also enjoys playing Solitaire and Free Cell.

"That’s my life now and I love it," she says. "I have been happy 61 years in my religious life. I’ve never had any doubts."
The family emotional, physical and financial support, helping fund a liver transplant for Ethan.

The response has been amazing," Debbie says. "Ethan has had a few bumps in the road, but he's doing tremendously and the transplant was the best thing that could have happened at the right time. It makes you realize who your true friends are."

THE PAST

Finding true friends on college campuses wasn't easy in the days before the mid-1700s, when the American fraternity system began. Back then, higher education emphasized Latin and Greek studies, and nothing extracurricular. In 1750, a group of students at the College of William & Mary bonded over a plaque that was in the Raleigh Tavern and formed the Flat Hat Club, the nation's first general college fraternity. Narrow interest fraternities like Greek literary societies blossomed soon afterwards. When one of the organizations rejected Greek scholar John Heath in 1776, he joined four friends with the

To further deter hazing, the J&WW Greek recruitment process is clearly defined and closely monitored. Potential member sororities attend a formal recruitment process on campus where they can interact in a round-robin fashion with members of sororities. This process continues over several nights, giving potential members the opportunity to meet at least twice to narrow down their choices and mutually select each other. Fraternity recruitment is more informal, but no less supervised or structured. Potential fraternity members get to know each fraternity through an information night before making final mutual selections.

Unlike the stereotype, J&WW fraternities and sororities cannot be typedcast by a single label. "There are a diverse group of people in each, but you can make a connection in one more so than others," notes Tanaya McGinn, assistant director of student life at the Providence Campus. According to McGinn, typical J&WW Greeks are not the binge drinkers the media portrays, but students who "are connected to their education and who want to gain practical skills and leadership abilities. They enjoy the opportunity to create friendships and show commitment to the long term.

In 1997, J&WW Sororities and Fraternities founded the "Sorority Life" or "Fraternity Life." Greeks are portrayed as one-dimensional binge drinkers, always looking for the next party and rarely attending class, far from the average 18th-century Phi Beta Kappa. Johnson & Wales Greeks are working to buck this stereotype and show that they are upstanding citizens who care about each other and their community. But the task hasn’t been easy.

Greek life at JWCU began in the 1960s with loose, local organizations, but gained University structure and funding in the 1990s. By mid-1990, however, the insurance industry began to intervene in Greek organizations nationwide. According to Ron Binder Ed.D., a risk management and hazing specialist, Greek organizations are the highest-liability entity in the nation right behind bars (first) and liquor stores (second). The numbers confirm the stereotype. Eighty-five percent of all lawsuits filed against fraternities and sororities involve alcohol abuse. Seventy-five percent of Greeks who are alcoholics admit to binge drinking, compared to 45 percent of non-alcoholics. JWCU's Delta Sigma Phi chapter is a good example of alcohol involvement. Its alumni corporation board consists of local brothers supporting their chapter through financial contributions and advice about career, academic and even simple life experiences.

"Alumni can’t do what most do too often: leave and never come back." McGinn insists, "Alumni need to come around more often [and] contribute as much as possible. They need to help change the perception that Greek life is worthless and a liability. Our alumni have helped our brotherhood survive with success."

Rocco Carretto ‘95 a brother of Phi Sigma Kappa, gives alumni influence is important, but interaction is a two-way street. "Entering requires time and energy and today's students aren’t willing or dedicated to accomplish those goals," he challenges, believing today's Greeks lack three key values of brotherhood: unity, pride and respect. His advice to his brothers even after graduation, has provided the support needed to achieve his career goals—an avenue, he warns, today's Greek could miss.

Michelle Delaney, director of student life, views the changes in the Greek system differently. "I believe the students involved in the Greek community are much more involved in the success of the whole Greek community rather than only their individual chapters. They see the big picture in a way that did not exist previously.

And it's their view of the big picture that current J&WW Greeks hope will put their organizations in a favorable light—the kind of light that Chad and Debbie Glazer knew when friends became family bonded for both good times and bad.
Ronda Potee is a property accountant at John M. Conover & Co. in Braintree, Mass. She lives in Burlington.

Lisa (Ferracuce) Proulx is the owner of HAN Diagnosing and Management Services in Warren, R.I., where she lives.

Julie Taylor is the national sales manager for the Greater Boston Convention & Visitors Bureau. She lives in Neshobe, Mass.

Mark Ward '88, '96 MBA is a first assistant basketball coach at California State University, Dominguez Hills. He served one year as head basketball coach at the JWU Charleston Campus and assistant coach at the Providence propane. Maj. married Diane Mannon Aug. 13 in Centre, Calif., followed by a cruise to Mexico.

Scott Zakes is a senior associate with Vitali/Watterson LLC, a real estate firm in Westport, Conn. Scott is vice president of the Fairfield County Business Executives and active in the Bridgeport Regional Business Council and Milford Chamber of Commerce. He lives in Monroe.

1999

Elisabeth (Massino) Albemarle and Dominick Albemarle were married May 22. The couple resides in Middleboro, Mass.

David Archambault is a marketing assistant at Gannett Farms in Franklin, Mass. He lives in Woonsocket, R.I.

Michael Bondi and Jillian Daukas, announce the birth of their baby girl, Rosalie Carmen. On July 14. They reside in Fremont, N.H.

Matthew Briggs is executive chef at Tha Terraza on Monument Square in Charleston, S.C.

Montauk Chautauqua MBA is the assistant general manager at the Best Western Executive Hotel in Wist Haven, Conn., where he lives.

Michael Coniglione and Stephanie D. Kuciniac were married April 17. Michaele is an account executive at Seaborn in Boston, and they make their home in Burlington, R.I.

Aryana (Burtrey) Dinh is a food service manager at Gettysburger in Washington at the International Monetary Fund. Aryana and her husband, Jonathan, recently relocated to Frederick, Md.

Kendra Duss is the international marketing manager at American Biopharmaceutical Corporation in North Kingston, R.I. She currently resides in Providence.

Jaimie Fiorello is the director of merchant relations for Incentive LLC in New York City. She lives in Brooklyn.

Laura Gargi '87 MBA is director of catering at the State Plaza Hotel in Washington. She lives in Rockville, Md.

Brandon Green is the general manager and partner for Metropolitan Service Group in Washington. He lives in Ridge, Md.

Tanya Harris is director of marketing at Howley Bread Group LLC, a franchisee of Panera Bread, where she helped win the prestigious Sign the Bread Award, for outstanding community work and dedication to their neighborhoods. Tanya resides in Providence, R.I.

Stephanie (Riffel) Hidalgo lives in North Carolina with husband, Dale, and daughter, Kaylee Willis, 1.

Kevia Hauty '93 MBA is a banquet service manager at the Parker House in Boston. He lives in Rehoboth, Mass.

John Haynes and Cynthia Short were married on Jan. 12. John is a restaurant manager for Applebee's Neighborhood Grill and Bar. The couple resides in Tampa.

Mark Hyde is a human resources consultant at The Family Group in Saratoga Springs, N.Y. Richard Jack is an executive chef for the U.S. Army in Fort Polk, La., where he lives.

Mark. Lewis is the manager of Miss Wescott Diner in Winston, Mass., where he lives.

Carl Lindsberg is an investor and owner of Cafe 84 in Gary, Ind., where he lives.

Melissa Motley and Christopher Wheelhouse '88 were married Nov. 3, 2001. Melissa is an assistant manager for Tazza and Christopher is operations assistant manager at Ellette Stadium. The couple lives in Attleboro, Mass.

Michelle Murphy is an operations manager at Contemporary Staffing Solutions in Jacksonville, Fla., where she lives.

Derek Archambault is a marketing assistant at Gannett Farms in Franklin, Mass. He lives in Woonsocket, R.I.

Brian Bondi and Jillian Daukas announce the birth of their baby girl, Rosalie Carmen. On July 14. They reside in Fremont, N.H.

Matthew Briggs is executive chef at Tha Terraza on Monument Square in Charleston, S.C.

Hugh Sinclair is executive chef and owner of Chef Hro Spicic. Personal Chef Services in Davis, Fla., where he lives.

Michael Smith and April Pachlindrical announce their marriage on June 19. Michael is once chef at the Highlnder Inn in Manchester, N.H. They reside in Georgia.

Jay Sparranos is a systems analyst and product trainer for CAD in New York. He lives in North Haledon, N.J.

Stephen Summerton '01 MBA is an accountant for James D. Miller & Co. in New York. He lives in Davie, Fla.

Marja Taxares and John Baron were married May 22. Marja is employed at Mearing Street in East Food Services in Columbia. R.I., and they live in West Warwick.

Brian Vadeboncoeur is an event services manager for the Massachusetts Convention Center Authority in Boston. He lives in Somersset, Mass.

Racquel Weish is an accounting coordinator for the Simmons Company in San Leandro, Calif. She resides in Redwood City.

2000

Loree Auguste is a planning and event planner for Bank of America in Boston. She lives in North Attleboro.

Sammie (Lang) Arwood '82 MBA is a claims representative for Blue Cross & Blue Shield in Providence. R.I. She lives in Johnston.

David Bessana is a marketing manager for Recorded Books Inc. in Princeton, N.J. He resides in Alexandria, Va.

Alexandre Bienvenu is executive chef and owner of Fisherman's Quarters in Summerville, S.C. He lives in Mt. Pleasant.

Benjamin Butler is an assistant food service manager at Warren Haven Nursing Home in Oxford, N.J. He lives in Hackettstown.

Catherine Bollin is a corporate sales manager for the Arnold Arboretum in Harvard, Mass. She lives in Hackettstown.

Christopher Braco is a personal financial analyst at Primerica Financial Services in Charleston, S.C. He lives in Mount Pleasant.

Michael Chaplin is a new home consultant for Cresset Homes Inc. in Minneapolis, where he lives.

Jennifer (West) Daniels and Richard Daniels announce their marriage on July 1. They reside in Oak Park, Mich.

Jade Diehl is a marketing assistant for Sweetch Restaurant in Lexington, S.C. She lives in Columbia.

Brooke (Murphy) Die is a cake decorator for Walmart in Cranston, R.I. She lives with her husband, Michael, and two children, Annah Rae and Nelia Beth.

Heather (Puravis) Flynn and Jud Flint announce their marriage on May 29. They reside in Blacklick, Va.

Brian Foster and Tracy Foster were married on April 17. They live in Clinton, Conn.

Christopher Fragey and Jennifer Terracina were married June 3. Christopher is a chief instructor at Johnson & Wales University in Providence. They make their home in Cranston, R.I.

Jessica Haggerty is a marketing coordinator for Lauren Shenk Gingras Snyder LLP, a leading architectural and planning firm in New York. She resides in Mt. Sinai.

Lori Harbund is the front office manager at Hyatt Fair Lakes in Fairfax, Va., where she lives.

Ehonzy Iyieokhia MBA is an intellectual property paralegal at Edwards & Angliss LLP in Providence. R.I. She lives in Cranston, N.Y.

Alexander Jack is a sous chef for the Union Square Hospitality Group in New York. He lives in Summerville, N.Y.

Anchita Jain is a financial analyst at Matlin&Co. in Warwick, R.I. She lives in Providence.

Jason Lawlisk is a executive chef at Tuscani in West Palm Beach, Fla.

Kamerrin Lopez is the executive chef at the City Center for Arts and Sciences in Charleston, W.Va. Home to both the Avantedge Discovery Museum and the West Virginia Symphony Orchestra. He lives in Dunbar.

Kelly Lewis is an assistant director with Sudwala in Philadelphia, Pa. She resides in Chesterfield.

Levon Lora is a payroll coordinator at Wyndham International in Miami, Fla., where she lives.

2001

Tara (O'Hagan) Bogler is an accounting associate for Delta IT, a cruise agency travel in King of Prussia, Pa. She lives in West Chester.

Philip Braga is an applications engineer at Electrical Maintenance & Control Inc. in Cranston, R.I. He lives in East Providence.

Meghna Burke is a corporate account assistant at Garber Travel in Dedhottle, Mass. She lives in Newton.

Michael Carangelo is a staff accountant at Citizens Bank in Providence, R.I. He lives in Warwick.

David Coenen is sous chef at Patina, a Mediterranean restaurant in Miami, where he lives.

Robert "Blaine" Deney is general manager of the Hilton Garden Inn with Colonial Hospitality in Williamsburg, Va. He lives in Hampton.

Kelly (Maloney) Marshall and Brandon Marshall were married March 8. Brandon is catering manager for Crimson Catering, a division of Howard University Dining Services. While Kelly is a sous chef for the La France Restaurant Group. They live in Westham, Mass. with "two bonus sons," an ex-boat and a fish.

Benjamin McCullum is owner of The Eclectic Chef, a personal chef and catering service in Charleston, S.C. He lives in North Charleston.

Cambod Meada is owner of International Freight & Trade Inc. in Brooklyn, N.Y. He also resides.

Steven Meoth is the chef at Pelican Merih Golf Club in Naples, Fla., where he lives.

Amenda Miller lives in West Warwick, R.I. She is an assistant store manager for Wal-Mart and works Catering by Amanda.

Lauren Mooser is the executive director for Focus Career Pennsylvania, a marketing retail estate firm in Levittown, Pa. She lives in Montgomery.

Andre Nossan is the food production supervisor at Franklintown Banahvn Inn Restaurant in Franklinmarch. She lives in Exeterville.

Christina (Gatineau) Poulliet and Patrick Poulliet were married July 13. The couple lives in West Warwick, R.I.

Timothy Reat is executive chef at Your Chef Enterprises in Indianapolis, Ind., where he lives.

Robert Simonski is superintendent of Thompson Public School District in North Greensboro, N.C.

Brian Thompson is executive chef at Makey's Bistro Bar & Grill in Dagsboro, Del., where he lives.

Heather (Little) Vaillant is an operations manager at Sobol-AFI in Cambridge, Mass. She lives in Westborough.

Rachael Wallin is a program executive for Travel Planning Inc., a housing company in New York, where he lives.

2002

Tara (O'Hagan) Bogler is an accounting associate for Delta IT, a cruise agency travel in King of Prussia, Pa. She lives in West Chester. N.J.

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Career Safety Can Hinge on Employability
By Frank Satterthwaite Ph.D.

Much has been written about how lifetime employment and job security are a thing of the past in most organizations these days. It's true. Regardless of how well you perform and how well you are liked at your present job, all is taken is a downturn in the economy, a superior product or service suddenly being offered by a global competitor, or maybe being taken over by another company. And, through no fault of your own, you are suddenly seeking other opportunities. It doesn't matter that your boss recently told you, "You'll always have a job here." She's been fired, too.

An alternative to pinning all of your hopes for continuing employment on the security of your present job is to develop your employability. Your employability is the ability you have right now, given your present credentials, to find someone in the marketplace who would be willing to hire you. As many commentators have written, the quality of your employability is the best gauge these days of how strong your prospects are for continuing to be employed without prolonged involuntary disruptions.

It is easy to get so caught up in the demands of your current job you neglect the professional development activities that would keep you up to date in your field. You can also find yourself becoming a "local expert" in areas that are useful to your current organization, but would have little value to other organizations. If people are turning to you because of your expertise in an arcane computer system that was customized for your company years ago, that's not necessarily a specialized knowledge that other employers would value.

To learn about the qualifications you would need to be able to get another job like the one you have right now, you can do some of the following things:

- Review recent job postings and job descriptions for positions like yours.
- Have conversations with knowledgeable insiders. Tell them you want to keep up and ask which qualifications are becoming most in demand for your kind of job.
- Read industry publications, paying particular attention to industry trends that may signal a shift in the qualifications needed for positions like yours.
- Attend professional conferences to learn about current issues in your field.
- Engage in shop talk with your counterparts in other organizations to learn about the challenges they face and the qualifications they have demonstrated.
- Note the things you are told during a performance review that you are doing well and those things that you need to improve, as this could provide a succinct list of the key qualifications needed for your job.

- Seek feedback on your performance from work associates and customers, again to understand the qualifications needed for your job.

Keep developing the qualifications you'll need for similar jobs elsewhere and, come what may, you'll have career security.

Frank Satterthwaite, Ph.D., is an associate professor in the Alan Shaw Feinstein Graduate School at JHU. His most recent book, "The Career Portfolio Workbook: Using the Newer Tool in Your Job-Hunting Arsenal to Impress Employers and Land a Great Job" (McGraw-Hill, 2003), was co-authored with JHU alum, Gary D’Teri ’99 MBA, ’92 Ed.D.

Alumni Career Services
Your relationship in the JHU family does not end upon graduation. Programs and services offered by the alumni career development office can be a boost throughout your professional life. The goal of Alumni Career Services is to continuously provide you with resources to drive your own employment or career search.

To access your global career network go to the alumni Web site, http://alumni.jhu.edu, created specifically with you in mind. In order to take advantage of this resource you must be a registered user: membership is free and exclusive to alumni. The site offers information on fellow alumni, job postings, events, classnotes and more. For more information, contact Alumni Career Services at 410/516-1070 or visit alumni.jhu.edu.

Stay in Touch
To learn more about alumni programs, services and events in your area, please contact the alumni manager at the campus nearest you.

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<th>Date</th>
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<td>Jan. 8–10</td>
<td>DVC, Jacquy Pfeiffer, Charlotte Campus</td>
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<tr>
<td>Jan. 11</td>
<td>Doug Fleischmann Memorial Scholarship Event, Denver Campus</td>
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<td>Jan. 24–26</td>
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<td>Jan. 26</td>
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<td>Jan. 29</td>
<td>Homecoming Ball, Florida Campus</td>
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<td>Feb. 1</td>
<td>President’s Career Day Reception, Norfolk Campus</td>
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<td>Feb. 2</td>
<td>Career Day, Norfolk Airport Hilton, Norfolk Campus</td>
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<td>Feb. 2</td>
<td>Wine Down with J&amp;JW Alumni, Norfolk Campus</td>
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<td>Feb. 4</td>
<td>DVC, Jimmy Shu, Florida Campus</td>
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<td>Feb. 6</td>
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<td>Feb. 7</td>
<td>Alumni Career Focus Workshops &amp; Seminars, Florida Campus</td>
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<td>Feb. 9</td>
<td>Spring Career Expo, Florida Campus</td>
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<td>Feb. 11–12</td>
<td>National High School Recipe Contest Finals, Denver Campus</td>
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<td>Feb. 25–27</td>
<td>American Culinary Federation Student Culinary and Baking &amp; Pastry Competition, Charlotte Campus</td>
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<td>March 6</td>
<td>Ski Train, Winterpark, Colo. , Denver Campus,</td>
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<td>March 7–May 12</td>
<td>On-Campus Recruiting, Norfolk Campus</td>
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<td>April 5</td>
<td>Alumni to Alumni Business Card Exchange &amp; Chapter Info Session, Florida Campus</td>
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<td>DVC, Daniel Scannell ’96 , ’98, Providence Campus</td>
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<td>DVC, Marc Ehler, Florida Campus</td>
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<td>April 30</td>
<td>Taste of Down Under, Florida Campus</td>
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For information on the above events contact the manager of alumni relations at the campus nearest you. You can also find these and other alumni-related events on the alumni Web site: http://alumni.jwu.edu