RedSauce & Starbucks Bring About New Pastabilities

The interior of RedSauce. Samantha Krivorot/The Campus Herald

August 12th marked a day of great change for the Harborside Campus of Johnson & Wales University. Starbucks opened its doors for the first time, with an exclusive testing for University Administration. Dr. John Bowen, University President, Providence Campus President Dr. Schneider, and Akhil Gupta, Vice-President of the Providence Campus were among the attendees. Starbucks then had a soft opening on August 16th. They handed out many samples to students, go give them an idea of what they could come to expect in the fall.

While the first week was fairly quiet, the return of the residential life student staff and the athletic teams brought about some life. “It was quiet at first, but then the RA’s and the athletes came back. We were surprised, they’re a lot busier down there than we thought they would be.” Said Steven Sandblom, Director of Campus Dining. “This is a good time to open, because it gives a chance for the employees to see what it feels like to be busy, but still be at a comfortable pace suitable for learning.” Added Sandblom.

Also, the focus with the new coffee house is customer service. Employees must demonstrate not only their barista skills, but a proper attitude as well. “It’s not just about a great drink or meal anymore, service is just as important.” Emphasized Sandblom.

In addition to Starbucks, RedSauce is another eating establishment new to the Harborside campus. Formerly Cafe Commons, it is due to open on Saturday, September 4th with a completely redesigned image. The cooking equipment is brand new, just waiting to be put to use. The concept of RedSauce is Italian, with a focus on pasta and pizza. Everything will be made in-house, to ensure freshness and quality. Digital menus will feature items such as new grinders, various different kinds of pizza, and a made to order pasta station. Students will have their choice of several different kinds of pasta, mix-ins, and sauce to create their own meal. Also, entire pizzas will be available for take out!

Students like Jesse Jackson III. Baking and Pastry ‘10, are anxiously awaiting the change to finish taking place. “It’s nice not having to go all the way downtown for coffee and then have to wait in line for a long time. I’m also excited to see the pasta station. I think it’s really important to maintain a level of freshness like that.” Said Jackson. Both Starbucks and RedSauce are set to have late night hours during the year. Starbucks will remain open until 11 p.m., while RedSauce will be open until Midnight on weekdays, and 1:00 a.m. on weekends.

New Portal Brings Change to Student Services.
It Just Clicks!

Given recent technological advances, people all over the world are making changes that will modernize their way of life and make it more efficient, really giving the chance to make the most out of your day. In an effort to keep up with the Joneses, Johnson & Wales University is proud to introduce jwuLink.

This new portal has been in development for the past three years, and is finally being put to use, starting on September 13th. jwuLink will be beneficial to students because it brings e-mail and Uconnect into one convenient place, versus having to log on to separate servers and remembering multiple passwords. It will also feature the ability for students to create forums and interact with other students, as well as faculty. “This portal is really designed to improve communication. It’s allowing us to take the next step in modernizing and improving,” Says Marie Bernardo-Sousa, Vice President of Student Services & University Registrar. In addition to e-mail and Uconnect, jwuLink will also provide bus schedules, suggestions for things to do at all the campuses, schedules for dining halls, academic calendars, and much more. “I think it’s a great idea. It’ll help students be able to stay more organized and on top of their needs for registration deadlines and things like that. I think this will really help me out!” said Nia Grant, Nutrition ‘12.

jwuLink makes it easy to access:
• uconnect • student life • academics • e-mail and more!

http://link.jwu.edu

232 Weybosset Street, Providence, RI 02903
campusherald@jwu.edu
A Whole New World: College Bound

The annual 2010 New Student Orientation took place this summer, giving accepted students a small taste of what to expect when they begin classes in the fall. There were 11 sessions in total, divided by the various colleges. Orientation Leaders, dressed in bright, easily noticeable poles led students around the Providence Campus, showing them important on and off campus landmarks, as well as giving them valuable information to keep with them when students return this September.

"It's a lot of information to absorb in 36 hours. It's not just a tour of Providence, we really want to make sure they're well academic to their new surroundings," says Sarah Cresta, the New Student Orientation Program Coordinator.

The whole orientation process is split into two days. 37 Orientation Leaders oriented 2,227 students and just over 1,900 parents this year. Day 1 generally begins with registration at McNulty, where orientation students are housed. Students pick up their room keys and meet their classmates, then are taken for breakfast as well as having their picture taken for student ID cards. A welcome address normally follows this, then accompanied by a meeting with the Deans of the students' appropriate college. The students are then taken around on a tour of downtown, as well as lunch with the OLS Placement exams for fall classes are also given on this day, as well as lectures on how to use the self-scheduling system and college life. Students are then taken to dinner at Snowden Dining Hall, and then housed to the Harborside Campus for Activities Night, which features a movie at the Harbourside Rec Center Lounge, a dance party in the Delaney Gym, and billiards also in the 2nd floor HRC lounge.

Day 2 is usually started off with breakfast and check-out from McNulty, and students are then taken for financial aid planning meetings with their counselors. Various presentations follow from Residential Life and Safety & Security, and completed with a resource fair. Students and parents are then dismissed to go back home and await the start of the school year in September. Michelle Devery, Hotel Management/SEE '11, a student assistant that works with the program had this to say on the matter, "I think the program went really well. We had a really great group of kids this year. This is my third year doing orientation, and this definitely the best orientation team I've seen so far." Many of the oriented freshmen had comments to share about the program as well. "I thought how they split us up into small groups was great. It was very informative, and I came away from the session feeling very secure in my decision to come here," said Krak Morgenstein.

Kevin Hart Stand-up Comedy Showcase:

You may have seen him in movies such as Soul Plane, Scary Movie 3, Scary Movie 4, and The 40 Year Old Virgin.

Now see him perform live at Johnson & Wales for FREE!

Contact CBA at 401.598.4898 for more information on event, visit www.khartsitile.com for more information on Kevin Hart

Sunday, September 5
Providence Performing Arts Center
8:30 p.m.
Admission with valid JWU ID only

The department of campus safety & security would like to welcome all new and returning students.

Join us for information sessions at the residence halls to learn tips and strategies for keeping yourself and your belongings safe. See the front desk of the residence halls or the department's web page for dates and times.
Downtown in China Town

Samantha Ketcofort
Assistant Editor-in-Chief

A new school year has started, and along with that, comes the opening of new restaurants. Asian Bistro, located at 123 Doran Street (right behind McNulty Hall), brings the familiar aromas and flavors of China Town in a new way. Asian Bistro's menu is separated by cuisines, Chinese, Japanese, and Thai, with selectable food choices in each one. The white tablecloths on the tables, present even during lunch time, give it a much more elegant feel than your typical Panda Express. However, the prices are quite affordable and they offer a 20% discount for students, as well as lunch specials. The menu items include many favorites such as Pad Thai, Chicken & Broccoli, General Tso’s Chicken, Lo Mein, Teriyaki Beef, as well as various cooked and raw sushi rolls and sashimi pieces. I’ve been here several times, and it’s been a good experience every time. The portions are good, and the food is always cooked and flavored correctly. However, the sushi department could use some work. Although the fish always tasted incredibly fresh, the sushi was constantly rolled a little too loose and a few pieces fell apart when I tried to pick them up with my chop sticks. However, their willingness to be creative somewhat makes up for it. They offer many specialty rolls with eel, crab, lobster, and more, giving options for everyone.

Heaven Is A Place On Earth

The inside of Gourmet Heaven.
Daniel Klein
Staff Writer

Growing up in New York and Connecticut, I have always been a fan of the "corner delicatessen". What I mean by this, is that it’s a nearby deli where you can get cold cuts, sandwiches, salads, drinks, and so much more. When you stop at the red awning at 173 Weybosset Street and step inside, there is a lot to see. Immediately, if you walk into one of the main doors, there is a large salad bar that extends down the length of the store. It is filled with both hot and cold foods that range from mixed greens to Asian noodle dishes to meatsballs, fried foods and more. The food changes daily, but the salad bar stays the same.

Towards the back of the store and above the salad bar are different chips, crisps and everything in between to have with your meal. At the back end and down a couple of steps are the drinks; seemingly almost any kind you can think of. They have soda, juice, water, iced tea and much more.

On the far side of the store is the showpiece of Gourmet Heaven, the deli. If you are in a hurry, there are pre-made wraps, sushi, beef patties and more at waist level in front of the glass displays. But, if you have some time, it’s worth it to check out the three giant LCD televisions, which serve as menus. While tasting Boar’s

Lemon Curd Trifle with Fresh Berries

Ingredients:
6 large egg yolks
1 cup sugar
4 lemons, zested and juiced
1/2 cup (1 stick) unsalted butter, cut in chunks
1 pint fresh strawberries, stemmed and halved lengthwise
1 pint fresh blueberries
1 pint fresh blackberries
2 cups sweetened whipped cream
1 prepared lemon pound cake, sliced
1/4 cup Lemoncello or Grand Marnier liqueur (optional)

Fresh mint leaves, for garnish

Method of Preparation:
To make the lemon curd. Bring a pot of water to a simmer over medium-low heat. Combine the egg yolks, sugar, lemon juice, and zest in a metal or glass heat-resistant bowl and whisk until smooth. Set the bowl over the simmering water, without letting the bottom touch, and continue to whisk.

Keep working-out that arm and whisk it vigorously for a good 10 minutes, until the curd has doubled in volume and is very thick and yellow. Don’t let it boil. Remove the bowl from heat and whisk in the butter, a couple of chunks at a time, until melted. Refrigerate until the custard is cold and firm.

To build the trifle: put the berries in a mixing bowl and toss them together so they are evenly distributed. Fold the whipped cream into the chilled lemon curd to lighten it up into a mousse. Line a glass trifle bowl with pieces of pound cake to fit. Drizzle or brush the cake with the Lemoncello, spoon a layer of the lemon curd over and then a layer of mixed berries. Repeat the layers until the ingredients are used up, the last layer looks best if it’s the berries. Chill before serving. Garnish with fresh mint.

* Serves 6
Recipe appears courtesy of Tyler Florence

Bring this coupon to Sherri’s Café 101
To save $0.50 on any size cappuccino! Free Wi-Fi
We serve Coffee, Tea, Pastry, Bagels, Soup, Salad, Sandwiches & More!
www.sherriscf101.com

101 Dyer Street (Above Capriccio Restaurant)
Cannot be combined with other offers. Coupons not accepted.
Café express 9/9/2010

Are you a foodie?
Want to suggest a restaurant for review?
The Campus Herald needs food writers.
Book scholarships and other benefits are available to dedicated members of our staff.
E-mail campusherald@jwu.edu to join.

Culinary Arts
What's happening on campus?

WELCOME WEEK 2010

Monday, Sept. 6
- Giant Poster Sale
  - 8 a.m. - 6 p.m.
  - Gage Commons
- University Convocation
  - 11 a.m.
  - Providence Performing Arts Center (PPAC)
- Student Activities Night
  - 5 p.m. - 6 p.m.
  - Gage Commons
- Full Film
  - 10 p.m.
  - HRC Greenspace
  - (Rain Loc: HRC Luggage)
- The Norman Magic Experience
  - 8 p.m.
- Magic Tent
  - 1 p.m. - 4 p.m.

Tuesday, Sept. 7
- Photo Dry-Erase Boards
  - 12 p.m. - 4 p.m.
  - Gage Commons
- Blue & Gold Dinner
  - 4:30 p.m. - 7:30 p.m.
  - Harbor View & Snoadon

Wednesday, Sept. 8
- Greek Life Block Party
  - 3 p.m. - 6 p.m.
  - Gage Commons
  - (Rain Loc: Pelosi Forum)

Thursday, Sept. 9
- Fall Film
  - 5 p.m.
  - HRC Greenspace
  - (Rain Loc: HRC Luggage)
- The Norman Magic Experience
  - 8 p.m.
- Xavier Auditorium

Friday, Sept. 10
- Women's Volleyball
  - 8:30 p.m.
  - Harborside Rec. Center
- Women's Soccer vs. Radford
  - 1 p.m.
  - Tate Field, East Prov.
  - (Buses Leave HRC)

Saturday, Sept. 11
- Women's Volleyball
  - 8:30 p.m.
  - Harborside Rec. Center
- Women's Soccer vs. Rivier
  - 1 p.m.
  - Tate Field, East Prov.
  - (Buses Leave HRC)
- Fantasy Casino Night
  - 9 p.m. - 1 a.m.
  - Pelosi Forum
- Welcome Bark Dance
  - 10 p.m. - 2 a.m.
  - HRC Dolaney Gym

Contact Student Activities for more Information at 401-598-4668/1195

Join JWU Welcome Week 2010 on Facebook and follow @JWUWelcomeWeek on Twitter for exciting updates and promotions!

R-Rated Hypnotist
Frank Santos Jr. 2010

Be amazed when you, your friends or strangers across the room become stars of the show, as I make them believe that they are singers, dancers and much, much more.

Saturday, September 4
Harborside Rec. Center
8:30 p.m.
Free with valid JWU ID only!

Contact Student Activities at 401-598-4668 for more information.
Visit http://www.franksantosjr.com/ for more information on Frank Santos Jr.
What’s happening on campus?

Welcome Week Kickoff!

Saturday, Sept. 4
- R-Rated Hypnotist
  Frank Santos Jr.
  8 p.m.
  Harborside Rec. Center
- Late Night in the HRC
  Games, Prizes, & More
  10 p.m. - 1 a.m.
  Harborside Rec. Center

Sunday, Sept. 5
- Six Flags New England Buses Leave at 9 a.m.
  Harborside Bus Stop
- Trip to Wrentham Outlet’s Buses leave at 10 a.m.
  Harborside Bus Stop

Sunday (Continued)
- Trip to Providence Place
  1 p.m. - 5 p.m.
  Buses Leave Harborside & Gazebo

Monday, Sept. 6
- Giant Poster Sale
  8 a.m. - 6 p.m.
  Gaebe Commons
- University Convocation
  11 a.m.
  Providence Performing Arts Center (PPAC)
- Light the Night Video Dance Party
  9 p.m. - 1 a.m.
  Gaebe Commons

Contact Student Activities for more information at 401-598-4688/1195
Join JWU Welcome Week 2010 on Facebook and follow @JWUWelcomeWeek on Twitter for exciting updates and promotions!

JWU Student Activities Presents:

Trip To

Six Flags New England

Sunday, September 5

Buses Leave at 9 a.m. Harborside Bus Stop
Free with Valid JWU ID only
5 p.m. Return to campus
First Come, First Serve
Sam's concert center:
by: samantha krivorot
be sure to check out the following concerts for a rockin' good time!
30 seconds to mars (lupos) -
september 8th
9a floor & go balcony
$25 adv | $28 day of | reserved magistrate: $29.50
doors 7:30 pm | show 8:30 pm
coheed and cambria (bank of america skating center)
september 4th
tickets can be purchased at lupos or on etx.com
doors 6:00 pm | show 7:00 pm
badfish: a tribute to sublime
september 10th
patrol place, foxboro, ma
tickets still available at www.ticketmaster.com
doors 6:00 pm | show 8:00 pm

The Summer's Best and Worst Movies
MEGAN SILVA
ARTS & ENTERTAINMENT EDITOR
Over the summer, a variety of movies premiered, some ending up to be big hits, but most turning out to be underwhelming. Some of the big names that premiered in June included Get Him to the Greek, Killers, A-Team, Toy Story 3, Knight and Day, and Grown Ups. Toy Story 3 came through as the biggest hit at the box office. Everyone from children to adults enjoyed the heartwarming story of the old cast of toys going on a journey out of their now college-aged owner, into a day care center, and escaping to a new loving home.
A-Team, Killers, and Knight and Day did not get great ratings. Killers, which stars Catherine Heigl and Ashton Kutcher, and Knight and Day, starring Tom Cruise and Cameron Diaz had similar story lines: both leading women get romantically involved with government agents, a plot which is already overdone.
Get Him to the Greek got pretty high ratings, although I personally thought it was unremarkable. The movie used a lot of drugs, sex, and profanity, to get easy laughs. Grown Ups, on the other hand, got extremely low ratings, due to the fact that it failed to be funny despite its cast of comics.
July premiers included Despicable Me, Inception, the Sorcerers Apprentice, and Dinner for Schmucks. Inception was without a doubt the biggest hit and best movie of the summer. I loved this movie because of the complicated and elaborate plot. The movie is about the idea of instilling an idea into someone's head through dreams. The movie is a blend of action and psychological thriller, as you really need to think and pay attention in order to catch all of the details and nuances. The Sorcerers Apprentice and Dinner for Schmucks did not do too well in the reviews, although Despicable Me proved to be a smart and fun film for the whole family.
Some August premiers included The Other Guys, Eat Pray Love, Scott Pilgrim vs. the World also did well thanks to its uniqueness and inventive graphics. On the other end of things, Eat Pray Love got low ratings, with near reviews summing up Julia Roberts spiritual world traveling to being boring and self indulgent.
Overall, this summer had a few great movies, and quite a few not worth seeing. Inception is sure to be one of the best movies of the year, and Toy Story 3 was also a big hit. But aside from these, most of the summer's movies simply disappointed.

Gossip Round-Up:
CC Round-Up: Lilos Rehab Bill, And Tiger's Mistress Says They Can Work Things Out
STEPHANIE LYMAN
ADVERTISING/BUSINESS MANAGER
The wonderful piece of work otherwise known as Lindsey Lohan (Lindsay, La Luca, Fire, Crotch, Linds) just finished her 23 day stint in the UCLA Neuropsychiatric Hospital, after a two week stint in an LA County Prison. So, she got out of rehab. Big deal (it's happened three times before). The kicker is that her rehab bill was a reported $40,000 a day. Yeah, that's a whole lot crazy. If she had actually stayed the 90 days like Judge Reeves initially stated, it would've cost over $500,000. I hope your recreational drug use, and inability to hire a driver was worth it dude.
Speaking of drug use, Lindsay is denying reports he tried to off himself after losing a super expensive watch. I like watch-es lost, I don't think I would try and kill myself because I lost my favorite Swatch. Apparently he's okay and he never said anything of the sort, let's hope not. If you did you should be in that crazy ward where Lilo was.
"Apparently Michael Bay not only makes explosive movies but, he has his bodyguards pistol whip people too. Two men are claiming Bay's private security guards (which he claims he doesn't have) pistol whipped them until they were unconscious outside an LA nightclub. Bay claims on the night of the alleged attack, he was having dinner with 6 close friends at an adjacent restaurant. I don't even have anything to say about this... the guys didn't give any motive for the guards reason in harming them. Unless they screamed "Transformers 2 sucked", they'll probably sue someone else within the year."
Heidi Montag has a new tape, I think we all saw that coming. She also divorced that tool of a husband Spencer Pratt. Oh, and she wants her implants removed. You don't need a crystal ball to see those things coming.
"The slinky girl that Tiger and David Boreanaz (TV's Angel) slept with, Rachel Uchitel apparently wants Tiger back. She thinks they can work things out, and she cheated on his wife with her before why couldn't they have an actual relationship. Because, you idiot. You were the home wrecker, it's no wonder you're on Celebrity Rehab. You need a life makeover, and Dr. Drew doesn't want to do that. Carmen Kresley and his Lifetime show "How to Look Good Naked", does, maybe you can go break up him and his partner."

Why Are ABC Family's Original Series Extremely Addictive! (Even to a 22 year old)
STEPHANIE LYMAN
ADVERTISING/BUSINESS MANAGER
I've never really been as big of a TV person as I've been a movie person. I absolutely love the movies and go often but, as my days of being poor in college went on, I turned to TV. One of my absolute favorite channels to watch is ABC Family. I remember when it first came on and it was Fox Family. The biggest draw was "13 Days of Halloween" and "25 Days of Christmas" (which I believe still run). As I grew up, I loved watching the made for TV movies and the never ending returns of Full House, Grounded for Life, and Mean Girls.
When I came to college, I loved watching everything they would show. Even the late night Tele-Evangelists were amazing. And then, in summer 2008, they aired one of their first original programs. "Secret Life of the American Teenagers." With its incredibly dumb name and impeccable hollrid acting had me hooked, but for once first time Amy Juenger brought that pregnancy test home in her French Horn.
Later on in the year my roommate Sarah got me into "Greek," which I still love and will talk about non-stop (Casey belongs with Cappie). The next summer shows shows like "Lincoln Heights" and "Wildfire" (never really got into these)
INTERNATIONALLY SPEAKING

A Common Theme: "My Biggest Regret from College was NOT Studying Abroad"

MATTHEW JACOBS
GUEST WRITER

Working for the Study Abroad Office for the past year and a half has given me an incredibly unique opportunity to interact with individuals who have lived and traveled all over the world. It has also exposed me to valuable knowledge about students’ thoughts, concerns, fears, and joys about participating in the Johnson & Wales University Study Abroad Programs. Being an alumnus from the Fresherm Sweden program and the Spanish Language & Culture Immersion program has forced my immense personal growth and has helped me to engage in great conversations with people from all walks of life. Many have traveled and lived abroad, but a surprisingly large group of people that I have crossed paths with have expressed their deep regret for letting such an opportunity pass them by in college. From my ethnocentric perspective as a traveler, it is hard for me to understand how the challenges outweigh the benefits of these programs. By the same token, because of my travels, I understand that all people have their own perspective, and from one view to another it is neither wrong nor right, but simply the culmination of thoughts that have surrounded somebody during their lifetime that will ultimately guide them to certain decisions. That is why I would like to share the following student and faculty perspectives regarding their JWS experiences abroad.

The trip to South Africa was absolutely incredible! It was a life changing event and I wouldn’t trade my time there for anything. Many people assume South African life consists of animals walking in the streets and people living in huts, but the reality is that South Africa is a fairly developed country and Cape Town is a city just like any other city in the United States. The people and places of South Africa will always have a spot in my heart and I will carry the memories with me forever.” Erin Gasburn

“I went on the Study Abroad trip to South Korea. The culture was so different than anything in the United States. It was great hanging out with my college because we took great selfie places that tourists would not know about. They also explained the food and were able to help us communicate. It was great to be immersed in a culture where you are an outsider. It was so much fun and I would recommend it to anyone!” - Kimberly Olsen

“I recently returned from study abroad Costa Rica 2010. More than just learning about our chosen major I feel like I have returned with a level of cultural awareness that supplements a diploma in business.” - Steven Marth

“I have traveled to 47 countries and when my students ask me which one I like best, I cannot give them an answer. I tell them that each country is unique, and you can learn something new from each experience. I encourage my students to take advantage of any travel opportunity, especially those in conjunction with the JWU Study Abroad Programs. Participating in a JWU program allows the students to travel with friends, learn about a new culture... and appreciate new cultural protocols in different countries. My best advice is to go out and see the world.” - Dr. Daniel Vivien (College of Business Faculty)

These are just a few bits of feedback that our office has received from students and faculty going abroad. The overwhelming theme among these messages shows that study abroad is an incredible and sometimes, life changing, experience. As you have most likely heard, “the best things in life don’t come easy,” so take on a challenge, have fun, and make sure your biggest regret from college doesn’t become NOT studying abroad!

Where Oh Where Have My Cooking Shows Gone?

DANIEL KLEIN
STAFF WRITER

In the late ’90s and early ’00’s, the Food Network had cooking shows about health and nutrition, some talk shows and pretty good how-to programs. It has evolved and changed so much that I feel that I could learn more from watching the old channel compared to today’s. Food Network started out as a channel that brought insight and industry wealth and knowledge to many, while shedding light on big name chefs by giving them their own shows. However, now it is all “personalities” at the helm instead. Most of the people on the network aren’t even real chefs, rather glorified cooks (if even that much). The three I dislike the most are Rachael Ray, Guy Fieri and Paula Deen.

The current shows are more focused on advertising people, products, entertainment and other unimportant things to cooking; oh yes, cooking and advertising. The knowledge based shows have been dumbed down and become popular by featuring funny abbreviations (see e.g.o.o.), wild haired guys wearing sunglasses (see Guy Fieri literally, take a look at him), and old ladies who many view as cute because of their crazy southern accent (see listen to Paula Deen). I want to see better cooking and food based shows on T.V.

Guy Fieri, real name GUY FERRY, was born two winner of The Next Food Network Star has become the biggest name to come from that show. His first show, Diners, Drive-ins & Dives, I like the concept behind, but cannot tolerate it with him as the host. He goes out to these little known restaurants and goes to them, showing the viewers his take on each restaurant and his own personal opinions on how the food is made. I just want to make the place seem good by having repeating shots of customer’s in the restaurant saying they love it, just to get on T.V. How I view Ferry is just a guy (no pun intended) who was a hospitality major graduate, co-owns two crappy restaurants and is a lucky contest winner.

Paula Deen, who’s real last name currently isn’t even Dunn, is a grumpy Confederate general wife in her 60s with that spunkly yet kind, old lady persona that completely out way she relates to as their grandmother; except a guy with two thumbs who definitely doesn’t have one guy.” Everything she says is with an irritating grammatically incorrect southern accent (see “ya’ll”). In addition, her food is mostly, but not entirely, “southern cuisine” consisting of anything that can have “morn bizzah” added to it (e.g.k.a. long). One recipe I published was for her “Loaded Oatmeal Cookies.” These things not only had butter in it, but also contained chocolate. I remember the reason they are loaded cookies is cause they will load you with pounds and load your arteries with fat. It is really great to show that in this over-glutton country we call America that we can never have enough fat in our diets. Thanks Paula!

And then there’s Rachael Ray. Before I rip on her, I’ll admit I can give her credit where credit is due. She began a show, 30 Minute Meals, which was marketed towards stay-at-home moms who were in need of learning how to make food in a more manageable time frame. Beyond that however, I don’t think she’s good for anything. On 30 Minute Meals, she always seems too upbeat and that everything is so great in her orangey and brick-walled kitchen. Also, I thought she was a joke, and I most definitely don’t care to follow her and her strange husband on their vacations. She can take that Joker looking grin of hers somewhere else in my opinion.

For all of them, I feel that things have gotten blown out of proportion. It’s become about the cabinet that is the three to become top chef on Food Network. In this corner, new hosting four Food Network shows, "food dude," for TGI Fridays, game show host on NBC and also in Affle commercials, we have the "hottest new waving over-entreated food mouth, Guy Fieri!"

"And over to this corner, we have an amazing Southern host who hosts a whopping 5 food network shows and seems so old that she could be your great-grandmother, the former apologise, Paula Deen!"

"Finally in the last corner, hosting 5 food network shows AND her very own daytime talk show, she is the queen of yums-o and e.g.o.o. give it up for the creator of the garbage bowl, one the most amazing kitchen inventions ever, Rachael Ray!"

Maybe these three could fight and beat each other up I won’t have to see them on TV, who knows.

Boats in Italy, Picture Appears Courtesy of Kerstin Rezler
JWU Names Rob Johnson Head Women's Basketball Coach

DANIEL BOOTH
DIRECTOR OF ATHLETIC
COMMUNICATIONS

Providence, R.I. - Johnson & Wales University Executive Director of Athletics John Parente has announced the hiring of Rob Johnson as head women's basketball coach. Johnson comes to JWU after spending the past two seasons as an assistant coach at UMass Dartmouth. "I want to thank the Executive Director of Athletics, Mr. Parente, and the search committee for this opportunity to lead the women's basketball team here at Johnson & Wales University," Johnson said. "I am very impressed with the university and all it has to offer its student athletes. We have a great core of returning players, and I am excited to begin working with them and I am confident that, with the resources and supportive staff here at Johnson & Wales University, we will build a highly competitive program." At UMass Dartmouth, Johnson was involved in every aspect of the program and helped guide the Corsairs to be a competitive program in Little East Conference. Prior to UMass Dartmouth, Johnson served as an assistant coach at Regis College and was instrumental in the turnaround, providing his expertise in the areas of team defense, scouting and game preparation.

Active Ingredients for A Fun Year
SAMANTHA KRIVOROT
ASSISTANT EDITOR-IN-CHIEF

Are you feeling bumbled because you're missing your favorite home team? Do you feel sad because you won't be home to watch your favorite hockey team skate their way to victory? Do you feel that there's nothing to do here? Cheer up, there's still hope for you.
Gillette Stadium, home of the New England Patriots is just a short car ride away in Foxboro, MA. Not to worry if football isn't your sport of choice. Fenway Park is a cool place to visit and watch the Red Sox play against their rivals. If you want to be financially savvy, The Pawtucket Red Sox play right here in Little Rhody at McCoy Stadium in Pawtucket. They're the little brother team to the Boston Red Sox. Maybe you want to be a little more active, but are tired of running in place on the treadmills? Roger Williams Park has some pretty scenery and has some nice places to walk and ride your bike through. Goddard Park also has some great hiking/biking trails. Also, be sure to check out the HarborSides Rec. Center for intramural sports and a complete schedule of various classes such as kickboxing.

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Welcome Back JWU Students!

- Are you a Freshman looking for a church "just like home" or for the first time?
- Are you a Senior needing a special place to plan your hopes and dreams for the future?
- Are you somewhere in between looking for a welcoming, safe place to join other college students from around Providence to share ideas, experiences and some laughs?

Make Beneficent Church your "home under the dome"?

Worship with us every Sunday at 10am in the heart of Downcity Providence in the middle of the JWU campuses next to Abbott Park. No matter who you are or where you have been or when you are going on life's journey, you are welcome here.

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