Behind the Scenes of Wildcat Wahoo

Krista Christiansen
Culinary Arts / Life & Style Editor

One of the most anticipated events of the academic year is Wildcat Wahoo, hosted by UIB: Campus Events. For those unawares students, Wildcat Wahoo is an annual weekend of events featuring a major concert, carnival, and a 2K race, usually occurring in May. In previous years, performers such as 3OH3!, Travie McCoy, and Skillet have performed at the Wildcat Wahoo concert. What many people don't realize is the extensive process UIB goes through each year to plan such an enjoyable event. In a recent interview, Emily Gregorian, vice president of UIB, described the selection process and other measures UIB takes to plan the event.

The first step in planning Wildcat Wahoo is selecting the performer. The Executive Board of UIB begins brainstorming artists as early as November. They consult with members of UIB involved in making the decision, and they must take an inside look at Wildcat Wahoo, which takes place before announcing the artists to the entire student body. Emily described this as, "A very hard decision process, with a whole lot of pressure." She continued to say, "You always hope to get a positive reaction and produce an event that people are excited about."

U.I.B. uses measures to get students input as to who they would like to see perform at Wildcat Wahoo. UIB sends out poll that asked students what genre of music they would most enjoy at Wildcat Wahoo, which was posted on Facebook earlier in the academic year. The results of the survey this year showed that out of the over 1200 responses, 40 percent of the students would prefer rap/hip hop, a second 40 percent of students for rock/indie, 10 percent for DJ, and 10 percent for country.

Another poll was created and posted to Facebook focusing on which day students preferred to have Wildcat Wahoo. The majority of students preferred Wildcat Wahoo to take place on a Friday night instead of the previous years' Sunday night. As desired, Wildcat Wahoo will take place this year on Friday, May 3.

The budget for Wildcat Wahoo plays a big role into who is selected to perform. With a $100,000 budget, big name artists such as Taylor Swift and FUN. are slightly unrealistic choices. This budget includes, but is not limited to: travel and food expenses for the performer, as well as staging and security during the event. These expenses add up quickly and create a tight budget for Wildcat Wahoo.

Selecting the performer for Wildcat Wahoo is no easy task, but Emily finds that marketing and advertising for the event itself is one of the most challenging tasks UIB faces. With such a large student body, UIB finds it hard to get the information regarding Wildcat Wahoo out to everyone. They utilize social media, such as their Facebook and Twitter pages to keep students informed on the latest information regarding Wildcat Wahoos.

Meagan Sage, advisor for UIB tells us a little bit about how much work goes into the process. "The students on the executive board of UIB take the decision of who to choose very seriously. They understand that they oversee a large budget and that they have a responsibility to choose a band or performer who a majority of students would like. They do a lot of research into performers, watching YouTube videos, talking to other colleges who have hosted performers in the past, have meetings with the booking agent, and eventually have a long discussion about who to bring. This is not a decision that is taken lightly; it's stressful every year and is sometimes UIB takes very seriously." Emily is really excited about UIB's new marketing tool that they are launching for this year's Wildcat Wahoo. A countdown titled "40 Days to Wahoo" will be the main focus for relaying information to the student body. UIB is hoping that this will help increase general interest in the event. The countdown will begin on Sunday, March 24, and continue until the day of Wildcat Wahoo. Students can expect to see a new fact revealed daily on Facebook and Twitter regarding the artist, genre of music, or anything else related to Wildcat Wahoo. Emily believes, "the 40 Days to Wahoo" concept will increase the interest and anticipation students have for Wildcat Wahoo.

As for Wildcat Wahoo's performer, Emily said, "Students can expect something a little different than the past two years that consisted of rap and/or hip hop music." Be of the lucky first people to find out who the performer is by attending the launch party on Saturday, March 23 at 7 p.m. at Pepsi Forum. The launch party is sure to be a fun event featuring live entertainment, giveaways, and cupcakes! The Gentleman Outfit, an acoustic rock band will be performing, and the finals for the annual Cupcake Wars will also be taking place during the launch party.

Like UIB's Facebook page, "UIB: Campus Events," and follow them on Twitter @UIB:Wahoo to stay up to date with the latest news regarding Wildcat Wahoo and other events throughout the year!

Text for Thought: Town Hall Meeting

Read Up on the Latest and Greatest Happenings at Johnson & Wales University

All Fuller
Ideas & Opinions / Tech & Design Editor

On February 12, 2013, the Student Government Association hosted a Town Hall Meeting at Pepsi Forum. Members from Residential Life, incoming students, Transportation, IT, and Community Relations presented new topics and events going on within Johnson & Wales University.

Residential Life started off the evening. Tara McGee, director of student housing and operations, along with Candace Denning, Director of residential education, addressed recent concerns regarding University residents. The number one topic, which was addressed in great detail, was the Centennial House. This is an on-campus housing opportunity for 36 lucky, hand-selected students. The house is located near the Harbor Side campus.

The Centennial House is intended to house students who share a common passion and interest in helping the community.

They will be expected to participate in community service events throughout the city of Providence and surrounding areas.

This non-traditional housing opportunity is unique, and will provide incoming sophomores and juniors the opportunity to live with a large number of other Johnson & Wales students. There are a number of qualifications that need to be met before students may consider selecting this housing option. Students need to be an incoming sophomore or junior, with a minimum cumulative GPA of 3.0, and no conduct record. It is also highly recommended that students show an interest in community service and display leadership skills. Once selected to dorm in the Centennial House, students will elect house chairs to organize community service events and activities. This may not be for all students, but if it does, this is a unique opportunity to take advantage of for the upcoming 2013-2014 school year.

Read more on page 2

CENTENNIAL HOUSE

Digital rendering of the new Centennial House option for student housing. Photo Courtesy of JWU.

232 Weybosset Street, Providence, RI 02903
jwcampusherald@gmail.com
Text for Thought: Town Hall Meeting

(Cont.)

All Fuller
Ideas & Opinions / Tech & Design Editor

There was also a discussion of Johnson & Wales reviewing the current "dry" campus alcohol policy. This is currently still being reviewed, but Residential Life representatives said to be on the lookout for new changes in the near future.

A reminder was stated for all students interested in living on campus for the 2013-2014 school year. After a deposit fee of $200 is made (before March 7), the room selection process will open on JNULink. Once the fee is paid, students can then complete the online housing application that opens March 12 and March 13. The process then continues from there. Based on when your application is submitted, you will get a scheduled time to select your room and roommates. More information can be found in JNULink under the Student Life tab.

It is important to submit your fee to receive updates regarding the remaining step-by-step application process. Residential Life also reminded students that the ResLife Rumble is rescheduled for Friday, March 22 because of the snowstorm during the weekend of February 8 to 11. Carol Chase from Student Transportation discussed services Johnson & Wales provides. Wildcat Wheels now offers non-emergency medical transportation Monday through Thursday at 4:35 p.m. from Gaebe Commons and 4:20 p.m. from Harborides. They provide transportation to CVS and Walgreens Monday through Thursday at 4:40 p.m. from Gaebe Commons and 4:50 p.m. from Harborides, as well as Friday through Sunday at 5:50 p.m. from Gaebe Commons and 6:00 p.m. from Harborides. Students in need of transportation to the airport may talk to the driver of the Radisson Bus that departs from Gaebe Commons. They will make a special stop at the airport after their regular scheduled route to the Radisson Hotel. The same applies to students in need of transportation to the Providence train station. If you talk to the driver of the Cove Bus (also departing from Gaebe Commons), they will be happy to drop you off at the train station. To stay up to date on all Johnson & Wales Wildcat Wheels schedules, download the free app called Translog Visualization, available for the iPhone and Android.

Marianne Doran-Collins and Joe Mogennis were the spokespersons for the Johnson & Wales IT Department. At the Town Hall meeting they mentioned that their overall goal is to help, support, and provide students with the technology needed to succeed. With this in mind, they are looking for any questions, comments, and concerns to be directed to them to improve technology at the University by means of accessibility and convenience.

One issue they discussed was the improvement made to the wireless network, and how it is becoming more accessible in classrooms, computer labs, and residential halls. It will continue to monitor any glitches in the system and update the network on a regular basis. It was mentioned that in the near future students can expect more consistency in the technology and networks throughout the University, improvements in online classes, more iPad and computer labs, improvements to the technology used in classrooms to assist in better education, and the use of digital textbooks.

There was a concern expressed by a student at the end of the meeting about the inability to print from a personal laptop in computer labs and libraries on campus via wireless connections. IT answered by stating they are currently looking into this possibility.

The Residential Life, Transportation, and IT Departments are looking to adjust and conform to the needs of the student body. If there are any questions, comments, or concerns please feel free to reach out to any of the above representatives.

CRIME PREVENTION TIPS:

Don't leave small items of value in plain view.

Secure doors and windows at all times.

Lock your room doors even if you are going to be gone for only a short time.

Use Silent Witness at (www.silentwitness.org) to provide anonymous tips or call 401-598-2947 to leave anonymous information.

CRIME LOG

1) Friday February 1, 2013 at 3:05 a.m. - Arrest - West Hall. Student arrested and charged with assault.

2) Sunday February 3, 2013 at 4:45 a.m. - Arrest - Off Campus - Tell St. Providence Student arrested and charged with assault.

Saturday February 16, 2013 at 12:50 a.m. - Arrest - Off Campus - Student arrested and charged with assault and disorderly conduct.
It's Not Too Late to Get Involved

Katherine Taylor
Copy Editor

The spring term has quickly begun and many of you may be contemplating whether or not to get involved on campus. With one trimester left of the school year, you may also be asking yourselves: is it worth your time? The answer is that it's never too late to get actively involved on campus, and being involved doesn’t necessarily mean joining an existing club. This spring seems like the perfect time to launch a new club, get it approved, and plan out the groundwork before next school year starts. The Student Government Association has put together a few simple steps to help students who are interested in forming a new club or organization on campus.

Step One: Do your research
• Does your potential club already exist on campus?
• How is your club different than existing clubs?
• Does it fit a need on campus?

Step Two: Use SGA Resources on the Involvement Network
• Read “The Tier System”
• Read “Constitutional Checklist”
• Refer to “Constitution/Bylaws” for a sample constitution

Step Three: Create a constitution; be sure to include:
• Name, general purpose, and objectives of the club
• Membership requirements, responsibilities, fees, and committees
• E-board responsibilities and election process
• Meeting times, frequency, and location
• Advisor
• Authority/supremacy

Step Four: Secure names and numbers
• Find an advisor (any faculty member)
• Select E-Board members
• Find at least five people to join your club

Step Five: Contact SGA
• Fill out the “new club/org. application” under campus links on the Involvement Network
• Wait to hear back from SGA

Speaker of the Senate (currently Nate Kenney); he will let you know if there is anything you need to change or add to your application.

Step Six: Create a presentation
• Write up a formal Constitution with bylaws
• Make sure advisor and E-Board members are present
• Refer to “Presentation Guidelines” on SGA’s Involvement Network page for additional help.

Finally, your club or organization will either be approved or denied. After your club is approved, the E-Board must set up a meeting with the clubs and organizations student assistant – currently Michael DeGrass – at the Citizens Bank Center for Student Involvement (CBSI). He will give training in appropriations and Involvement Network information, including updating contact information and page admins; uploading documents, forms, and community service records; how to apply for space requests and flyer approval; membership management; and inbox control.

It’s never too late to get involved on campus. Gather a group of friends, and try starting your own club or organization this spring!

Will you be the applicant they can't afford to bring on? Or the one they can't afford not to?

The Emerging Leaders MBA at Bentley University is a full-time, two-year program designed specifically for recent or soon-to-be college graduates. It provides a comprehensive foundation in business management, offering students the chance to gain hands-on experience while specializing in one of eight business-focused concentrations. So when your opportunity arrives, you'll be prepared to make the most of it.

Visit www.bentley.edu/graduate/elmmba to learn more.

BENTLEY UNIVERSITY
Waltham, Massachusetts 02452

= PREPARE to stand out.

THE STREET FEED

Do you think the Centennial House is something you would be interested in applying for? Why?
No. I would not be interested. I believe I could find a place off-campus where I would be able to live with less people and there would be no communal bathrooms. I also would not have to worry about the titling application process and the various activities that the members of said house would have to participate in throughout the year.

Antonio Xochitlatao, Culinary Arts, Sophomore

What's your opinion of the ability to print from your personal laptop in any computer lab or library on campus?
If we were able to print from our personal computers it would solve the printing problem. It would also free up computers in the lab so the people that need to work on the computers would have the opportunity to do so, and others who only need to print can do so from their personal computers.

- Adrienne Thompson, Graphic Design, Freshman

If JWU were to adjust the current alcohol policy would you be for or against this change and why?
I think the bus drivers do a good job at accommodating students who need to be dropped off at stops other than the designated stops. I have personally experienced this. On numerous occasions I have been dropped off at the train station. I am sure if the students ask they would be facilitated in the same way that I have been.

- Katherine Maskow, Culinary Arts, Sophomore

Are there any non-designated stops that you feel should be added to the bus route that would be convenient to you and other students?
No, I think that the bus drivers do a good job at accommodating students who need to be dropped off at stops other than the designated stops. I have personally experienced this. On numerous occasions I have been dropped off at the train station. I am sure if the students ask they would be facilitated in the same way that I have been.

- Katherine Maskow, Culinary Arts, Sophomore

WE WANT YOU IN OUR SHEETS.

JOIN THE CAMPUS HERALD WRITING STAFF.

JWUCAMPUSHERALD@GMAIL.COM
Cookin’ Up Something New
Johnson & Wales Welcomes San Gluten Club

Alicia Fuller
Ideas & Opinions / Tech & Design Editor

Celiac Disease is increasing in prevalence—cases have nearly quadrupled in the last five years. According to Celiac Central, 1 in 133 Americans have Celiac Disease and 50% of Americans carry the celiac gene. Unfortunately, the only cure to this disease is to consume a gluten-free diet. Not only do patients have to adapt and conform to their new diagnosis, but culinary professionals have also had to rethink their menus to cater to these particular customers. It is becoming more common to see gluten-free items on menus in many restaurants throughout the country. When society changes, the culinary world also has to change. Not all people who practice a gluten-free diet have Celiac Disease; instead, some may simply have gluten intolerance. Despite medical reasons, gluten-free diets have become a recent fad. Individuals are partaking in this restricted diet merely for personal reasons. With this being said, creativity plays an essential role in generating menu items for these gluten-free customers. Chefs are required to think outside the box when they have to accommodate specific needs into consideration.

Beginning this year, Johnson & Wales welcomes San Gluten, a new culinary club on campus. This club is a student-led club whose mission is to educate, research, develop, and promote awareness in regards to living a gluten-free life. Evidence-based information regarding the gluten-free diet, Celiac Disease, and non-celiac gluten intolerance are discussed at meetings. Production of gluten-free recipes takes place at some meetings. Recently, the group met and developed both gluten-free peanut butter and chocolate chip cookie recipes. They explored the use of different flours to produce enhanced results. Club members work in groups during production based meetings. Meetings are held biweekly on either Tuesdays or Thursdays from 8:00-9:15 p.m. on the Harborbays campus, room HAL 7. Occasionally, meetings are scheduled for Friday mornings. Culinary uniforms are mandatory; however, some are available to borrow for any interested student lacking a uniform. Uniform donations are also being accepted.

There is a wide variety of members actively participating in San Gluten Club; some with Celiac Disease, some who work in the industry, some interested in educating themselves about the meaning of gluten-free living, and some with absolutely no experience. If interested in participating and getting involved with the San Gluten Club, please feel free to contact President Michelle Moreau at mm0809@jwu.edu.

Practical Applications
Cooking Gluten Free Isn’t As Intimidating As You Think

Ali Fuller
Ideas & Opinions / Tech & Design Editor

Eating a gluten-free diet may seem tedious, but cooking gluten-free can be an even more complicated task. When trying to cook or bake gluten-free at home, remember that it is possible to do! Don’t be turned away from a gluten-free recipe because of the ingredient list. Most ingredients can be found at your local grocery store. There are quite a few recipes online for preparing these homemade, gluten-free dishes. Bread and baked goods can be the most difficult recipes to come across, but I have listed one of each below to help ease the stress. President Michelle Moreau of the San Gluten Club shares her website, which includes many gluten-free recipes. Visit www.HealthyintheKitchen.com for inspiration and ideas to whip up in the kitchen. San Gluten Club Vice President Jenny Maneau also has a culinary website that is available for those interested in preparing gluten-free recipes at home. Visit www.CreativeCookingGreek.wordpress.com.

The following recipes that I found are simple and affordable to mix up at home. The first is a bread recipe; the second is a cookie recipe.

Gluten-Free Bread. Recipe and photo courtesy of Elanaspantry.com

**Betty Crocker’s Gluten-Free Sugar Cookies**

**Ingredients:**
1 cup powdered sugar for cooking
Additional powdered sugar for work surface
1 package (3 oz.) cream cheese, softened
1/3 cup butter, softened
1 teaspoon vanilla
1 egg yolk
1 1/4 cups Bisquick Gluten Free Mix
1 container Betty Crocker Rich & Creamy vanilla frosting, if desired

**Directions:**
1. Heat oven to 375 degrees. Lightly grease cookie sheets with shortening or cooking spray.
2. In large bowl, stir 1/2 cup powdered sugar, 1 egg yolk, and 1/2 teaspoon baking soda.
3. Stir in Bisquick mix until dough forms.
4. On work surface, sprinkle additional powdered sugar. Roll half of the dough at a time to one-fourth inch thickness.
5. Cut with cookie cutters. Use metal spatula to transfer cookie cut-outs to cookie sheets, placing cut-outs about 1 inch apart.
6. Bake 6 to 8 minutes or until edges are light golden brown. Carefully remove from cookie sheets to cooling racks.
7. Cool completely, about 15 minutes.
8. Optional: spread frosting on cookies.

Gluten-Free Cookies. Recipe and photo courtesy of Elanaspantry.com

Gluten-Free Perfect Bread

Makes 1 loaf (about 12 slices)

**Ingredients:**
2 1/2 cups blanched almond flour
1/2 teaspoon Celtic sea salt
1/2 teaspoon baking soda
3 eggs
1 tablespoon agave nectar
1/2 teaspoon apple cider vinegar

**Directions:**
1. Preheat oven to 300 degrees.
2. In a large bowl combine almond flour, salt, and baking soda.
3. In a medium bowl whisk the eggs, then add nectar and vinegar.
4. Stir wet ingredients into dry.
5. Scoop batter into a well greased 8.5 x 4 inch loaf pan.
6. Bake for 45-55 minutes on bottom rack of oven until a knife comes out clean.
7. Cool and serve.

Rhody’s Favorite Food Trucks

Aarthi Sampath
Staff Writer

Food trucks strive to provide quick and delicious food at a reasonable price. After trying many of Rhode Island’s food trucks, I can tell you that these are some of the best! Rhode Island’s food trucks are owned by Johnson & Wales University students. The food is unbellevably delicious and healthy. Organic ingredients are purchased from local Rhode Island farmers and transformed into scrumptious, affordable meals. I loved the Banh Mi sandwich on ichabods bread. Their fresh-baked sandwich breads are mouthwatering. Their thick vegetable soups are smooth and not too heavy on the palate. The beef empanadas are juicy and flavorful on the outside, but a crisp and crunchy outside. Lunch at Radish is perfect for a cold winter afternoon.

Gael James

My new favorite Rhode Island food truck is PubTruck. PubTruck was first spotted as a JwU’s DownTown campus, and I have been hooked ever since. PubTruck’s signature dish is a deep fried, toasted bread is filled with the trim with coleslaw and succulent clams. These

Food Truck Tuesday at Grant’s Block. Photo by Andrew Calip.

Heavenly clam trucks are dunsed in beer batter and fried to golden perfection. At $6.00 per clam roll, it’s worth every penny. Their lobster rolls are just as good, too.

Flour Girls Baking Company

I was craving a chocolate chip cookie while shopping at a farmer’s market in Pawtucket. Thankfully, Flour Girls Baking Company was right outside. The cookies I tried were perfectly crisp and contained bits of dark chocolate. I have been addicted ever since. Their pastries and cupcakes are so good it’s hard to believe they come from a food truck. Flour Girl Baking Company also has a bakery in Fairhaven, Massachusetts where they sell other mouthwatering desserts.

Mama Kim’s

Delicious barbeque cuisine with intense flavors. I had heard rumors about this food truck, so I made my way up to Brown University and Camp Randall to see. Mama Kim’s fork-tender pulled pork with flavor-packed meats to see what all the fuss was about. I was in awe. Their slow-cooked beef brisket was an absolute favorite. I found the spicy pork kimchi delectable, but the Portuguese meatball had an umami flavor and are a must-try. Overall, Mama Kim’s lived up to its great reputation.

Find us on Facebook!
Just search
JWU Campus Herald
Look for weekly updates on upcoming topics, issues and stories!
Life & Style

Why You Love It

Video game brain. Photo courtesy of lifehacker.com

LEVEL UP!

it. In contrast to what many people feel are basic needs, such as sleeping and eating (both of which gaming can actually hinder), Mastow’s hierarchy suggests that the brain also requires a set of psychological factors, such as community, esteem, and self-actualization.

What does this have to do with video games? Well, playing video games with others can create bonds, and common interests often help strangers become friends. Secondly, a person’s self-esteem increases when he or she beats his or her high score, and seeing another individual’s unique talents can boost your respect for that person. Finally, finding what games someone loves to play helps that person realize who they are and uncover his or her own creativity and morals.

Spring Shoe Trends for 2013

Wear a Little Less, Show a Little More

DIY bracelets for spring. Photo courtesy of Google.

Sarah Abbott
Staff Writer

We are through the two coldest months of 2013 so now we can start sending those costs and boots back home and bring back our shorts and T-shirts. I don’t know about you guys, but when I know spring is right around the corner, there is one other thing I start thinking about—jewelry. Now that my skin can finally be exposed again, I have to show off some beaded bracelets and anklets. There is nothing more comforting than sitting with a group of friends crafting beautiful jewelry that you know you can wear soon.

Simplest Beaded Jewelry

Beaded Jewelry is by far the easiest and quickest way to make jewelry. You can go to Wal-Mart or a local craft store and find an abundance of beautiful beads that will glimmer in the sunshine. Within minutes, you can create enough jewelry to go up your whole arm, or leg! There are many different methods of beading that range from easy to difficult, and they can all be found online, or in DIY jewelry books such as those by Klutz. The following guidelines fall in the easy category for beading, but feel free to experiment from there.

What you need:

• Beads
• String (You can use any kind of string that your desired beads will fit on).

Procedure:

• Tie a knot at one end of the string, leaving a couple inches of string from the knot (You may have to tie multiple knots to make sure the beads don’t slide off).
• Take the beads and start stringing them onto the open-ended side of the string. Continue until you have about an inch and a half left.
• Tie off the bracelet, leaving about a couple inches of string from the knot, and using both ends of the bracelet, tie it onto your wrist, or ankle.

DIY Jewelry for Spring

Judging from the slowly increasing temperature it seems that PursuitAVWayn Phillips may have been right about the last season. But should the corner, you know what that means? Spring shoe shopping time! In order to help you stay on top of the trends for the upcoming season, I’ve collected the top four trends in shoes for spring 2013.

Black and white

It seems this season the boldest fashion statement you can make will be to go against everything you were taught about spring fashion, and that involves color. This year, black and white, in color block or patterned designs, is the hottest look. I mean, let’s face it, black goes with anything and usually so does white. Add a fun pattern into the mix and you’ve got a new twist on an old classic.

What do you think? Here to stay or a fleeting whim?

Are these the stiletto swan song days?

Hardly. While its popularity has been a slow decline for the past couple weeks, it’s more of an old trend. It will disappear from shoe collections and our lives forever anytime soon. However, the same designers have shifted their focus from the thin, tall stiletto to other heights and shapes. Some are the return to the shorter kitten heel, the heavy bulky heel, and of course, the no longer slowly growing trend of the shaped heel. All of these feature heavily this spring, and are likely to stick around for many seasons to come.

The ASOS HOLLAND heeled sandals ($127.16) feature a combination of both the bulky heel and the shaped heel trends.

What do you think? Is this taking it too far, or is it a more moderate approach to these trends?

Ethnic pattern, colorful patterns, crazy patterns—spring 2013 is nothing but a pattern party. This year everyone seems to be in love with print and they are even mixing them up!

But remember, too many patterns are not a good thing.

DIY jewelry trends for spring 2013.

Maya Shemeshowitz

What do you think about this year’s trends?

Black & white trend. A comeback of the shockingly simple.” No, dopamine does not always refer to drugs, but only to get high,” so to speak, by reaching their goals and doing what they love. This is especially true when they are not expecting to accomplish something. A joyful feeling that they give us is when we feel common minor, but since the brain was not expecting it, the rush of dopamine is even bigger!

This is not at all exclusive to video games. No matter what hobby someone has, it stems from the thrill that their brain gets from it. Sports are constantly exciting and keep people on their feet. Movies and books have intense plot twists that keep audiences coming back for more. Video games have players even further in with each achievement. In a sense, hobbies truly do keep our brains healthy and we are not so different from your own.

Credits to Matthew Patrick, creator of the YouTube series, Game Theory.

DIY jewelry for spring. Photo courtesy of Google.

Such as this 3.5-inch heel sandal from Zara for only $79.90 (left), or this cheaper 3.75-inch pump from Forever 21 for only $29.90 (right).

Pattern: Ethnic patterns, colorful patterns, crazy patterns—spring 2013 is nothing but a pattern party. This year everyone seems to be in love with print and they are even mixing them up!

But remember, too many patterns are not a good thing.

Such as this wedge from Nine West that costs $95.

Spring shoe trends. Photos courtesy of Zara, Forever21, Nine West, and ASOS.

To top it all off, the thrill that each new game brings brings releases dopamine in the brain, forcing the mind to crave the next major milestone. No, dopamine does not always refer to drugs, but only to get high,” so to speak, by reaching their goals and doing what they love. This is especially true when they are not expecting to accomplish something. A joyful feeling that they give us is when we feel common minor, but since the brain was not expecting it, the rush of dopamine is even bigger!

This is not at all exclusive to video games. No matter what hobby someone has, it stems from the thrill their brain gets from it. Sports are constantly exciting and keep people on their feet. Movies and books have intense plot twists that keep audiences coming back for more. Video games have players even further in with each achievement. In a sense, hobbies truly do keep our brains healthy and we are not so different from your own.

Credits to Matthew Patrick, creator of the YouTube series, Game Theory.

DIY jewelry for spring. Photo courtesy of Google.

Such as this 3.5-inch heel sandal from Zara for only $79.90 (left), or this cheaper 3.75-inch pump from Forever 21 for only $29.90 (right).

Pattern: Ethnic patterns, colorful patterns, crazy patterns—spring 2013 is nothing but a pattern party. This year everyone seems to be in love with print and they are even mixing them up!

But remember, too many patterns are not a good thing.

Such as this wedge from Nine West that costs $95.
THINKING ABOUT GRAD SCHOOL?

CHOOSE THE PROGRAM THAT'S RIGHT FOR YOU.

Why Earn a Master's Degree?
- Stand out in a competitive job market
- Position yourself for advancement
- Greater salary potential during your career

Juniors
Save time and money on your master's degree!

Through the 4+1 program, you'll take graduate-level courses during your senior year at no additional cost. After graduation, you'll continue on to complete your graduate degree in just 12–15 months.

Come to an information session:

When: Thursday, March 7, 2013
Where: Starbucks
Harborside Campus
Time: 9am-11am

When: Tuesday, March 12, 2013
Where: Grace Welcome Center
Harborside Campus
Time: 5pm-7pm

Can't make it? Contact us at (401) 598-1015 for more information.

Seniors
Earn your MBA in just one year!

Through the One-Year MBA, you'll attend school for 12 months, beginning in June and finishing the following May. This program is open to those holding a bachelor's degree in business.

Or choose from:

MBA (general)
MBA with concentrations in
- Accounting
- Hospitality
- Information Technology
M.S. Criminal Justice Management
M.A.T. Teacher Education

Learn more by attending Grad Info Night:

When: Tuesday, March 12, 2013
Where: Grace Welcome Center
Harborside Campus
Time: 5pm-7pm

Johnson & Wales University admits students of any race, color, and national or ethnic origin, among other categories.
MUSIC YOU NEED TO HEAR

BY KYLE BRENNAN
ASSISTANT EDITOR

COMING BACK FROM SPRING BREAK, HEADING INTO A NEW SEMESTER MEANS NEW MUSIC. HERE ARE SOME SONGS TO ADD TO YOUR LIBRARY: CALMING BEATS, MELLOW RHYMES, OR SOMETHING TO KEEP THE PARTY GOING.

SWIMMING IN THE SUBLIME
JACOB ES

HOLDIN ON FLUME

PUPPY NETSKY

PALACE ASAP ROCKY

IBETCHU YELLOW CLAW

CLARITY ZEDD

DiPetrillo Properties is Rhode Island’s Premiere choice for Student Housing. Housing for ONLY THE SERIOUS & SOPHISTICATED STUDENT!

call (401) 232-7552, reserve your suite today

see Our New Properties Next door to JWU Campus!

View all of our available suites at www.DPStudentRentals.com for virtual tours

Suites Include ALL for ONE low price beginning at $624. Reserve Now!

- All utilities included: electric, gas/heat, water
- Wireless internet and Cable TV
- Alarm system with video surveillance
- Local LAN line telephone
- 24/7 Maintenance
- Monthly cleaning service
- Video front door entry system with lock release
- Computer study labs with Tech Support
- Kitchen - fully equipped and furnished
- Living room - flat screen with DVD player
- Bedroom - furnished with 3-drawer dresser
- Laundry room - on-site coin operated machines
- Storage room - on-site secured storage units
- Ample parking

DP IS NOW LEASING for ACADEMIC 2013-2014

PLEASE CONTACT OUR OFFICE NOW TO GUARANTEE YOUR RESERVATION.

take advantage of our last “Tri & Summer Special only $590”

VISIT OUR WEBSITE www.DPStudentRentals.com FOR A COMPLETE DIRECTORY OF Local Business Members of the DP Student Chapter giving discounts
THURSDAY NIGHT

MOVIE NIGHT

★ IN THE WILDCAT LOUNGE 9PM ★

3.7 LES MISERABLES
3.14 THIS IS 40
3.21 THE HOBBIT
4.4 ZERO DARK THIRTY
4.11 GANGSTER SQUAD
4.18 DJANGO UNCHAINED
COLLABORATION WITH DELTA PHI EPSILON.

4.25 MAMA
5.2 MOVIE 43

IT'S FREE!

UIB
CAMPUS EVENTS MOVIES
APPLY TO COMPETE IN
THE
THIRD ANNUAL
CUPCAKE WARS
FRIDAY/SATURDAY
MARCH 22ND + 23RD
11:00AM + 7:00PM
CCCE LOBBY PEPSI FORUM
RALLY TOGETHER YOUR TEAM OF FOUR
EMAIL UIBJWU@GMAIL.COM
BY MARCH 14 TO SIGN UP
BLUNDERGRADS

TIME TO STUDY!
I CAN DO THIS...

I’VE GOT MY TEXTBOOK,
MY NOTES, A WHITE NOISE MACHINE, SOME EARPLUGS, COFFEE...

HMMM...I SEEM TO HAVE FORGOTTEN TO PACK MY MOTIVATION.

Fun & Games
by phil flickinger (www.blundergrads.com)

SUDOKU

EASY

3 7 8
4 9 7 1 3 5
3 8
4 6
2 4 1 6 5 3
1 5
3 6 9
7 1 9 8
2 3

1

CHALLENGING

8 7
9 5 2 6
7 8 5
2 6 9
6 2 3 8
9 1
3 8 4 9 5
9 4
5

4

2 9 1 7

LAST ISSUES ANSWERS:

EASY

DIFFICULT

2 9 3 7 1 5 6 8 4 1 3 7 4 6 9 8 5 2 6 4 7 3 8 9 1 5 2 6 8 2 7 5 3 4 9 1 1 8 5 2 4 6 7 9 3 4 5 9 1 8 2 7 3 6 9 7 8 1 5 2 3 4 6 8 9 6 3 2 1 5 4 7 5 3 2 4 6 7 9 1 8 2 7 3 6 4 5 1 8 9 4 1 6 8 9 3 2 7 5 5 1 4 8 9 7 2 6 3 8 2 4 9 3 1 5 6 7 7 6 1 5 3 8 9 2 4 3 5 9 6 7 4 8 2 1 3 2 8 9 7 4 6 1 5 7 6 1 5 2 8 4 3 9 9 4 5 2 1 6 3 7 8

Get your Zoroscope

Aries

This week, keep your demands low and your outlook spiritual in order to rise above your agitation. Take time to reflect and meditate on your priorities, and an optimistic perspective will be in your grasp.

Libra

You will encounter a number of people in the healing professions, and news in this area may spark some personal interest. Be sure to write down the contact information of the people you meet, and the resources they use.

Taurus

You might be spending a lot of time on the phone this week. Good news from your friends may give you the motivation to keep pushing yourself.

Scorpio

A potential love partner may enter your life. They may be from a distant state or foreign country, or in the field of law or education. You will have a lot in common, and some intriguing conversations could result. Be sure to enjoy this person’s company today.

Gemini

When managing money, go with your gut. You should spend more time being concerned with your sources of income, rather than logic.

Sagittarius

Surprising, family news may be sprung on you. Someone you know, or a family member, may have some interesting news that you weren’t aware of. Don’t let emotion overwhelm logic right now.

Cancer

You are fascinated by history and an exotic new culture, and want to learn more about it. You may even develop a temporary obsession and spend a lot of time researching this topic. Be sure to take time to clear your mind, and take a walk, otherwise you might not be able to sleep.

Capricorn

Invitations for some exciting social events may come your way soon. Your friends may wish to attend, which could cause some excitement for you. You may also meet new people who will prove to be valuable business contacts.

Leo

You may find that your instincts have been right, particularly where other people are concerned. Your increased intuition is likely to help in your understanding of those close to you. Make the most of this.

Aquarius

New interests and a rich field of knowledge in the form of social events and group activities may find their way toward you this week. You will meet new people with the same interests, so be sure to keep track of their names and phone numbers.

Virgo

"Bonding" is your word this week. Relations with close friends should be enhanced, and some conversations about new ideas and world events will come about. Your romantic relationship may intensify through newly discovered mutual interests.

Capricorn
DESIGN AK

Mike and Ile rebranding and package design by Nail Communications. Photo courtesy of Nail.

Nothing to Some, Everything to Others
Kyle Brennan Assistant Editor

Jeremy Crisp, managing director for the locally-based advertising agency, Nail Communications, came to Johnson & Wales to talk to graphic design and marketing students about his successes and struggles. Crisp grew up in Ireland and became well versed in the advertising industry by working with high profile companies, such as Guinness, before moving to America with his family. He ended up in Providence and is helping run Nail Communications which has put out fantastic work within local and national communities.

Remember when Mike and Ile split up? Boxes were scuffled on, billboards painted over, and talk shows debated. Everyone questioned the divorce; even national news covered the controversy. Nail Communications created the confusion that many of us had, and spread it further than they could have ever imagined. Creative advertising geniuses pushed a small-sized candy company’s profit closer to the level of billion-dollar competitors Skittles and Starburst. Crisp explained that what is inside of the box is the same sugar and color coating, but what is on the outside of the box is what drives the consumer’s selection.

Raspberry Pi
Credit Card Sized Motherboard
Antoun "Tony" Bahit Staff Writer

The Raspberry Pi Foundation in the United Kingdom developed a credit card-sized computer to promote basic computer science in schools. They called the miniature computer Raspberry Pi, and it conveniently plugs into a TV and keyboard. It is an efficient PC that functions like a desktop PC. It is capable of spreadsheets, word-processing, and even games. The intention of this device was for kids to easily understand the concept of programming.

There are two models for the Raspberry Pi, Model A and Model B. Model A has 256 MB RAM (random access memory), one USB, and no Ethernet port (where you plug your "RJ 45" network cable to access internet). Model B has 512 MB RAM, which is twice the size of Model A and two USB ports, an Ethernet port for internet access, SD-memory card slot, and an HDMI port.

The dimensions of the Raspberry Pi are 3.370 in × 2.125 in, and it weights about 1.6 oz. What’s striking is the cost of the Raspberry Pi, which is only $25.00 for Model A and $35.00 for Model B.

The idea for Raspberry Pi came about in 2006 in Cambridge, UK. Ewen Upton and his colleagues, Rob Mullins, Jack Lang, and Alan Mycroft, were trying to discover a computer model that would allow children to learn and apply computer programming. They happened to come up with Raspberry Pi, and so far they have had success.

When you purchase the Raspberry Pi you will only receive the motherboard. You have to purchase the power supply, SD memory card, keyboard, mouse, and HDMI cable separately. You must have the SD card because you have to install the booting system into the SD card. The minimum SD storage is 4GB, however, the Raspberry Pi can hold up to 32GB.

There is no case to protect the Raspberry Pi, but several third party cases are currently available for purchasing; you can even build one yourself. There is a standard 3.5-millimeter audio jack for the audio output feature, and you can add a USB microphone for audio in. Moreover, The Raspberry Pi operating system is written in Python language — if you are a programmer you can write your own program; however, it must be in Python language or another language compatible with ARMv6.

Overall, this is a great product to purchase because it is new to the market and few applications are currently available. This allows for a lot of "play-room" for computer savvy individuals. Personally, I am going to wait and monitor the success of this product before purchasing one to play with. It’s unique because the future seems to be headed towards pocket-sized computers. The Raspberry Pi is the first product to make this vision a tangible reality.

NH RESTAURANT
FOR SALE BY OWNER

• Independently owned and operated for 25 years
• Completely rebuilt in 2001
• 85 dining room seats
• 35 covered patio seats
• 45 lounge seats
• Includes 2 BR cottage, rents out for 750/mo.
• Yearly sales now 600K+. Asking 559K

LOCATION: W. Compton, NH at corner of Rts 3 & 49, 25 mins to Loon & Waterville, 10 mins to Plymouth State University, 20 mins to Squam Lake. 1.9 level commercial acres, adequate parking.

E-mail for pics, ifscallon51@yahoo.com or check out SUNSET GRILL on Facebook

STEVE MACONE
MARCH 12, 2013
SCHNEIDER AUDITORIUM
9:00PM
COMEDY
Winner winner chicken dinner.

Truth is 68% of JWU students avoid pregaming when partying.
Dare you to be the #JWUnorm

According to the AlcoholEdu 2011 survey, JWU students drink less than perceived.
For more information contact Health Education 401-598-2023