JWU Introduces New Majors

Johnson & Wales University’s new center for Physician Assistant studies building, a digital creation. Illustration courtesy of Johnson & Wales University.

Maya Schenkelwitz
Michael Davis
Staff Writers

Tirelessly working to increase the university appeal to prospective students, Johnson & Wales University has continued to add new study fields such as Criminal Justice, and Equine Business Management. The 2013-2014 academic year will see the addition of two new Bachelors and one Master degree: Communication Studies, Liberal Studies, and Physician Assistant Studies. These new additions are very exciting for the university, as it shows that Johnson & Wales is now also taking a new direction and opening up more opportunities for a Liberal Arts degree for its students.

Developed for close to a year by professors Dr. Christopher J. Westgate and Dr. Scott Oberacker and assisted by other faculty members, among them Dr. Amy Nazeman and professor Tamara Garcia. The new Communication Studies, or “Media Studies” as explained by Dr. Westgate, will be an “inner – disciplinary, multi - disciplinary” degree. Besides the ten core classes, the major will also offer a large range of elective courses that focus on different aspects of the media field. This will allow students to not only be able to pick and choose classes that fit their personal interest and possible career goals, but also help them receive a broader understanding of each medium and of media in general. According to Dr. Westgate, the “all encompassing” broad nature of the major will allow undecided students the advantage of learning all of the different mediums and aspects in media, a knowledge that in today’s cross medium industry might become very useful. Another exciting element of the major is its internship.

Unlike other similar programs in other universities, at JWU the student will have the flexibility to decide how many credit hour he or she wishes his or her internship to count towards the degree; this number can range anywhere from the regular 4.5 credit hours to 13.5 credits of a full trimester.

The Liberal Studies major will have three paths: General Studies, Math and Science Studies, and Humanitarian/ Social Sciences Studies. With these, students must also choose areas of study in business or technology. Upon completion of the program, graduates will receive a Bachelor of Science in Liberal Studies.

Professor Donna Thomsen, department chair and associate professor here at Johnson & Wales, stated that there are two minors to choose from; these are project management and general business. Within the major, there are also applied learning requirements that include study abroad or an internship. As for the fall, the class size is expected to be a moderate size.

Nicole Gazman
Advertising Manager

The students who have attended Johnson & Wales University in the past 30 years are well aware of the Inn that has been owned by the University since the 1980’s. Although the Inn has been very beneficial and welcoming to over hundreds of student guests and families, the time has come to say farewell. In July 2012, the University announced that it would seek new ownership of the Johnson & Wales Inn, and on June 3, 2013, the sale of the Inn to Sarchi Group of Massachusetts was completed, and the Inn is now the Hilltop Hotel & Conference Center.

For over 30 years, the Johnson & Wales Inn has given many students the opportunity of a great internship experience, as well as job opportunities for student employee staff. The experiential education in the University’s strategic plans, FOCUS 2013, and now 2017: The Centennial Plan, the University offers 1,700 internship sites in 40 states, providing more than 4,000 internship positions. Due to the growth in external internship opportunities, the University has decided to discontinue services at the Johnson & Wales Inn. The Johnson & Wales Inn was the University’s first hotel internship property. Therefore, the Inn has played a significant role in JWU history. The University thanks the Inn’s staff for their dedication and commitment to provide an excellent guest experience and for their work with Johnson & Wales students.

Representatives of the Sarchi Group have met with the Inn staff about the possibility of continued employment. The University will be providing assistance to the Inn employees through this transition. Nonetheless, under new management the property will remain open to welcome guests, and host meetings and special occasions.

New Majors Continued...

Opening in June 2014, Johnson & Wales Physician Assistant master studies is already ground breaking by being the first PA program to open in Rhode Island.

The program is scheduled to be taught over the course of 24 months and will entitle its graduates with a master in Physician Assistant Studies. In order to apply for the program, applicants will require to have a Bachelor degree—preferably in relating subjects, reference letters, a GRE exam grade, as well as at least 250 hours of direct patient contact. The university hopes it will help prospective students understand the demands of the job and working with patients, and will help to maintain a low or non-existent drop-out rate. The program’s first year will focus on theoretical applications, allowing students to build their knowledge and understanding of the profession. During their second year, students will go into their clinical studies phase, doing hospital rotations which will assist them to see first-hand what it is like to be working as a PA while in the process exploring a ray of specialties they could focus on once they graduate.

One of the major’s biggest appeals will be the brand new state of the art “Center for Physician Assistant Studies.” The building, located at the Downcity campus on Clifford St., will be exclusively used by the PA program. In addition, in early 2013, Johnson & Wales announced that it has joined in collaboration with Brown University. The agreement, as mentioned in the physician assistant program page, will allow both universities to share “training facilities, jointly arranging lectures, pursuing educational grants, and engaging in cost-sharing.”

Heading the program will be George S. Bottomley, a graduate of the Yale PA program, who prior to arriving at Johnson & Wales headed the physician assistant program at the University of New England.

To learn more about the PA program and how to apply, contact the program admission officer Lauren Huber: bighnadhuber@admissions.jwu.edu

CRIME LOG

There are no crimes reported at this time. Have a safe summer.

CRIME PREVENTION TIPS:

- Maintain awareness of your surroundings at all times.
- Avoid distractions such as headphones or texting while walking.
- Don’t openly display valuable items.

Use Silent Witness at (www.jwu.edu/providence/safety) to provide anonymous tips or call 401-598-2947 to leave anonymous information.

Find Your Way Around Campus

BUILDING KEY (Downcity Campus)

Residence Halls
- 1. McNulty Hall
- 2. Snowden Hall
- 3. Xavier Hall
- 4. Imperial Hall

Dining
- 5. Snowden Dining Hall
- 6. Marketplace
- 7. City Burger/Starbucks
- 8. We Proudly Serve

Academic/Administration
- 9. Academic Center
- 10. John Hazen White Center
- 17. TACO Center
- 12. Xavier Academic Complex
- 13. Johnson Hall - Classrooms
- 14. The Del acute Building
- 15. Citizens Bank Center for Student Involvement - Student Activities
- 16. Yana Center - Library
- 17. Richmond Building
- 18. Wales Hall
- 19. Student Services Center
- 20. Campus Safety & Security
- 21. Cookson Place
- 22. Davol Square Building
- 23. Physician Assistant (PA) Building

Off-Campus Building
- 24. Providence Performing Arts Center

BUILDING KEY (Harborview Campus)

Residence Halls
- 1. Harborview Village
- 2. West Hall
- 3. East Hall
- 4. South Hall
- 6. Harbor View

Dining
- 7. Harbor View
- 8. Red Sauce Pizza & Pasta / Starbuck
- 9. Campus Convenience Store

Academic/Administration
- 10. Wildcat Center
- 11. Harborview Academic Center (HAC)
- 12. Wildcat Wheels/Transportation
- 13. The Friedman Center
- 14. The Culinarian Center for Culinary Excellence
- 15. Campus Safety & Security
- 16. Culinary Arts Museum
- 17. Grace Welcome Center
confused and then he said “You’re not wearing the right shoes. I wanted to give you a bench test but I guess I can’t do that. It looks like you’re going to have to knock another.”

At this point I was humiliated. I told him that I wasn’t informed by human resources that this would be taking during this interview. After a long groan, the executive chef told me to sit in his office. He was looking over my resume and said “You’re not a culinary major?” I replied “No, I’m a Restaurant, Food and Beverage major.” He proceeded to say that he would consider the importance of a culinary major. After talking with him about my experiences, it seemed unimpressed and uninterested in anything else I was going to say.

After some awkward silence he informed me that I didn’t have enough experience to be working for him. That was the end of my interview. The executive chef then brought me back to the human resources office. He said, “It was a pleasure meeting with you chef. Thank you for making the time to meet with me. I really appreciate it.”

I was said “You’re welcome!” and I never saw him again.

This interview was awkward, humiliating and completely unprofessional. I was flabbergasted by the executive chef’s actions and his overall attitude. As a graduate of Johnson & Wales, he was taught the principles of professionalism just like I’m teaching now. It was obvious that the power he has at the hotel has given him and inflated his ego. After this interview, I don’t want to pursue any career at the hotel. Although he was such an awful experience, I learned a lot from it. It reminded me what power we can do to people. It taught me how not to treat potential employees. Most importantly, it taught me to make a matter what job I get in the future, need to remember where I started from and that professionalism is so important.

What advice do you have for the incoming freshmen?

Take advantage of all that the campus has to offer, make sure you don’t pressure yourself too much, talk to the Resident Assistant’s (RA’s) in your hall about any of your concerns and be sure to have fun and enjoy yourself. Balance and time management is really important as a college student. Make sure to be realistic while enjoying the city. Most importantly, go to class!

Leslie Dunn, Sports Entertainment and Events Management, Senior

Why do you think it is important to get involved with clubs and organizations on campus?

I think it’s good to be involved on campus because you are in college to not only better yourself selectively, but to better yourself as a whole. When it comes down to networking, it’s one of the best things you can do because it allows you to be involved with more things.

- Manuel Quintanilla, Business Management, Junior

What event during the school year would you recommend incoming students to not miss?

If I were an incoming freshman, I wouldn’t miss Student Activities Night because it gives you the chance to meet all the students and organizations on campus. Johnson & Wales also give you the opportunity to actually see if you’re interested in joining the one that is right for you.

- Brittney Jumonville, Criminal Justice, Junior

Each trimester the University involvement Board (UIB) hosts a series of events to engage the Johnson & Wales community. UIB started in 1999 and celebrates their Annual Welcome Week. It was one to remember last year with events such as Student Activities Night, in which all Clubs and Organizations on campus were to display all that the organization has to offer. This is always a great success with a great number of students attending.

UIB continued searching for fun filled activities for incoming freshmen and seniors. This year UIB has recently released movies for free every Thursday! UIB also held “food Bingo” where students could participate in a walk away game with a free ice cream treat. UIB also continued the very recent Sombrero Bingo and provided food and refreshments for students to watch the game together at the 2nd floor of the Wildcat Center. Who can pass on wings and good company?

UIB hosted their final “Spring Fling Week” with fun in mind. Events such as Beach Bingo, Found Footage Festival, Spa Day, Criss Cross Collision, a movie screening of Movie 43, the Annual Battle of the Campus, the Wahoo Concert, and a Wahoo 3k race for incoming students. This year right! This organization knows exactly what the JWU community wants and has much more in store for the year to come!

The UIB executive board consists of Johnson & Wales students who strive extremely hard to constantly engage all students around campus. Whether it’s a simple spa day to help relax students during finals week, or an exciting Wahoo Carnival to celebrate a successful year, UIB does it all. The students on the executive board are everyday students who enjoy bringing new ideas to campus; you can be one of them. If you are interested in joining UIB, contact the organization through the Involvement Network.
Culinary Arts
The Woman Who Whisked America Away
The Life of Julia Child

Ali Fuller
I&D/tech & Design Editor

Bon appetite! These two words might be the most fondly remembered by many of the significant and remarkable culinary figure: Julia Child. Born on August 15, 1912 in the American countryside, Julia was the daughter of an American housewives’ perceptions of the art of cooking by her techniques shown on her books and in her literature. It’s rare for one figure to change the culinary arts, and food culture all throughout America.

Living an ambitious life at a young age, Julia had ambitions to travel the world. She came from a wealthy family, residing in Pasadena, California. During her high school years, she went to San Francisco's elite Katherine Branson School for Girls. She was an awkward 6 feet, 2 inches, and the tallest student in her class. She was known to many as "a prankster, who could be crazy, really wild," and was incredibly talented in golf, tennis, and small-game hunting. In 1930, she enrolled in Smith College in Northampton, Massachusetts, with the dream of becoming a writer. Shortly after college, with no luck of having a book published, she moved to New York City and worked in advertising at W&J Sloane, a home furnishing company.

Shortly after being fired from her job for "gross insubordination," Julia moved to Washington, D.C. in 1941 at the beginning of World War II. In D.C., she worked as a research assistant for the Office of Strategic Services (OSS). It was while working for OSS that she met her husband Paul Child. At the end of World War II, in September 1946, the two were married. Paul’s job was reassigned to the American Embassy in Paris, causing the Childs to move to France. It was this move which changed Julia Child and her image forever.

Julia attended Cordon Bleu cooking school in Paris. After six months of intense culinary classes, Julia and her colleagues Simone Beck and Louise Bertholle formed their own cooking school called L’Ecole de Trois Gourmands (The School of Three Gourmands). Julia and her two partners worked to transform the complex French cuisine into a two-volume American cookbook, which was released in September of 1961 and titled Mastering the Art of French Cooking. The book was the bestselling cookbook for five straight years after being published.

Then in 1962, Julia starred in her first episode of The French Chef. Her cookbook and television show changed the way Americans connected to food. Shortly after her TV premier, she became a whole-hearted, quirky American celebrity. She made numerous appearances on Good Morning America, won an Emmy Award, and the George Foster Peabody Award, both in 1964. Julia went on to star in three other television programs, and wrote a slew of bestselling cookbooks covering a broad range of culinary topics.

According to biography.com, everyone did not favor Julia. She was frequently condemned for her poor kitchen demeanor. A letter once stated “You are quite a revolting chef, the way you snap bones and play with raw meats.” To some this was seen as a weakness, but to many this was seen as a strength of Julia’s. She was able to let loose and make cooking fun for Americans across the country.

In 1993, Julia was the first woman inducted into the Culinary Institute Hall of Fame. Nine years later, in 2002, the Smithsonian’s National Museum of American History in Washington D.C. revealed an exhibit featuring Julia’s kitchen, where she filmed three of her popular cooking shows.

She died in August of 2004 of kidney failure, two days before her 92 birthday. Even though she has been gone for almost 9 years, Julia’s memories and culinary passion continue to live on. Her cookbook, Mastering the Art of French Cooking, is a classic with a number of fantastic French recipes, easily accessible and readable by Americans.

The spring season is an opportunity to take advantage of all the fresh and local abundance of produce at local markets. So put on an apron and start mixing it up in the kitchen French style... Bon appetit!

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## Build Your Own Bar

Elizabeth King
Staff Writer

In today’s fast-paced, grab-and-go society, many people of all ages are switching to energy bars as a portable meal replacement. It is commonly believed that a rush can be bad for your health, but it is better than going without food for hours on end. Studies show that an energy bar can lead to a collapse in blood sugar and metabolic rate (both causes can cause you to feel tired and gain weight among other things), as well as the desire to overeat shortly after. So how do you find one that is right for you?

Energy bars are a good option for those who need a filling snack but don’t have the time or resources to eat a container full of carrot sticks or a handful of nuts. Unfortunately, many energy bars on the market today are filled with sugar and fillers that do just as much damage to your body as a candy bar. Many people have the misconception that all granola bars are healthy, but many big-name brands load their bars with sweetener and preservatives so that they will taste better to the average person.

However, it is possible (and very easy) to make your own energy bars and save yourself from all of the unhealthy products on the market. You can create your own personalized bar with the flavors you want. In fact, many people have all the ingredients they need already in their pantry.

Here is a simple formula, courtesy of the International Culinary Institute: a single batch that you can follow to create your own protein or snack bar:

1. Preheat oven to 350 degrees for 15-18 minutes.
2. Note: You’ll have the most success if you use unsalted, unseasoned versions of the ingredients, and control the sweetness and saltiness through the sweetener and added salt.

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## Ben Sukle: Introduces Birch

Adam Rotnitz
Staff Writer

It all started with “Hello!” It was the first tweet from @birchPVD, the Twitter moniker of soon-to-be restaurant birch. Ben Sukle, the newly-acclaimed chef and a Johnson & Wales University graduate, has also been known as the Providence’s Dorrance restaurant, Sukle and his wife Heidi are opening a brilliant new restaurant at 200 Washington Street (the space formerly occupied by Tini). Providence’s food scene has been buzzing with anticipation for birch to open, it is set to open in mid-June.

Sukle is known for his unique approach to food, in which not a single ingredient goes unnoticed. He puts time and passion into selecting the finest produce, meat and seafood from small, local farms and distributors. The menu at birch will focus on exactly what is available, a la carte menu which will be ever-changing with the seasonings, and with ingredient availability. So far, 2013 has brought期待 for birch to Providence; such as The Grange, and everyone is expecting to welcome birch as a new

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Chef Ben Sukle

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Homemade protein bars. Courtesy of chocolatechillimango.

**1 tablespoon of extract (optional)**
1 teaspoon of dry spice (optional)
1/4 teaspoon sea salt
1.5 cup of oats
1 cup dry base ingredient
1 cup stirs-ins
1. Add oats and dry base ingredients and pulse just to combine.
3. Add stirs-ins and pulse again just to combine. If the consistency seems spreadable, you’re good. If it’s too dry, add 1/4 cup of water. If it’s too wet, add an additional 1/4 cup of the dry ingredient.
4. Grease 13x9 pan with baking spray or rub with 1 tablespoon oil, then spread mixture into pan. Bake at 350 degrees for 15-18 minutes.

Recommended stirs-ins
Shredded coconut, chopped dried fruit, chopped nuts, cocoa nibs, dry fruits, crushed pretzels, chocolate chips

**This simple formula is a fantastic way to cut sugar, calories, and unhealthy fats from your on-the-go snack and personalize your energy bar on a budget. A single batch will provide you snacks for quite a while, so it doesn’t take much more time than a trip to the store. Of course, this formula may not be perfect depending on your dietary restrictions, but experimenting with it in the kitchen can be a fun (and delicious) adventure!**
Cartoon Network's Revolution

Elizabeth King
Staff Writer

When it comes to an obsession with nostalgia, people born in the 1990s seem to be at the top of the pack. I know very few 90's kids who don't reminisce about their childhood and wish that kids today could understand the joy that they experienced in their youth. Yet, in a sense, the legacy of the 90s is not as dead as some may believe. Many of us 90's kids watched Cartoon Network growing up, and even more recognize the cartoons simply from the impact that they had on the world of animation. Cartoons like Dexter's Laboratory (my personal favorite), Ed, Edd, and Eddy, and Codename: Kids Next Door were some of the fun works that made kids laugh and glue their eyes to a TV for hours. With the number of people who wish they could watch the old shows again, it's no wonder many of those old cartoons are now available on Netflix.

However, there is plenty more to this 90's revival. The most notable one is the 2013 Cartoon Network lineup. Many returning shows were listed, but the stars of the reviving the new shows that will begin airing in the summer and fall season among them are shows such as a new Batman and Total Drama series (both of which I cannot wait to see, but best of all surprising were the number of works that 90's kids may be familiar with. The most notable of these is the new series, 'Teen Titans Go!', which is a more comedic spin on the original 'Teen Titans' that was based off of the DC comic series of the same title. 'Teen Titans Go!' features a more youthful, 'chibii' art style, but has brought back the voice-cast of the original. The show follows superheroes Robin, Starfire, Cyborg, Beast Boy, and Raven through their everyday lives in between saving the world. Considering the intense, thoughtful plot of the original, this shift into a sillier, comedic genre will not only divide from what fans are familiar with. The next series is a remake of the classic cartoon "The Tom and Jerry Show," and producer Warner Bros. Animation has kept a similar art style and theme of the rivalry between cat and mouse. The characters are basically identical to the original, and the only major change has been the rise in animation to vibrant HD. Fans of the original can now watch Jerry pound Tom over the head with a hammer with brighter colors and smoother motions.

Finally, Cartoon Network announced what possibly made the biggest splash of the 2013 revival: a new Powerpuff Girls movie. Like "Teen Titans Go!", the original cast of "The Powerpuff Girls" returned to perform for this remake, but this is one of the only similarities that the special has with the 90s version. The animation and art styles are radically different. Perhaps the most exciting news of the special is the appearance of musical legend Ringo Starr playing a role as "Fibonacci Sequins," a flamboyant mathematician. Starr also performed a musical theme for the movie, titled "I Wish I Was A Powerpuff Girl." Although the art style may be unappealing to some, the return of the original voice-cast after many years and the appearance of a former Beatles in the movie definitely make it a force to be reckoned with.

This new lineup certainly has captured the attention of many fans. This coming shortly after the return of the late-night anime segment "Toonami" shows that Cartoon Network is doing its best to reach out to a broader audience. We can only wait and see what they will come up with next.
There's no Place Like Home: Traveling Tips That Could Save You Dough!

Traveling smart and following these tips will help you save pocket loads! Photo compilation by Kyle Brennan.

Lion King (although they act much like the animals of the African brush.) I know, I get it. The allure of going home to see your suffocating parents and your abhorrent siblings is something everyone cannot wait to do, but try having some patience. It could save you a book or two. Purchasing a plane, bus, or train ticket for the beginning of the week can reduce travel fees notably. Plus, look on the bright side; you can use the extra time to contemplate why you want to go home in the first place.

3. It's a bird! It's a plane!

Nope... it's a bus.

Yeah, I know. Doesn't sound that great. I'm not saying to take a bus all the way back home, but taking buses to alternate destinations during travel can save you loads of cash. For instance, I have saved pockets full of Benjamin's by busing it from Providence to Boston and flying out of Logan International.

Friends With Benefits

No strings attached cast exemplifying the awkwardness of being FWB.

Tanise Reynolds-Frencia
Staff Writer

To properly respond to this subject you must know what friends with benefits means. It is a friend that you have sex with in the aims of becoming nothing more or less than what you are prior to the sexual acts. Even knowing this, I still cannot comprehend why anyone would want to do this since this type of relationship rarely survives and can cause more pain and drama than an actual romantic relationship. I am under the impression that people engage in this act to avoid “dry spells” after they’ve left a relationship. Or just to fulfill sexual desires without having to deal with all the rules and regulations of being in a romantic relationship.

This being said, why would you use your friend as an object to try to avoid a forecast of an unbearable sexual desire or assume that they would agree to the proposal of friends with benefits? When was the last time you asked for them? Humans cannot help how they feel most of the time and one or both parties begin to want each other emotionally. I can’t quite wrap my head around wanting someone only for a few of their body parts and not the whole human. Apparently, this generation has become accustomed to chopping up the opposite sex into segments and dehumanizing them by forgetting that those body parts belong to one whole human and is equipped with that complex emotion that usually cannot be controlled.

The only way I see this working is if both parties have clearly established that it is just sex and that if someone begins to develop feelings for the other they must decide to stop this friends with benefits deal. They would also need to discuss which direction to go in next. Although, this won’t solve the problem of the secret getting out to other circles because humans are social creatures and will most likely tell at least one person about how much fun they’re having with their friends with benefits. Should this friends with benefits relationship end painlessly, both parties have to consider that if your next romantic relationship partner learns that you were with your friend they may not feel comfortable sticking around for much longer.

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