Rumors refuted
Plans of parking garage come as a surprise

Renee Grivois
Staff Writer

The new parking garage being constructed on Pine Street has been major topic of discussion for Johnson & Wales students for many months. As the garage nears completion, those discussions are becoming more and more frequent. Many students find that they are getting mixed information concerning everything from the opening date to pricing. Mr. Merlin DeConti, Senior Vice President of Facilities Management at JWU, agreed to help shed some light on the situation and help clear up any confusion.

The garage is located next to Wales Hall on Pine Street. According to DeConti, the construction of the garage is right on schedule. It is expected to be complete in time for students to begin using it after they return from winter break in January. It will hold 746 cars, and over 500 of those spaces will be for student use, while the remaining parking spaces will be for campus faculty. DeConti cites the cost of building the garage as $30,000 per car.

The garage will only be for the use of commuter students, continuing education students, and faculty. Faculty are the only drivers who will be able to park in the garage for free. The public will not be permitted to park inside the garage either, with the exception of some special occasions related to campus events. In this case, parking passes will be issued to those drivers. Students will be able to access the garage using their student ID. Instead of paying for a parking pass, students will pay a daily rate that has not been established yet. There will be a meeting in November to further discuss pricing; however, the cost will most likely be comparable to what students pay when parking at the meters on the street.

Pay for parking in the garage will be similar to how drivers pay for parking in the city.

Wildcats enjoy this year’s Midnight Madness

Mikey Davis
Staff Writer

Tee shirts fly through the air. Athletes run to the court. Students twerk for prizes, and Willie does the Dougie. Hearing about it is one thing, experiencing it is another. Not like most pep rallies, Midnight Madness is a smorgasbord of JWU Athletics and the talents that students have to offer. Cheerleaders greet you as you enter the gymnasium, where you’ll quickly find the stands filled with students ready to cheer on Athletics and show off their Johnson & Wales pride. Willie was there to reveal his new makeover and wild personality.

The event is all about audience participation, and this year it accomplished just that. Dance teams competed to receive the loudest cheering and best reactions from the audience, while students were encouraged to participate in a game of tug of war, pitting freshmen and sophomores, and Juniors and Seniors each against each other. The event goes until midnight, and packed full of games and free JWU swag, which is all the more reason to check it out next year!

Cooking Up Good Health:
Tulane-JWU Partnership Explores Culinary Medicine

Abby Bora
Staff Writer

When Chloe Marshall sat through a presentation about a new partnership between Tulane University and JWU during her sophomore year, she didn’t think much of it. She learned that JWU would be sending culinary students to TU, a renowned medical university in New Orleans, to participate in a “culinary medicine” program and work. At the same time, medical students from TU would come to Providence to study nutrition and healthy diets while also interning at a local hospital.

Initially, Marshall wasn’t interested in the program, which was just in its beginning stages. As a result of schedule conflicts, the culinary nutrition major needed to complete her associate’s internship during her junior year. Her career advisor felt that Marshall, with a concentration in clinical dietetics, was a good fit for the new partnership. “Boom—I was headed to the crescent city,” Marshall said.

Marshall was the first JWU student to participate in the innovative program, going to TU alone for the winter of 2012. The goal of the partnership is for students of both universities to increase awareness about the significant role diet plays in maintaining health. David Minsky of Miami New Times reported that the universities’ “long-term collaboration” works
Cooking up good health

Continued from page 1

Marsha Snyder said, "The fact that TU and JWU are doing it now makes us a little like pioneers." She said an "excellent science and nutrition major at TU had an opportunity to attend JWU for a summer term last fall. Along with another TU student, Alison Kartush, Evans sat in on Profes-
sors Robinson and Street's Dining, Lifestyle Nutrition and Medical Nutrition Therapy classes. They also participated in a one-day course in nutrition and sensory analysis. During these cours-
es, Evans and Kartush learned about the different diets used for varying illnesses and condi-
tions, as well as how to prepare healthy but tasty meals. "Working alongside the chefs was a once in a lifetime opportunity that I would not trade for anything," Evans said. "What made my experience, above any-
thing else, were the people." Evans said that while JWU's combin-
ing JWU's nutritional and TU's medical education—will be better able to help future students make healthy dietary deci-
sions and understand the importance of eating right. "I expect my time at JWU to pay dividends to my patients," he said. "At the end of the day, that's what matters most."
Best thing to happen to Sallie Mae since textbooks

Dan Davila  
Staff Writer

Every year, Johnson & Wales accepts thousands of eager students who are ready for the college experience; but are their bank accounts ready as quickly as they are? A large percentage of incoming students choose to live in an on-campus environment their first year. Why wouldn’t they? You surround yourself with other students, you don’t need to worry about buying food, and you are close to class. Though this offers a smooth transition into college life, many students find the cost more than overwhelming.

According to The College Board, the average cost of room and board fees for a four-year college is just over nine thousand dollars. At Johnson & Wales, the cost of living in a dorm that doesn’t have a daunting resemblance to a jail cell is twelve thousand dollars a year. Some would say that three thousand dollars is not a huge difference, but after Sallie Mae calls you up with the four-year long bill, you’ll know how much it really is. When comparing housing prices to off-campus living, you can rent an apartment out for a fourth of the cost. This is why many students choose to live off campus after their freshman year.

Although comparatively an off-campus living environment might sound appealing, there is more to it than most students know. If you choose to live off campus, you are subject to loosing scholarship money based on your “financial need.” Lynn Robinson, Executive Director of Student Academic and Financial Services said, “The cost for living on campus is higher than the expense to live off campus because most commuters have shared living environments which results in shared rent. The variation in direct room and board expenses vs. rental expenses could impact a student’s need for financial aid however every student living situation is different.” Interesting. So the choices are: A. Live on campus and take out a student loan to help pay for housing or B. Live off campus and take out a student loan to help fill the empty void that was once scholarship money. Unfortunately, this leaves students stuck between a rock and a hard place.

Deciding your college living situation can really be a tough decision for a young student to make. Both living options have their perks, but they both share the same down side. The choice should be about creating a living environment that you want. Today, the choice has unfortunately transformed from on campus or off campus, to Perkins or parent plus.

Yeah, I’m a feminist, but you’ve got me all wrong

Gabrielle Wilson  
Staff Writer

Take a minute to really think about feminism. Women have come so far in the last few decades. So much so, that some people have claimed that there is nothing left to fight for anymore. I, on the other hand, wholeheartedly disagree. There are still a slew of issues that need to be addressed, like the existence of rape culture, the common and acceptable usage of words like “slut” and “whore,” and the fact that even in 2013, women still make 76 cents to a man’s dollar. These are just some of the reasons why modern-day feminism exists.

Unfortunately, there are some feminists who are a bit overzealous in their approaches, and end up harming the cause, more than helping it. And because of that, I wanted to inform people what it truly means to be a modern-day feminist.

For one thing, feminists are not man-hating, bra-burning females (please do not burn your brass, those things are expensive). They come from all different backgrounds, races, classes, and sexual identities. And get this, men can be feminists too! People from all walks of life are able to understand these issues and see why people are demanding change.

On the other hand, it needs to be known that being a feminist doesn’t earn you a “special snowflake” award. I’ve noticed that some people call themselves feminists to literally do nothing but make themselves feel better. So, if you shame other women for their choices, call them sluts and whores for their clothing choices, make rape jokes, think “Blurred Lines” is an acceptable song (Really?) Did you even listen to the lyrics?! or assume that feminism only pertains to white heterosexual females - you aren’t a feminist; you are only tearing down the progress that has been made.

Although I’ve always had the same values, I’ve only recently started identifying myself as a feminist. But what I have realized is that while these feelings don’t necessarily need a label, they do need to be understood. Feminism shouldn’t be intimidating to anyone. It should bring people together in a way to stand up for what they think is right.
4 CULINARY ARTS

New York crumb cake recipe

Amy Ganz
Staff Writer

Credit: Foster’s Market, Raleigh, NC

Are you looking to stray away from the traditional pies and strudels of Thanksgiving? Try out this recipe for a delicious and unique Thanksgiving dessert:

Ingredients:
- 2 tablespoons canola oil
- 4 cups flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 large egg
- ¼ cup milk
- 2 teaspoons vanilla
- 1 cup light brown sugar
- 1 ½ teaspoons ground cinnamon
- 1 cup (2 sticks) unsalted butter

Confectioner’s sugar for dusting

Directions:
1. Preheat the oven to 350°F.
2. Brush pan with canola oil and dust with flour so the cake won’t stick.
3. In a bowl, mix 1 ½ cups flour, white sugar, baking powder, and salt.
4. In a second bowl, whisk egg, milk, oil, and vanilla.
5. Fold dry mixture into wet mixture, and then spread the batter into the pan.
6. In a medium bowl, combine the remaining 2 ½ cups flour, brown sugar, and cinnamon.
7. Pour melted butter over the mixture and toss until large crumbs form, then sprinkle the crumbs over the batter.
8. Bake for 10 minutes.
9. Rotate the pan and bake for an additional 10 minutes, or until a cake tester comes out clean.

When the cake is cooled, cut into 3-inch squares, dust with confectioner’s sugar, and enjoy a yummy ending to a Thanksgiving feast!

Complex name, simple food: AS220 FOO(d) review

Elizabeth King
Staff Writer

When it comes to the culinary arts profession, most people only imagine food and ignore the fact that “arts” is directly in the title. Cooking and presenting artistic and delicious food takes a unique aesthetic, and a rising number of people are expressing themselves through the culinary profession in more ways than one. The people behind AS220 FOO(d) are a great example of cooking combining with contemporary art to create a one-of-a-kind experience that you can only find in the city of Providence.

AS220 itself is not exclusively a food movement. It is a community that supports all forms of arts and helps create an environment in which self-expression and creativity can flourish. The AS220 website (as220.org) details their mission and background, including both the restaurant and the art movement.

My experience at this restaurant/bar began while I was searching for vegetarian-friendly restaurants that were within walking distance from campus. I found that AS220 offered vegetarian, vegan, and unrestricted options, and that the former two were clearly marked on their simple, legible menu. I was pleased to learn that their mission is centrically located on Empire Street, which is hardly a five-minute walk from Gaebe Commons.

The restaurant is a small, hole-in-the-wall kind of place where you order food at the counter, are given a playing card, and come up to get your food when your card is called. The

Photograph // Kyle Brennan

Vegetarian Thanksgiving dinner option

Renee Grivols
Staff Writer

Thanksgiving is all about family and food. Everyone looks forward to feasting with their loved ones. Most families have traditional holiday recipes that have been passed down for generations. Vegetarians can sometimes feel left out during the holidays when the highlight of the Thanksgiving meal is a big bird sitting in the middle of the table. Cooks might not know what to prepare for their vegetarian guests who will be both meat-free and satisfying.

The good news is that many popular Thanksgiving side dishes are already suitable for vegetarians. The green bean casserole is both a time-honored favorite and surprisingly substantive. Even meat-eating guests will love this dish. The beans and mushrooms make it very filling, and who doesn’t love fried onions? This particular recipe from Martha Stewart is made entirely from scratch instead of using unhealthy, processed ingredients like cream of mushroom soup and fried onions from a can.

Green Bean Casserole

Ingredients:
- 3 cups vegetable oil
- 6 large shallots, cut into very thin rings
- 1 1/2 cups all-purpose flour
- 2 pounds green beans, trimmed and halved
- 1 ¼ cup (1 ½ stick) unsalted butter
- 1 pound button mushrooms, trimmed and coarsely chopped
- 14.5 ounces vegetable broth
- 1 cup whole milk

Directions:
Step 1: Preheat oven to 425 degrees. In a large skillet, heat oil over medium heat. Line a baking sheet with paper towels. In a large bowl, toss together shallots and 1 1/4 cups flour until shallots are evenly coated. In batches, shake off excess flour from shallots and fry until golden and crisp, about 5 minutes, adjusting heat if the shallots are browning too quickly. With a slotted spoon, transfer to the baking sheet and season with salt. Set aside. Step 2: In a large pot of boiling, salted water, cook green beans until crisp and tender, about 6 minutes. Drain and rinse with cold water to stop the cooking. Pat dry.

Step 3: In a large saucepan, melt butter over medium-high heat. Add mushrooms and cook until the liquid has evaporated, about 7 minutes. Season with salt and pepper. Add 1 1/4 cup flour and cook, stirring until incorporated, about 1 minute. Whisking constantly, gradually add broth, then milk, bringing to a simmer. Cook, stirring occasionally, until sauce thickens, about 5 minutes. Season with salt and pepper. Step 4: Add green beans to mushroom sauce and toss to coat. Transfer mixture to a 9-by-13-inch baking dish. Bake until bubbling around edges, about 15 minutes. Serve topped with fried shallots.
Escape The Fate’s tour survival guide

Reena Chikrani
Staff Writer

Although the band had a bumpy start, the Las Vegas natives Escape The Fate have been stealing the hearts of fans throughout their recent Fall tour. The group, who released their fourth studio album Ungrateful earlier this year, will not be missing their tour dates, as they will be setting sail later this month for an international tour. I caught up with singer Craig Mabbitt and he gave me the breakdown of how he survives life on the road.

1) The five necessities
“Socks and underwear, obviously, my phone, Xbox, and it always helps to have beer.”

2) Worry about eating healthy later
“I’ve been eating really unhealthy lately. The only thing I ate today was three mozzarella sticks and I’m on like my sixth beer right now, so, yeah, not very healthy eating.”

3) Steal some Zazz’s when you can
“Four days ago, the label had me wake up super early, fly to LA, do a photo shoot, then fly back to tour and play a show. So lately I haven’t been sleeping much and I’ve been exhausted. But, sleep is very, very important on tour.”

4) Party, party, party...in moderation!
“The older I get, the more I need to start balancing partying. I definitely don’t wake up feeling like a million bucks anymore.”

5) Showering without a shower
“Oh man, I should have put this in my five things to bring on tour list. Hand sanitizer, I’m so obsessed with hand sanitizer. I don’t even care if it sounds gross, but after a show, I just load the hand sanitzer and put it all over myself. I mean, it does kill 99.9 percent of the germs so, you know, I get pretty clean after that.”

6) A clean bus is a happy bus
“The bus has been spotless everyday of this tour. Our rhythm guitarist T.J. [Belle] likes to use sheets, everything, vacuum, and we light some candles and it really makes it feel more like a home.”

7) Keepin’ it positive when things get hard
“I just try to remind myself that I’m lucky to be here. Like, my day could be a lot worse. I could be having a crappy day and not get to be playing in front of all these people tonight. So things could definitely be a lot worse. If you don’t know how to make your day better when you’re out here doing this, then you’re just not going to enjoy doing this anymore.”

8) Haters gonna hate
“As soon as you start accepting the fact that you know you’re a cool guy and you know you’re not big-headed, the sooner you understand that people are going to say what they’re gonna say and you can’t please everybody.”

9) Try to balance life at home with life on the road
“I try my hardest to make tour life seem like home-like so it goes by quicker, and that’s why I always try to remind myself how lucky I am. That’s why I like to always go out and party and socialize because it just helps the time go by. I have a kid at home, and that gets tough. So I was just sitting on the bus twiddling my fingers and thinking about stuff, I’d be like ‘I wanna go home. I don’t wanna be here anymore.’ I just enjoy it (touring) as much as I can and then before I know it, I’m back home.”

10) Follow advice from the party master Andrew W.K.
“His tweets always boost my mood. He’ll just be like ‘Party tip: eat a peanut butter and jelly sandwich’ and I’ll just be like ‘Yeah! Good idea Andrew W.K. Let’s do this!”

Inappropriate jokes have students in tears of laughter

Colby Fraser
Staff Writer

On October 29, 2013, Johnson & Wales hosted a comedy event in Schneider Auditorium. JWU hosts many of these comedy shows throughout the year without a high students attendance rate, which is too bad because most of these comedians are outrageously hilarious. This particular show proved this with opener David Borowin and headliner Ryan Reiss, a comedian from New York. Reiss has been seen on Fox and MTV. He has also written co-produced a show for Spike TV. He recently turned to performing at colleges and universities across the country. Borowin is a freshman at JWU and used this to fuel humor for his act. His topics included the homeless population, City Burger, Asian exchange students, strip clubs, and infamous Oakland Street. Some jokes were more vulgar than others, but all around he did a great job warming up the audience for Reiss’s even more offensive act. Ryan Reiss’s performance revolved mainly around audience interaction. His style reminded me of a mix between Louis C.K. and Dane Cook. His material was crude, and I loved it. My favorite comedians are the ones who make people uncomfortable with certain topics. Right off the bat he said, “Black people, you can move to the front, President Obama won the election.” Another one of my favorite jokes was about the pronunciation of Iran, “I was doing a show once and I was talking about Iran (i-ran) and a woman in the audience stood up and said ‘I pronounce e-ran, you should really learn more about other people’s culture. So, I proceeded with hitting her with a rock for talking back to a man in public.” Reiss connected with the audience fabulously and used the conversations from the audience to lead into some of his jokes. His wit was remarkable, and I was impressed with how he could come up with jokes about the audience members off band. He conversed with a woman a few rows ahead of me about her ethnicity. She listed several nationalities and he said, “Was there anyone in your heritage that said ‘no?’ The audience was in tears. Overall, the show was a complete success. It lasted about an hour and fifteen minutes and I was laughing the entire time. There were no awkward moments, though there were moments when I questioned if it was okay to laugh at certain jokes. Although the show was free, I would have paid to see them preform. I am astonished that so few Johnson & Wales students attend these free and hilarious events. I hope to see many more of you at the next comedy show. You’re missing out.”
**Holiday hot spots**

Alexis Smith  
Staff Writer

The Holiday season is upon us and everyone wants to know the "hot spots" to get the best deals on Black Friday and Cyber Monday. For the first time this year, stores will be opening up on Thanksgiving Day around 8 pm instead of the usual 12 or 5 am. However, there will still be stores that will open up at the usual early Black Friday hours due to state laws. This year there should be plenty of good deals because of the fact that there is one less week of holiday shopping between Thanksgiving and Christmas, due to Thanksgiving falling later than usual. Stores are definitely going to offer really good deals to bring in the customers this year, especially for Black Friday. The "hot spots" for this year are Macy's, Kohl's, Walmart, Target, Best Buy, and Toys 'R Us.

Macy's will be coming out with good deals on Rampage boots. Also, Macy's kitchen appliances will be at a low price. Kohl's looks as if they will have good deals on on-line hardware, appliances, home items and clothing, with especially low prices on their exclusive brands like Jennifer Lopez and Elle. Kohl's sports merchandise for all major sports teams will also be heavily discounted. On top of all of the great deals, shoppers can use Kohl's cash and other coupons for the holiday season, to reduce checkout prices even more.

**Great American Smoke Out**

Katherine Taylor  
Copy Editor

The American Cancer Society marks the Great Ameri- can Smoke Out on Thursday, November 14, 2013, by encouraging smokers to set the date to make a plan to quit, or to plan in advance and support someone who is attempting to quit. By quitting, even for one day, smokers will be taking an important step to a healthier life—one that can lead to reducing cancer risk. Tobacco is the single largest preventable cause of death and premature death. It kills about 43.8 million American still smoke cigarettes; that’s nearly 1 in 5 adults. As of 2010, there were 15.2 million current smokers in the U.S., and 2.2 million who smoke tobacco in public.

Colleges Against Cancer is hosting the Great Ameri- can Smoke Out in the first floor lounge in CRC 811 on November 14 from 2-5 pm. There will be tables with games, trivia, a cost calculator, and tips to help you or those around you quit smoking. They will even have an interactive profile of a lung to witness damage caused by tobacco use.

In preparation of The Great American Smoke Out, smokers can set a quit day and learn about how to stick to their quit day, as well as the benefits of stopping their addictive and life-threatening habit. Some immediate benefits to quitting include better-smelling breath, whit- er teeth, yellow fingers and fingernails disappear, food tastes better, sense of smell returns to normal, and ev- eryday activities will no longer demand a smoke break. These are only the short-term benefits to quitting smoking. Stop by CRC 811 to come up with a quit plan and learn about the long-term benefits of quitting tobacco use.

Walmart and Target are going to be packing, seeing as they already offer low prices and great deals. This year, expect popular toys to go fast. Gaming systems will be a hot item because there is a high demand for them. Small appliances and big screen televisions will also be hot items this holiday season. There are some- times long lines for Black Friday deals on these items, so be on the lookout for those.

Best Buy is another store to check out because it is filled with all types of up-to-date and popular appliances and technology. Make sure to check their televisions, cameras, laptops, games, and gaming systems. It may vary by brand, but overall Best Buy is going to have very good deals.

Lastly, Toys 'R Us may seem like an odd one to add to the list of "hot spots," but they actually have good deals on other items such as tablets and gaming systems. Toys 'R Us is definitely a great place to check out if there's one in your area.

Not only are Amazon and eBay going to be busy on Cyber Monday but they are going to have good deals on Black Fri- day as well. They are expected to have reduced prices on almost all of their electronics. They are a great place to shop if you do not like the hustle and bustle of the long lines, or the pushing and shoving of the crowds out at the stores. This is an alternative deal- finding shopping experience this holiday season.

Overall, holiday shopping is going to be interesting due to the fact we have one less week be- tween Thanksgiving and Christ- mas. We will just have to wait and see if the deals are going to be better than last year.

**Sperm Control**

Tanise Reynolds-Francis  
Staff Writer

For the past 50 years or more, contraception has been pressed into the minds of women in an effort to reduce unwanted preg- nancy. Though contraceptive methods have been stretched and altered to fit the lifestyles of almost every kind of woman, they have serious side effects. There have always been discus- sions as to why there seemed to be little interest in developing a more effective form of contraception for men. Thus far, no one has even thought about using a condom or to consider getting a vasectomy; a perma- nent procedure in which the vas deferens is clipped and tied to- gether to prevent the production of sperm.

Guds you’re in luck! The good news is you don’t have to go through this gruesome permament procedure. The other good news is that a new form of male birth control is in the final stag- es of research and trial. RISUG stands for Reversible Inhibition for Sperm Under Guidance. Un- like a vasectomy, sperm can still escape the body and will not cause pressure to the incision area. In this procedure, after the anesthetic is administered, the doctor then injects a serum into the vas deferens through both sides of the scrotum. The serum includes a motonic polymer that forms a coating around the vas deferens, causing any sperm that goes through it to be deactivated chemically and unable to fertili- ze an egg. Efforts are still being made to prove that RISUG is safe and completely effective, but this form of contraception sounds promising.

Unfortunately, RISUG was created by a scientist in India by the name of Supoj Guha and is not funded by any pharmaceuti- cal company or medical research lab. Interest in this procedure has risen worldwide and would be great for a number of reasons beyond preventing unwanted pregnancies. The possibilities are endless.

**F/W Trend: Layering**

Turner Allen  
Staff Writer

From bohemian to grunge, the Spring 2014 runways look to layers. Incorporating this trend for fall/winter can be the fine line between being chilly and looking bulky. Here are 3 tips for creating the perfect multidimen- sional, layered look for this sea- son:

1. Proportion is Key  
Layering is all about propor- tion. Unless you are a 98-pound, eastern European supermodel who looks good in everything, you will need proper propor- tions to keep your layered look from appearing heavy and cum- brous. Start thinning out the look by choosing a shoe with a heel that will lengthen your legs, giving your body an instantly slim look. Pair these shoes with a form-fitting pant. Focusing your layering on your top half while slimming your bottom half will give defi- nite volume while avoiding dowdiness.

2. Mix Materials  
Avoid drowning yourself in too many heavy materials. Creat- ing a mix of weight and textures will create a lush, well thought- out look. Mixing too many heavy, stiff materials at once (wool, leather, denim, gabardine, etc.) will have you looking less like a snow bunny and more like the atombomb snowman. A healthy mix of billowing and structured fabrics will insure a perfectly co- hesive ensemble.

3. Color + Pattern: The Do's and Don'ts  
Since layering gives you cre- ative license to play around with your wardrobe, it can be easy to get overwhelmed with conflict- ing colors and patterns. When it comes to color, stay with hues that are in the same family. For example, blues are easy to pair and always a classic look. Mixing too many bold colors will quickly overwhelm a petite figure and unflatter those curves. If you wish to mix patterns, keep them small, or incorporate one simple bold print to keep the whole look clean and minimal.

The final word of advice is to have fun and experiment to see what works with your wardrobe and your body. Fashion has no set rules or standards; be cre- ative and enjoy dressing for the theatre of your life!
Julio Abbiss

This week I will be taking a break from my international journey's, to instead take you to New Orleans, Louisiana! The Big Easy is unlike any city I've ever been to. Every turn introduces you to the sounds of a new street musician and the smells of Cajun and Creole cooking seeping out from a bustling restaurant. And don't forget the sights of the beaded necklaces being thrown from French-inspired balconies on Bourbon Street! Because New Orleans is the epicenter of Southern food, I'm making this week's column a foodie addition. Here are some of my personal suggestions that will make you want to book a flight to New Orleans right away.

Café Du Monde: I don't care what you're doing or where you are, you need to SPRUNT to Café Du Monde. Established in 1862 as a part of the French Market, Café Du Monde is a New Orleans icon, open 24 hours a day, 364 days a year (closed only on Christmas Day). Without exaggeration, people from all over the line surrounding streets for the Café’s piping hot beignets (French donuts covered in powdered sugar) and their dark roast coffee. My suggestion: Don’t wear black. Even though you’ll try to be classy and not get excess beignet sugar everywhere, somehow you’ll end up covering yourself in it. Embrace it.

Also, you may find me crazy, the best time to go is 7 am. It’s the one time of day where you won’t have to wait in line and the beignets are super fresh. Take your bag of beignets and coffee out to the steps leading to the Mississippi River and watch the sun rise. It’s beautifully calm and the perfect start to your morning.

Jambalaya and Gumbo: Perhaps my two favorite dishes in the world, gumbo and jambalaya can be found at practically any restaurant in New Orleans.

For those who don’t know, jambalaya is a dish that resembles Spanish paella, with ingredients such as rice, chicken, smoked sausage, and vegetables like onions, bell peppers, and celery. Basically all you need to know is that it’s glorious, and a must have.

If you have jambalaya as your main dish, I would recommend having a cup of gumbo as your appetizer. Gumbo is a spicy stew that contains either chicken or shellfish, and is a party for your taste buds. All in all, it’s the perfect meal to get you acquainted with the New Orleans way of life.

Alligator and Crawfish: You can’t leave New Orleans without at least trying crawfish. Yes, it’s a little intimidating to crack the head off and suck the meat out of the body of the crawfish, but once you get the hang of it, it’s pretty awesome. The flavor is astounding and you’ll end up craving it when you’re back home. As for alligator, I can personally tell you that like everything else, it tastes like chicken. I would recommend getting alligator bites, which basically look like round chicken nuggets. Plus, you will probably win the “weirdest food you’ve eaten” contest among your friends.

Po Boys and Muffuletta: These two traditional sandwhiches are making me hungry just writing about them. If you’re looking for a great tasting Po Boy, head to Mother’s Restaurant. It’s located in the French Quarter and is home to “The world’s best baked ham.” However, I would recommend ordering their fried shrimp Po Boys. You’ll get French bread stuffed to the brim with fried shrimp, tomatoes, shredded lettuce and remoulade sauce. Tartar sauce and shrimp cocktail sauce is also served on the side.

As for muffuletta’s, I would go to Central Grocery, right across from the French Market. It’s the “Home of the Original Muffuletta” and it does not disappoint. It’s a massive round sandwich and its main ingredients include:

Thanksgivukkah

Julio Abbiss

If you’re an avid foodie like me and are constantly scrolling down the food tab of your BuzzFeed app, you may have already stumbled across the article that made me super excited. It’s titled, “How to Celebrate Thanksgivukkah, the Best Holiday of All Time!” Apparently, these two holidays won’t happen on the same day again for the next 70,000 years. So it’s pretty much required to celebrate both, regardless of your religious affiliation. You can do so by putting a Jewish twist on classic Thanksgiving Day recipes.

One of my favorite holiday’s to spend with my friends is Thanksgiving. Every year we have a tradition of doing “Thanksgiving’ing,” a night where we gather and have a Thanksgiving feast of our own.

To mix it up last year, we implemented “Anti-giving” and had a Spanish theme to our meal. Some of our dishes included turkey tacos and plantain stuffing. It makes it super fun and gets the creative juices flowing.

This buzzfeed article totally inspired me to make this the new theme of my upcoming Thanksgiving, and I’m sure all you culinary kids out there will want to take these ideas and run with them.

Buzzfeed’s first suggestion is making potato latkes with a cranberry applesauce topping. These are followed by other ideas like Maneschewitz-brined roast turkey, sweet potato bourbon noodle kugel, and challah apple stuffing. Have I gotten your attention yet?

To download the recipes and see what else BuzzFeed suggests, go to www.buzzfeed.com/christinebyrne/thanksgivukkah.

Post your Thanksgivukkah pics on our facebook page at facebook.com/jwccampuspher ald! Don’t forget to go all out on your table’s centerpiece! Happy Thanksgivukkah!

WE WANT YOU IN OUR SHEETS.

JOIN THE CAMPUS HERALD WRITING STAFF.

JWUCAMPUSHERALD@GMAIL.COM

Photographs // Julia Abbiss
Explore cities across the Northeast

Convenient Schedules
Book LOW student fares

Service from One Peter Pan Way & Downtown (Kennedy Plaza)

NYC Boston & more!

peterpanbus.com
14th Annual Greek Life Presents:
Dance Marathon

NOVEMBER
18th

DELANEY GYM
2PM-12AM

any questions?
Please Contact Leigh Adamo @ 401-598-1120 or LAdamo@jwu.edu
Men’s basketball ready to take the next step towards success

Christian Nelson
Staff Writer

As the weather is starting to cool down in Providence, students and fans are starting to get ready for the big college basketball season that fans look forward to every November. With basketball being one of the more entertaining sports in recent years among Americans and international markets, it is without a doubt that men’s basketball is one of the most anticipated seasons by college students across the country. It is because it is a very exciting time of the year, students at JWU should be ready to witness some great success for the men’s team playing at the Wildcat Center of the Rhode Island Campus starting in mid-November. Coming off a very respectable 13-15 record in conference last season, expectations are that this success will translate into even greater results this upcoming year.

The Wildcats are preparing for some stiff competition this season, facing the likes of many of Division III’s finest. Coach Jamie Betten has done a great job getting the squad together and preparing for a wonderful road ahead. The team squares off against a fellow Rhode Island Collegiate rival, the Salve Regina Seahawks on November 15.

It’s time for a football team ball program for the Wildcat school pride at campus will reach its potential. Every Saturday, there are students watching other schools play football, wishing that it would be their Wildcats and fellow classmates they were supporting with a passion.

Adding on to the excitement, Coach John Johnson & Will Dill are a couple of new coaches that are part of the campus football program and will take our beloved Wildcat fans of our university.

*The above image does not count for “Where’s Willie?” competition. Sorry, keep looking!

Naim Leary
Staff Writer

As the field hockey team progresses through the season the bond between the ladies and staff builds every game they play. This year, they are working hard and raising their game every time they step on the field. Our team is composed of 12 players with a goal from 3 different states. The ladies perfect their skills and we look forward to them joining to lead our Wildcat ladies in starting this program. Coach Lane states “I have always been passionate about sports and football in general. I moved up the ranks in coaching, started as a graduate assistant, moved up to be assistant coach and being the head coach of my own team was always the goal I set for myself.”

This was the perfect timing, new program, I am honored to be the first field hockey coach for JWU. As a program is a special thing. My plans in coming here were to, in the next 5-3 years, put JWU field hockey on the map and be a threat in the GNAC. I know that with a new program, like any other thing, there will be bumps in the road, but we are working hard and raising their game every time they step on the field. We are still looking to improve every day.” These ladies are working extremely hard and we cannot wait to see them grow. I also acknowledge Coach Lane’s efforts and are committed to their minor details that make our game happen.

Coach Lane

Coaching staff, our players, andábudding sports fans can come up to any one of these coaches and discuss any issue, problem or concern. What we can encourage the players to not to come over to us about field hockey issues, but also life issues. That is what great staff reflects on the presentation of the ladies on and off the field, and the field hockey coaching staff gets a thumbs up.
Battlefield 4 multiplayer review

Colby Fraser
Staff Writer

With over two years of development, Battlefield 4 launched on October 29th on PS3, Xbox 360 and PC. This game will also be available for next-gen consoles (PS4 and XBOX ONE) on their respective release dates. Dice, the creators of the Battlefield series, has added many new online features to BF4 compared to the previous BF3. The most notable is the commander mode, which one player on each team steps away from battle to issue orders from a top-down tactical screen to their teammates. They can put focus on certain objectives as well as provide vehicle drops, tomahawk strikes, vehicle radio, spawn giveaways, and much more. A player can do this mid-game or even on their tablets. Battlefield 4 also debuts the Frostbite 3 engine that allows for massive destruction in game. Almost everything in the multiplayer maps is destructible. They also include different map changing events that can be triggered. Dice coined the term Levelution! For instance, one map you can explode a dam, which causes flooding to an entire village, making mobility mostly possible by boat.

Another map, Siege of Shanghai, A sky scraper will fall if taken too much damage. Paracel Storm features dynamic weather, where the map starts out in sunny conditions, which can later turn into a tropical storm that causes an aircraft carrier to crash in the middle of the map. Some multiplayer maps are bigger than ever and far more beautiful than ever. DICE gives these maps jaw dropping details. I do caution, however, that those wanting to buy this game to buy on PC or wait for the next generation of consoles to come out. BF4 on PS3 and XBOX 360 doesn’t compare to the PC or next-gen.

On current consoles, the teams are 12v12 compared to the 32v32 on PC, XBOX ONE, and PS4. There are also noticeable glitches in map textures and game mechanics on current consoles that are unseen on PC.

Just looking at the forums, players on XBOX 360 and PS3 are outraged by how bad the game performs.

This game is truly for the next generation and almost a waste of money for those buying it for current generation. The game is beautiful on ultra-high settings and almost flawless on the PC version and the XBOX ONE and PS4 will mimic this. Overall, I give the multiplayer 8.5 out of 10 on PC and a 7 on current-gen consoles.
Wildcat Wednesday

Dates:
November 6
December 4
January 8
February 5
March 5
April 2
May 7
June 4
July 2
August 6

Show some spirit, wear your JWU gear!

Get one JWU item 20% off at the bookstore

Study Abroad Program
Application Deadlines

2013-14 Programs
2014-15 Exchange Programs

Priority Deadline: November 15th
*The priority deadline is the deadline for all Spring 2014 programs, College of Business SWAPs and Italy (fashion) program

274 Pine Street, Providence, RI 401-598-1406 Studyabroad@jwu.edu
www.jwu.edu/studyabroad JWU Study Abroad