CLASH FOR THE CUP

The men’s basketball teams from all four campuses play to win the first ever JWU CUP

Renee Grivois
Staff Writer

The first-ever JWU Cup basketball tournament will be taking place this December. The events are scheduled to begin on December 12th and continue until December 14th. This year was chosen to kick off the event because 2014 marks the 100th year that the university has been open. The purpose of the JWU Cup is to unify the four Johnson & Wales campuses. In an effort to do so, each campus will be sending their basketball teams to either the Providence or Denver campuses to compete against their fellow students. The Providence campus will be hosting the men’s tournaments, and the Denver campus will be hosting the women’s tournaments. Each of the four campuses has a men’s basketball team, and three of them have women’s teams. Charlotte being the campus that does not have one.

Who’s moving in next door?
New policy requires international freshman to live on campus

Abby Bora
Staff Writer

As the new trimester begins, JWU is adopting a new policy regarding student housing. All freshmen, be they international or domestic, are now required to live on campus, unless they meet certain qualifications that identify them as commuters. Previously, only domestic students had to live on campus during their freshman year—international students had the option of living off campus.

“The university felt that, as with our first-year domestic students, this change would ensure first-year international students have the same access to campus resources,” Tara McGee, Director of Student Housing & Operations, explained. “Domestic students are afforded [these resources] simply by living in close proximity.”

According to McGee, about 30% of the first-time international student population chose to live on campus in recent years. Meanwhile, domestic students opt to live on campus around 75% of the time. This new policy mandates that all international students live on campus, which will result in a 100% participation rate.

What about that 70% that now can no longer choose to live off-campus? Will it impact their decision to attend JWU?
“It’s too early to tell, but I’m not sure,” said a student in the dorms.

RI community groups observe World AIDS Day

A1 Fuller
Staff Writer

Johnson & Wales student, Kayla Wiegert, participated in a press conference with Rhode Island Governor Lincoln Chafee, First Lady Mrs. Stephanie Chafee, State Representative Frank Ferri, Dr. Phillip A. Chan, and Anthony Maselli in regards to World AIDS Day. Maselli, who suffers from HIV, spoke about how his life changed after finding out he was tested positive. Dr. Chan, an HIV specialist, talked about the disease and how it has improved from a medical standpoint.

On December 2nd the Rhode Island Coalition for HIV Prevention conducted Rhode Island’s 2nd Annual World AIDS Day Event at the State House.

An estimated 1,593 Rhode Island Islanders have died from HIV/AIDS since 1983, 2,000 people are currently living with HIV/AIDS in Rhode Island, and up to 100 people are infected with it each year. According to Executive Director of AIDS Project RI, Thomas Bertrand, “Although HIV is a disease that can be managed through medication, it’s impor-
Whos moving in next door?

Continued from page 2

really worried," Katie Gilbertson, Director of International Student Services, said. "If they live a mile or more, they'll like it on campus."

Chia-Chun (Joanna) Liu, an international student from Hsinchu City, Taiwan, agrees that everyone should experience the campus life at some point but mentions some drawbacks to the new policy as well. "The expense international students pay is already very high. Living on campus is more expensive than living off campus. Changing the policy will increase the expense for students." 

When Liu came to JWU during her sophomore year, she was a transfer student, so even if the new policy was in place, she would not have been required to live on campus. She decided to live off campus and sees many benefits to finding your own housing. "I am now on my own, being in charge of my own life," Liu said. "Living on campus provides me an opportunity to get familiar with the surrounding city."

Others believe that it is just as important to get familiar with each other. The new policy aims to bring international and domestic students together, creating a tighter community. "The more we put students together, and treat them all the same, the stronger we'll be, with more opportunities to learn from each other," Gilbertson said.

For the past few years, Residential Life has offered a global diversity community, which allows international and domestic students to live on the same floor of a residence hall. This year, the global diversity community is in McNulty Hall, where the students can bond in a shared kitchen and lounge. "Resident students are encouraged to participate in our diverse and inclusive community," McGee said.

"We hope the community will grow, with students from different cultures and backgrounds learning from each other and interacting in meaningful ways."

With the new policy in place, the community will certainly grow.

The Campus Herald
Victor Sigvardsson
Editor-in-Chief
Kyle Brennan
Assistant Editor
Nicole Guzman
Advertising Manager
Contact Information
"CBSI, 3rd Floor
232 Weybosset Street
Providence, RI 02903
Email: javcampusherald@gmail.com

Mission Statement
The Campus Herald shall provide, in a fair and accurate manner, news of interest and significance to Johnson & Wales University community and serve as a forum for the expression of ideas of members of that community. Furthermore, The Campus Herald shall provide an opportunity for students to pursue experience within a professional newspaper environment.

Advertising
Johnson & Wales University's student newspaper. The Campus Herald, distributes 1,500 copies every other Wednesday at over 50 locations on campus. It is free to all students, faculty and staff. Please contact Nicole Guzman, Advertising Manager, 401-998-1489 or NAG664@jwu.edu for more information, including rates and payment methods.

Coverage Requests
Requests for coverage and tips should be submitted to the Editor-in-Chief and to the relevant section editor. Please e-mail javcampusherald@gmail.com.

Letters to Editor
Letters must be submitted via e-mail and must include the name of the author. Letters are written by individuals and represent the opinion of the author, not necessarily that of the newspaper. The Campus Herald reserves the right to condense or edit letters; shorter letters will be given higher priority.

Standards
The Campus Herald is not a legally or financially autonomous corporation. Johnson & Wales University is the publisher and is ultimately responsible for the content appearing in The Campus Herald. The Campus Herald is proud to be a member of the Associated Collegiate Press.
Rheonna Kabloulo Staff Writer

In the U.S. we celebrate Christmas on December 25th knowing that the good kids will get presents from Santa and the bad ones will get coal. In Italy children receive gifts from the good kids, and coal from the bad kids. In Santa Claus. As the story goes, Lalaftena, a servant child, was able to teach three Kings on their way to see Baby Jesus, how to get to Bethlehem; Lalaftena was cleaning at the time and didn’t care to help the men. In her guilt for having sent them away without direction, she searches for the Baby Jesus every January 6th leaving presents in each house as she looks. In Spain, Mexico, Puerto Rico, and South America, the Three Kings carry the presents along with all the gifts. And in Germany Santa is accompanied by his helper Knauspatz, and the two of them travel around giving gifts to good children, and leaving the bad kids with a few hits from the back end of a switch.

It seems that Christmas is celebrated all around the world and is recognized as the same event. As a near country of the world celebrates it differently? There is no standard for Christmas. Everyone has their own way of doing things and no one tradition is necessarily correct. Is there still love about Christmas. The fact that it can be universally accepted and still nationally individualized is an impressive feat in today’s world. So to this point, I make a proposal: let it take one step further and not only give everyone rights to Christ- mas. It is not a religious person, at least. Nevertheless, many parents were ever particularly keen on the establishment, so growing that if you want a religion of my own I could choose it for myself. I’ve talked about being a Christian to any religion, but in the mean- time I partake in Christmas regardless. Many times, and by many people, I’ve been told that I shouldn’t be celebrating Christmas since I’m not Christian, but to those people I say, stop being so sexist! Stop trying to monopolize Christmas! I understand that it started as a Christian tradition which’s k*ck! Is it really Christmas? These days Christmas is more of an industry than a holi- day. According to the National Retail Federation, last year holiday sales reached a new record of $758 billion. Using those kinds of stats how could you possibly ex- pect a religious holiday anymore?

You will never hear me utter the words that Christmas is a bad thing, or that the commercialization of it has ruined its integrity. It’s quite the contrary actually. Christmas is my absolute favorite time of the year, and honestly, I can’t imagine it being any other way. I find it so intimate and wonderful to celebrate the holidays every holiday season, but hey if you can’t beat ‘em, join ‘em: and no offense to all you anti-christmas people, but you’re not winning against the industry. It’s just not possible.

What it really comes down to is we are a consumer- based society, family, presents, and food. It’s one day where everyone in the country is given a few hours of happiness...or at least it should be. Whatever I decorate my tree, spend weeks trying to find the perfect gifts, and come home only to put up with my crazy family for the holiday season, I’m not doing it for Christian. While I appre- ciate that some people are, I wish those people would appreciate that I just don’t, do it for me, and for the people it’s simple as I love. It must you “Keep the Christ in Christmas” I think we should start telling people to keep “mas” in Christmas, as in, more. More people, more presents, more joy, more everything. And maybe people will say I’m wrong for thinking that way, but just that cause its name never changed doesn’t mean the establishment really stayed the same. I am not sorry to say that Christmas is just as merriest tradition in Christmas traditions as Santa and Lalaftena are these days. Some people will center their holiest traditions on Jesus, others may not, and that’s ok. Truly everyone, it is OK. A holiday that marks it as a day of universally accepted joy then just the more merrier. And when you see Christmas around, this holiday season bring you all great happiness.

Do you feel that living on campus adds on to the college experience?

I believe that it adds to your college experience living on campus because if you don’t live on campus your Freshmen year you may feel disconnected because people may have made those connections prior, you might feel out of the connection.

Alicia Laramée Sophomore Hotel & Lodging

Chiu May Sophomore Baking & Pastry

‘Tis the season for shopping

Renee Grivois Staff Writer

“Consumerism” has always been a dirty word for most people. It usually conjures up images of sneaky salesmen and evil Wall Street tycoons. However, people seemed to be particularly sensitive to the c-word this holiday season. Their heightened animosity was likely due to the fact that many stores, most notably Amazon, opened their doors earlier than ever to kick off their annual Black Friday sales. Some sales started as early as that they were referred to as “Gray Thurs- day” sales. This meant that many shoppers, and the store employ- ees who serviced them, spent their holiday at Kitman or Target, rather than with their families. Whether these people were in the stores to snag a killer deal on an Xbox One or because some corporate entity told them they could make work on a major holiday or find alternative employment, their Turkey Day activities were the source of much discus- sion for those of us at home. For the most part, those discussions cast a negative, judgmental light on Black Friday and inevitably referred back to the evils of con- sumerism in America.

Perhaps those not in fa- vor of the annual retail frenzy should consider what this coun- try would be like without con- sumerism. Black Friday is excessive consumptive at its best, the very thing that this country (and Thanksgiving) is known for.

For businesses, Black Fri- day is a crucial period. Many of them rely on the surge of holiday shoppers to get their finances out of the red in time for the end of the year. It is a chance for them to show customers how innova- tive they really are as they com- pare with countless other similar companies for shoppers’ hard- earned money. Many businesses offer their lowest est sales prices of the year in the hopes of enticing new customers to try their products and become loyal buyers.

Black Friday shopping sea- son is also the reason why many of these businesses hire seasonal employees. Many of these em- ployees are college students, retirees, or other people who might not be able to work at oth- er times. Most of them rely on the seasonal boost in their income. For consumers, Black Fri- day is opportunity to really make their money work for them. Few Americans have a lot of dispos- able income to spend on Christ- mas gifts. A 56% discount may be the only way that they can afford to give their child that special gift that their little one has been yearning for all year long. Some people might say that parents should teach their children to be less selfish, but that lesson will be cold comfort to that 6 year old who wakes up on Christmas morning and all Santa has left him is a package of socks.

This country thrives because of consumerism, and that’s what Black Friday is all about. Hol- idays are about tradition, and Black Friday shopping has be- come a tradition for many Amer- icans. Like it or not, it is probably here to stay.
Cocoa with a dash of...

Ingredients:
- 8 ounces of dark chocolate, finely ground
- 2 cups of whole milk
- ½ cup of heavy cream
- 2-3 pinches of white pepper
- ¼ cup of raspberries, puréed in a blender

Small marshmallows to garnish

Directions:
1. Combine the milk, cream, and pepper in a medium saucepan. Do not over medium heat, stirring occasionally. Heat until it starts to simmer, but don’t let it boil. It will start to burn the milk and cream.
2. Pour the heated mixture over the chocolate, and let it sit for about a minute, then mix it with a whisk until all of the chocolate is melted.
3. Add the raspberries into the mixture and whisk until well blended.
4. Reheat the mixture on low in a saucepan until hot to the taste.
5. Ladle the cocoa into mugs, and top with marshmallows and more chocolate shavings if desired.

COCOA,RASPBERRIES & PEPPERS

Dawn Davila
Staff Writer

In the late decade, people have become more and more conscious about what they eat, specifically, where it comes from. Thus, companies are growing in the state of Rhode Island yet, according to the International Journal of Consumer Studies, the average meal travel exceeds 1,500 miles before it lands on your dinner plate. I find this very concerning. If you can drive 30 minutes in any direction from downtown Providence and reach any sort of farm, why is it that we consistently buy food from elsewhere in the country or from the far reaches of the world? Hopefully, by making people aware of this, we can make them think about investing in a more locally sustainable life.

A mere 25 minutes from the front gates of Garbec Commons, there is a 150-acre farm in Smithfield, RI. Anne Marie Bouthillette and her family have been running the farm for years. They provide great quality coffee at a reasonable price. New Harvest Coffee and Spirits is the perfect place for students who don’t want one of their daily swipes at Starbucks. The shop is slightly cheaper than Starbucks, and the service was no doubt, faster than Starbucks.

I’m not a huge coffee drinker, but I enjoy good coffee, and I would say that coffee at New Harvest is in quality and price, a lot fresher tasting than Starbucks coffee. The place gives off makes New Harvest Coffee and Spirits the kind of place where it’s enjoyable to just sit down and drink a coffee. Hot coffee is $1.90 for a small, and $2.20 for a large. Iced coffee is $2.30 for a small and $3.00 for a large. Specialty drinks range from $2.10 to $3.75 and fresh pastries from Seven Starks Bakery are around $3.00. If you need a place to relax, have a coffee, and work on your homework, New Harvest has you covered. If you just want some great coffee for a reasonable price, New Harvest Coffee and Spirits has that too. If you haven’t been down yet, it’s totally worth checking out.

Hours
Mon-Thurs 7 am - 8 pm
Fri-Sat 7 am - 11 pm
Price Range: $5

Visit FarmFreshRI.com for information about farms and farmers markets in your area.
2013 Year end review in music

Gabrielle Wilson
Staff Writer

We're very close to ending 2013, and while everyone is looking forward to the New Year and what it will bring us, it's important that we look back on all the cool and not-so-cool things that happened in music over the last twelve months.

- Macklemore and Ryan Lewis blew up the charts with "Thrift Shop"; everyone runs to the nearest Goodwill as quickly as possible.
- Eminem released the much-anticipated The Marshall Mathers LP 2 which was loved by music critics.
- Robin Thicke topped the charts with "Blurred Lines"; then the media called the song out for being sexist and degrading to women.
- Other highly anticipated and well-received albums that were released include Kanye West's Yeezus and Daft Punk's Random Access Memories.
- Mumford & Sons officially went on indefinite hiatus; people started crying that mainstream indie is over.
- Justin Timberlake did literally awesome thing possible announced his return to music, put out "Suit & Tie" with Jay-Z, released two albums The 20/20 Experience and The 20/20 Experience - 2 of 2 - did an amazing performance during the VMAs, won numerous awards, and was humble about all of it.
- Miley Cyrus, wanting to shed her Hannah Montana persona completely, released her album Bangerz and the singles "We Can't Stop" and "Wrecking Ball" where the music videos involved a lot of her tongue hanging out of her mouth and swinging naked on a wrecking ball. Needless to say, we enjoyed many, many parodies this year.
- A whole bunch of stuff happened at the VMAs: NSYNC had a twenty second reconciliation before running to what I like to call the Justin Timberlake Show, Robin Thicke and Miley Cyrus did a disturbing mashup of "Blurred Lines" and "We Can't Stop" and both Kasy Perry and Lady Gaga performed new singles "Buff" and "Applause".
- One Direction continued to make young girls cry and their album Midnight Memories reaches the top of the charts, making it their third straight number one album and breaking a Billboard record.

This is only a small handful of all the music moments from 2013, but they definitely all gave us something to talk about. Here's hoping there's as much excitement in 2014!

The museum was so big that I will only mention a few of my favorite exhibits from each level. I began my tour on the first level of the museum, which included exhibits such as the Theodore Roosevelt Memorial Hall, the Rose Hall of Meteorites, and the Hall of North American Animals. The second level included one of my favorite exhibits, the Hall of African Mammals, complete with life-size elephant replicas. You might recognize this hall from the final season of "Mad Men." There was also the Hayden Planetarium and the "Cosmic Pathway." There was no line outside the massive, dome-shaped planetarium, so I was able to watch the short presentation about the Big Bang Theory, narrated by none other than Liam Neeson. The third level held the Hall of Primates, the Hall of Reptiles and Amphibians, and the Hall of New York State Mammals. The fourth level was my favorite level of all. It included the Hall of Vertebrate Origins, the Dinosaur halls, and the Hall of Prehistoric Mammals. I will admit that the dinosaur exhibits were one of the main reasons that I had wanted to go to the museum in the first place. They were the clear favorite amongst the other visitors as well, but despite the crowds, I felt like I was still able to really enjoy the exhibits.

The one downside to my visit was that I didn't have time to see any of the temporary exhibits, such as "Whales: Giants of the Deep" or "Space: Dark Universe" which were being advertised all over the city. At each of the locations where these exhibits were being held, there were long lines of people waiting to see them. I also didn't have enough time to explore any of the gift shops that were on each level of the museum and packed with toys, books, and clothes that corresponded with the major attraction on their respective levels.

Over all, I was very pleased with my visit. I will definitely be returning to the American Museum of Natural History soon, and when I do, I will be sure to allow myself the time to see everything, including the temporary exhibits.

For more information about the museum and its exhibits, please visit www.amnh.org.
6 LIFE & STYLE

Winter Cycling: How to not freeze your ball bearings off
Don Devilla
Staff Writer

If you look in your handy dandy almanac, you’ll see the official first day of winter isn’t until December 21st. Unofficially, it is freakin’ cold outside, which just throws an extra wrench into many people’s daily transportation plans. If you’re like me and are one of the many who, for some reason, choose to brave the frigid tundra and be exposed to the elements on your 10-speed bike, this weather is more than just annoying to you. Biking in the winter can really be a son of a b**ch, but it can be done safely and enjoyably. With the proper gear and techniques, biking in the winter can be a cool breeze.

What to wear?
We’ll start with the most important. Face chapped and dry from the wind, eyes watering from the cold air, nose raw as if it’s eels gushing with pain. Honestly, it doesn’t have to be that way. For one, buying a proper cycling hat can make the world of a difference. This doesn’t mean you need to spend a chunk of cash on a slim fitting, microfiber, insulating, blah blah blah. If it’s warm, covers your ears, and fits under your helmet (because you of course wear a helmet, right?), you’ll be fine. Besides the obvious application of a winter hat, providing your face with the proper coverage is imperative. A simple scarf, bandana, old gym shirt, etc, tied around your face will go a long way and will make a substantial difference.

If you’re biking in the winter, you know that the single most necessary piece of winter gear is your gloves. Biking downhill, in sub-freezing weather without gloves is one of the worst experiences in the world. I’m sure that Guatamalan would use it as torture if they weren’t located in the Caribbean. But when you’re wearing your biking gloves, it is important that you have good mobility with them. If you can’t squeeze your brakes or change your gears, they probably aren’t the safest choice.

Find something relatively thin, water resistant and most importantly,ompacts with no lumps.

When preparing to face the cold on your bike, dressing up as possible is not the best idea. When you bike, many of your body’s heat will be lost. If you’re dressed in more layers than a Matroyshka Doll, you’re going to be sweating. This causes moisture and actually makes you colder. When choosing your cycling fashion, follow the 3-layer rule. The first layer should be a synthetic fabric that won’t absorb any moisture. Under Armor, silk, and cashmere (if you’re rich) work well. The second layer is where you bulk up. Sweaters, wool, flannels, basically anything that a lumberjack would wear. And the last layer is your waterproofing layer. Rain jackets, ponchos, and other water resistant materials are recommend ed. If you follow this rule, I promise you will stay warmer longer.

How to ride?
More often than not, your bike will be completely and totally embarrassingly unprepared for the winter season. The first and foremost thing you should do is get your bike tuned up. If your brakes aren’t in working order, you won’t be for much longer either. The same goes for your suspension’s shock, chain tension and the condition of your gears. On top of that, investing in tires that have a bit more traction can help you stay vertical for much longer. Many different companies make reasonably priced stud deep, stud and traction wheels that will help you stay firmly planted on the road. Also, a trick that my brother first brought up is reducing the amount of air in your tires. I know, you probably think I’m nuts. Riding your bike with partially full tires is just daff. But actually, by reducing the air in your tires, you gain more grip on the slick pavement. Lastly, the way you ride can sig nificantly help you cycle safely. For example, if you’re riding on most of your weight on the back tire, you become a little less top heavy, which will help you not face plant in the street. I don’t know about you, but I don’t really like the taste of asphalt. Especially when it’s seasoned with road salt.

Winter biking is something that all avid cyclists face. Unfortunately, many people turn to alternative forms of transportation during the winter because of the more uncomfortable conditions. Though it can be a pain in the butt to bike in winter (and I’m not talking about the seat), if you simply apply the different equipment and techniques discussed here, biking in the winter can be a piece of (cream) cake.

Not your typical Christmas
Katherine Taylor
Staff Writer

Being 25% Chilean and 25% Spanish, my family celebrates an untraditional Christmas. Instead of having one large meal, we have rounds of tapas throughout the day. We’re Spanish, classic, Jamon Serrano and Manchego cheese. My family has these delicacies shipped all the way from Spain every Christmas season. The thinly sliced salty pig meat paired with the mild cheese makes a delicious on top of crispy crackers. After the tasty Jamon, we move on to spicy chorizo with lubilizada cheese. Occasionally, we even make our own queso dip with diced chorizo pieces in it; warmed tortilla strips make the perfect dip vehicle. Of course, we also indulge in chips with salsa, and hot spinach dip. The next round of uno rortho dox pinches include pistachios and olives imported from Greece. Before the hours of snacking are over, we have my favorite tapa off them all: a slice of tomato soup filled with scallops, muscles, tiger shrimp, and clams. We eat our catfish raw with wasabi. My grandmother made it every Christmas Eve, and now my mom and I carry on the tradition. These tapas are a great mix of my Chilean and Spanish sides, and learning how to plate Christmas Eve experience.

Don’t own an unorthodox Christmas Eve? Tell us about it at facebook.com/jwvcampusherald.

Things to do on New Year’s Eve
Alexis Smith
Staff Writer

New Years is the time of year when almost everyone stays up until midnight just to bring in the New Year. It is a great time to spend with your family and friends. There are many fun and inexpensive ways to bring in the New Year.

Throw a Party:
There are so many things you can do to make your party fun and memorable.

* You can come up with cool/funky themes that are interesting and inexpensive with the right resources.
  * Have music playing and set aside a room or a section of your place for people who feel like dancing.
  * Provide snacks and drinks for your guests, including plastic cups, napkins, and the basics.
  * Have little areas for fun games like charades, karaoke, or cards. There are so many games that you can set up and have people play if they don’t feel like dancing or just sitting around talking.
  * You can also have a can dy station. You can have little goody bags, and people can pick them up. One then can have little containers filled with all types of candy that your guests can pick from to make their goody bags. Or you can make it easier for yourself and just put the candy in one big bowl and have guests pick their own.
  * These are a few, easy ideas of what you can do to throw a party. All of your guests can count down together and bring in the New Year.

If you do not want the hassle of planning a party and then cleaning it all up the next day, then you can do one of these other ideas.

Go to New York City:
Going to New York City is fun because of the way the city is. It’s closed down and they have various events going on throughout the city. It’s fun time to go with a group of your friends and admire all of the decorations.

First of all, you should plan accordingly and well in advance. Try to get into the city at a reasonable time before it gets too hectic and chaotic. This will allow you to have time to find a place to eat and sit. You should try to take the train instead of driving into the city because it’s easier and less stressful than trying to find parking.

* If you are able to get into the city fairly early, you and your friends can find a restaurant to eat at. Places like pizzeria’s are great because they are inexpensive and provide an atmosphere where you and your friends can sit and talk until you are ready to go explore the night’s festivities.

There is so much to do in the city to bring in the New Year. There are always performances at various lounges that host different events to bring in the New Year. They may be on the pricey side depending on what you choose to do. But there will be something fun to do no matter what.

* Also, dress warm if you choose to stand outside and watch the ball drop. It is always cold around this time of year up north.

Overall, it’s an fun experience to go to the city but always plan accordingly to avoid aimlessly walking around without something to do.

Stay in:
Instead of planning a party or going into the city, why not just stay home and spend it with a few of your close friends or your family. It’s probably more relaxing and it’s within the comfort of your home. There are so many things you can do.

* With your friends, you all can each make a dish and when they come over to your place you can merge and eat them together. Or you all can order from your favorite take-out place and everyone can chip in.

* Along with that, you all can bring your favorite movies and play some karaoke night in. It can be so much fun and it does not cost much.

* Most importantly, you can get to hang out with your friends and family and just enjoy each other’s company. Plus, you can be nice and warm staying inside. These are just a few ideas of things you can do for New Year’s Eve. There are so many more things to do. It may help you point in the right direction. Have a safe holiday!
DIY stocking stuffers

Amy Ganz  
Staff Writer

If you still need an idea for stocking stuffers that are budget friendly, try making some of your own! Use your cooking or art skills to make some DIY stocking stuffers that don’t take up a lot of your time, but are still wonderful holiday presents.

* If you like to crochet, try crocheting a reindeer or Santa hat, it’s cute, small, and not very time consuming. For the rein- deer, try using wiggly eyes to give each one a fun touch. All you have to do is search for whatever you want to make, use the pat- terns that you find and add your own creative touch here and there.

As calling our hostel to confirm with them what step to get of at. Her generosity and caring was astounding and really helped us back to our normal, com- posed selves.

We eventually made it to our perfect little apartment ho- tel that was equipped with a full kitchen, huge bed, and a shower that didn’t require bathroom flip flops. It was a glorious relief. Ulti- mately, this part of Athens acted as a place to recharge our alarm- ingly low batteries, and we spent three days tanning and sleeping on a beautiful private beach, 10 minutes away from our apart- ment.

If you follow me on Insta- gram or are a friend of mine on Facebook, you would have al- ready read about my twitter dis- appointment of the realization that Greece does not in fact serve hummus, even though EVERY Greek restaurant I have ever been in has had that as its main appetizer. One restaurant owner even said that he had nev- er even heard of hummus [insert gasp here]. That aside though, the food was actually quite good.

We ate at a fantastic bakery right across from the beach every day that sold everything from cook- ies, to these melt in your mouth, flaky pastries stuffed with mushrooms, ham, and feta. Oh there were literally buckets of fries and chicken gyros. So all in all, my foodie self was satisfied.

Basically, if you’re planning a trip to Greece, skip Athens. Perhaps if we hadn’t been as tired, or overall turned off by the city center itself, we would have taken the time to explore the Acropolis and such, but it just didn’t seem worth it for our agenda. Next time, I’m definitely secluding myself on an island like Santorini...and will bring my own hummus.

Down Santa’s chimney

Tunio Reynolds-Francis  
Staff Writer

Most people think Christmas is strictly a time for family, giving, and being thankful for what they have. Little do they know that winter is one of the best times to have awesome Christmas themed sex! Studies show that women and men get into “the mood” easier during winter and early summer months. For most people, it only gets as sexual as kissing un- der the mistletoe, but even that can get a little naughty.

Turn up your holi- day heat by attaching mistletoe to your belt loop or waist and step confidently in front of your significant other. If that’s too blase for you, try wrapping your- self in a big bow and some nice red night time sleepwear and ask your partner to unwrap you. If that’s too much of a hassle, then simply wait for your honey to get too preoccupied with decorating, cook- ing, or installing lights, and lightly whisper in their ear exactly what you want to do with them.

If you’ve already got them in the sack and in the mood, try role-playing. One of you can play Santa and the other an elf and create a whole story around it. Whether you’re with family or spending Christmas in a cabin together, be sure to ignite your Silent Night with some great themed sex.
Peter Pan

Home for the Holidays

Convenient Schedules
Book LOW web fares

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

daily trips NYC Boston & more!

peterpanbus.com
# Wildcat Recreation Center

## Aerobic Schedule

**2nd Term 2013-2014**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4pm: Self Defense (Room B)</td>
<td>12pm: Pilates</td>
<td>4pm: *Yoga</td>
<td>12pm: Spin</td>
<td>11am: Spin</td>
</tr>
<tr>
<td>5-7 pm:</td>
<td>5pm: Cardio-Kickboxing</td>
<td>4pm: Self Defense (Room B)</td>
<td>5pm: Pilates</td>
<td>12 pm: Zumba</td>
</tr>
<tr>
<td>5pm: *Yoga</td>
<td>6pm: Total Body</td>
<td>5pm: Hot Seat</td>
<td>6pm: Spin</td>
<td>1pm: Yoga</td>
</tr>
<tr>
<td>6pm: *Zumba</td>
<td>7pm: Spin</td>
<td>5-7pm: Self Defense Club (Room B)</td>
<td>6pm: *Zumba</td>
<td></td>
</tr>
<tr>
<td>7 pm:</td>
<td></td>
<td></td>
<td>7pm: Xtreme Fitness</td>
<td></td>
</tr>
<tr>
<td>Xtreme Fitness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Same exciting classes featuring New Instructors!*

---

Dec. 9th—Dec. 20 Holiday Break Resumes Jan. 6th—March 7th
AEROBIC AND RECREATION PROGRAMS ARE FREE OF CHARGE. COME TO AS MANY CLASSES AS YOU LIKE. CLASSES HELD IN THE WILDCAT CENTER’S MULTI-PURPOSE ROOMS.
The progression of the Wildcat Nation

Christian Nelson
Staff Writer

In the past, Johnson & Wales has been recognized solely for its academics. While the culinary programs are still world-renowned and the business school continues to have great acclaim, the Wildcat sports program has developed into one of the centerpieces of school pride and recognition throughout the recent years.

This is happening because JWU has been implementing more teams into the mix to create even more competitive opportunities, while also producing school spirit for the students. In the past year alone, the athletics department has started a men's and women's lacrosse team, one of the most exciting, fan appreciated, competitive sports of today.

The Wildcats of JWU have not always been the focal point of the university, as it was not the biggest concern of the small college that was trying to continuously improve their academic departments. However, after the assertion of being one of the leading universities in the country, JWU has focused on building a competitive athletics program for the students and alumni to enjoy, and stir up school spirit each and every weekend.

We are now seeing teams like the men's soccer team reach incredible success by winning their division's championship in the fall. Now both the men's hockey and basketball teams are achieving winning numbers during this winter term with little hopes.

JWU is beginning to lead the way in Division Three sports, and the progression throughout the years is apparent to students and fans alike.

Clash for the cup

Continued from page 1

In reference to the excitement surrounding the JWU Cup, Caitlin Hansen, the head women's lacrosse coach at Johnson & Wales University, was quoted saying, "The Athletic Department is really excited to host the JWU Cup and welcome the other JWU campuses to Providence. We are looking forward to seeing an inter-campus rivalry heat up in the Wildcat Center and to start a new JWU tradition. Our hope is that the student body will come out in force to show their school pride and send Denver, Charlotte, and North Miami home with a great taste of our Wildcat spirit here in Providence!"

All JWU Cup events are free to students, staff, and fans. The events will kick off on Thursday at 9 p.m. with a viewing party in Schneider Auditorium. Students who attend will be able to watch the Providence and Denver women's basketball teams compete live on the big screen. Free pizza will be offered at halftime.

On Friday at 4 p.m., there will be a pre-game in Delaney Gym in the Wildcat Center. There will be music, food, prizes, and giveaways. The game between the Charlotte and North Miami campuses will begin at 5:30, and the game between the Providence and Denver campuses will begin at 7:30.

The third place game will be on Saturday at 1 p.m., and the championship game will follow at 3 p.m. The presentation of the JWU Cup and the All-Tournament Team will follow the championship game.

Each of the games will also include a t-shirt toss, halftime performances by JWU Greek Life and the JWU cheerleaders, and shotouts for bookstore gift certificates during the 2nd half. There will also be a Resident Hall Spirit Competition held during the JWU Cup. The winners of the competition will be the halls that bring the loudest, most spirited students to all four games. Their prize will be pizza after the games.

The schedule of events can be found on the JWU events page as well as on posters around campus.

Graphic created by Aynaj Grudziński.
Technology & Design

Gear up your bike with the latest gadgets

Don Davilo
Staff Writer

Bikes have been around for hundreds of years. In fact, they were seen in their earliest forms in 1817. Throughout the years, bikes have evolved in many different ways. The mechanics, materials used, shapes, etc. have all been altered dozens of times. Recently, the direction bike innovation has shifted from the actual bike to the less things you would normally think about. There is a relatively new niche in the industry, bike gadgets now include a lot of things from just headlights and speedometers.

An issue that many bikers face when going long distances is attempting to navigate while cycling. Trying to look at your smartphone or constantly glancing and typing on a mounted GPS can be cumbersome and dangerous. That’s why people at Hammerhead developed a revolutionary cycling GPS system that’s unlike any other.

The Hammerhead GPS system is different in one distinct way: Periapheral cues. Unlike mainstream GPS systems that use vocal and visual cues that can be unreliable and cause distraction, Hammerhead relies on your peripheral vision. After programming your route into the smartphone app, the “T” shaped handle bar mount takes over. Using lights on the mount, Hammerhead will show how long until the next turn, when to turn, hazards, distance to destination, and much more. Not only does it navigate you to your destination, it also keeps you safe by warning you of debris in the road, and avoiding traffic and roadblocks. It also lets you share routes and compete times with friends on the app, as well as allowing you to set preferences to what kind of ride you like (hills, urban, etc.).

The Hammerhead navigation system has clearly redefined what cycling navigation is all about and will revolutionize the biking world in the coming year. In June 2014, the Hammerhead can be yours for just $85 plus shipping. Better get on the preorder list, they’re sure to sell out. Eventually, you’ll be able to unlock your bike without a key. Or be able to track your bike through the lock? How about create bike communities within your city, with nothing more than a simple U-lock? Thanks to the folks at Bicko, now you can.

This is known as a regular U-lock, but this high-tech, weather resistant computer does more than protect your bike. When you register the lock on the Bicko app, you unlock a world of possibilities. Foremost, you are able to unlock your bike as soon as your phone comes within 3 feet of the bike. The lock uses the same encryption found in online banking systems. When the signal your phone puts out comes into contact with the lock, it disarms and allows access. On top of unlocking your bike, the app also tracks all your routes, times and even the CO2 emissions you saved. It displays it in all different ways to give you a better understanding of yourself as a cyclist. If you get Bicko, I’m sure you’ll never forget your bike key again.

Every parked your bike and forget where it was? Well, with Bicko you can locate your bike through the GPS within the lock. Another feature that the Bicko makes is location sharing. Through the app, you can share your bike location with other Bicko users in the area. This is a feature that also allows you to share access to your bike with friends, family, neighbors and even other bike enthusiasts. By simply adding your people to your friends and setting a time period for their access, your friend’s phone now becomes the key to Bicko. You can even create your own policy, which requires the people using your bike to leave it in certain areas when done, and defines where they are allowed to go, and how long they can have it in one period. With just one lock, you can create a whole bike community.

This is hands down, the best bike lock on the market today. With all the different features and revolutionary ideas, this lock is a way ahead of its time. Although it is priced a bit steep at $119, it is worth every damn penny.

Since there have been bikes, there has been the same problems. Holes, they are uncomfortable, ugly, and inconvenient. Unfortunately, because of this, many people choose to not wear them. But the next, and probably most innovative, piece of bike tech I am going to tell you about has eliminated this problem from the cycling world.

The invisible helmet (yes, I said the invisible helmet) is one of the most brilliantly simple ideas ever. It all started in 2005 when two Swedish Industrial Design students, Anna Haupt and Terese Alström, decided to make a helmet that people would enjoy wearing, impossible, right? Not for them. Soon after they set out, the airbag concept was born. They quickly hit the ground running and the Hovding was born.

The “helmet” is actually worn around the neck like a collar. Within this collar there is a super strong nylon fabric and a gas inflator. Basically, the helmet uses the same mechanism that a traditional car airbag would use. When the sensor detects a crash or a fall, the gas inflator shoots a burst of helium into the nylon bag that then inflates and surrounds your entire head. The bag has been designed to cover all necessary parts of the head while still leaving the field of vision open. It actually provides more coverage than the average helmet, believe it or not. The gas inflator maintains pressure within the bag for many seconds so that you are covered for multiple impacts within the same crash. After, it slowly deflates and leaves you in the same condition as before.

The Hovding is the epitome of bike innovation and technology. Through this is an amazing piece of technology, it is unlikely that it will replace the conventional helmet for many years. Since the Hovding is priced at just about $500, I think most bikers will stick with their unfashionable headgear for the time being.

Bike technology has become a new and exciting industry within the last decade. The innovation of the people within the industry continue to have amazing inventions that have changed the cycling world. And this is just the tip of the iceberg. Like tech is booming and is only going to grow bigger now and in the future.

Drone deliveries; the wave of the future?

Elizabeth King
Staff Writer

With all of the pain caused by military drone strikes, it is difficult to imagine that these flying machines will ever do anything positive. However, online sales giant Amazon is leading the way in that jayer that view. In a recent interview on “60 Minutes,” Amazon CEO Jeff Bezos went public about his interest in using drones to deliver packages, in a fraction of the time that it takes by traditional shipping methods.

Amazon’s drones currently being developed and published are relatively small machines that resemble small tent rental trucks. This lock may look, with the Amazon logo, with a few propellers coming out from underneath that help keep it aloft. The drone come with retractable legs that allow it to stand over the top of a box so that the clamp on its underbelly can grab the package and lift into the air. The model is still seeing some improvements, but because this drone has been placed in the public eye, it is safe to assume that the final design will be very similar to what is currently being used. According to Bezos claims that the drones, currently known as “octocopters,” will be able to deliver packages within ten miles of its distribution center, so it is likely that this option will only be available to customers in large cities until further improvements can be made. Initial models will be able to carry around 5 pounds of weight, which accounts for the majority of Amazon purchases. According to a CNN interview with drone expert, associate professor at MIT and former fighter pilot Missy Cummings, the current drones only have a battery life of about 30 minutes. This causes serious issues with the delivery estimates of the drones, as this short battery life removes the machines from reaching their destinations, and flights may be limited even further when the octocopters are carrying heavy packages.

The positioning systems of the drones are also disrupted by extreme weather conditions such as snowstorms and hail, which could cause packages to arrive later than anticipated, especially during the winter holiday season in many areas. Another major concern is that people will shoot the drones down either in fear of military strikes, as a political statement, or simply to steal packages. Cummings stated that the drones would have to fly at least 300 feet in the air to avoid shooters, and recommended that Amazon develop safe zones for delivery to deter thieves. Finally, Cummings put forth doubt that Amazon would be able to get permission from the Federal Aviation Administration (FAA) very soon, as the association has expressed reluctance to the use of drones for commercial purposes in the past. All of these factors make it difficult to believe that Bezos’s claims of delivery drones will be fully functional and in use by 2015. Yet, Amazon has done some amazing things in the past, so these octocopters may soon fill our skies.
UIB: Centennial Winter Film Series
9 p.m. Thursdays, Wildcat Center Lounge

12/5 The Family
12/12 The Nightmare Before Christmas
1/9 Cloudy with a Chance of Meatballs 2
1/16 Toy Story
1/23 Captain Phillips
1/30 Gravity
2/6 Ender’s Game
2/13 Last Vegas
2/20 Thor: The Dark World