Hidden Temple
The history of JWU’s oldest residence hall

By Abby Bora
Staff Writer

Natalie McKenna started high school at St. Francis Xavier Academy in 1945 at the age of 13. “My first year, I did not want to go,” she said. “I had other friends... I wanted to graduate with them. My father insisted I go.” Many Johnson & Wales freshmen find themselves in young McKenna’s place each fall: starting a new school, and standing in Xavier Hall.

Every day, McKenna was dropped off by a bus in downtown Providence and walked to 60 Broad Street. At the time, Xavier Hall was just called the “convent” by students. Many nuns—some teachers and some housekeepers—lived there, worshiping in the chapel on the second floor. That year, there were no other spaces available, so the incoming business students were placed in the convent. The science and classical students took classes in the newer buildings, some of which are now a part of the Xavier Academic complex.

After the school was closed in 1983, 132 years after it opened, Johnson & Wales bought the 504-room complex and renamed Xavier Hall. Now, this building houses approximately 240 freshman and sophomore students. Singles, doubles, triples

JWU gets greener

By Renee Grivois
Staff Writer

Winter Week 2014 kicks off this year on January 27th. The purpose of the Winter Week festivities is to give students something to look forward to in the midst of all the dreary winter weather.

The lineup of events starts off on Monday with Winter Week Bingo in the Wildcat Center Lounge at 8pm. Prizes will be given out, including a Kindle Fire HD.

There are no events scheduled on campus Tuesday. Instead, students are invited to attend a hockey game at the Dunkin Donuts Center where JWU will be facing off against rival Sacred Heart. The game is free for all JWU students when they bring their ID. There will also be free transportation provided; the JWU van bus will pick students up from the Harboride Campus and shuttle them directly to the game.

On Wednesday, the 18th annual One-Ton Sundae will take place in Gaspee Commons (rain location: Pepsi Forum) from 11am until 2pm. There will be free ice cream and plenty of toppings for all students who show up. Some will also be available for students who are lactose intolerant or gluten free.

Anyone who is a fan of Harry Potter should attend the Potter Palooza on Thursday, which will be held in the Wildcat Center Lounge from 7pm until 9pm. A showing of the first Harry Potter movie, at 9pm, will follow the event. For the movies, there will be free Honeydukes Candy Bars and Butterbeer from Hogsmeade. There will also be Tarot Card readings from Professor Trelawney, photos, and much more!

Starting at 9pm Friday, Open Mic Night will be held in the Wildcat Center Lounge. There will also be free food. In order to sign up for the event, students should email ulbwga@gmail.com.

In honor of Johnson & Wales University’s 100th anniversary, the theme of the One-Ton Sundae will be “The Centennial Mas-
Filling your FAFSA doesn’t have to be a pain in the assets

Renee Grivols
Staff Writer

For college students across Arizona and the nation, it’s time to fill out the FAFSA. The Federal Application for Student Aid (FAFSA) is the primary method of applying for financial aid for college. For seniors, the process can be daunting. However, there are some good news: filling out the FAFSA doesn’t have to be difficult. It all takes is a little preparation ahead of time.

If this is your first time filling out the FAFSA, then before you can even start with the application, you must first get set up with a personal identification number or PIN. It is the appointment that you will use to electronically sign the FAFSA once you have completed it. Your PIN also can be used to sign loan contracts and to access certain information online. You can get your PIN once you have started to fill out the FAFSA, but you also have the option to get it ahead of time at www.pin.gov. This can help speed up the process as well as to make sure that you have your PIN memorized each time you fill out the FAFSA.

The next step is to make sure that you have all your tax information from the previous year on hand, such as IRS W-2 information for you (and your spouse, if applicable). If you are dependent on your parents, you may also need copies of your parent’s IRS 1040, 1040A, or 1040EZ forms. Having all of these forms together and organized will make the process much easier. When you are ready to begin, go to www.fafsa.gov.

This is the official site. Filling out the FAFSA is free, so if you ever find a site that asks that you pay a fee, it’s most likely a scam. Once you begin, you will need to login with your username and password. If you are a first-time user, you are given the option to create a password, which will be useful if you need to exit the application at any time.

The application is divided into seven sections. The website itself is easy to navigate, but just so you have an idea of what to expect, here is a brief description of what you will see in each of the sections following the login page:

The first section is student demographics. This is where you will provide an email so you can see a copy of your student aid report after your FAFSA has been completed. You will also provide additional information such as the degree you are seeking and whether or not you are interested in work study. Work study is the only federal aid that you must indicate you want to receive.

The second section is dependency. You will be asked a series of questions, and if you answer yes to any of them, you will be considered an independent student. That means you aren’t required to provide additional financial information.

The third section is parental demographics. You will be asked questions about your parents’ marital status and number of your family.

The fourth section is financial information. This is where you will need all of those tax forms. You will be required to include financial information regarding both your parents and yourself.

The following section will ask you to sign and submit your FAFSA. You will use your own PIN to do so.

The final section is the confirmation page. It is proof that you have successfully completed the FAFSA. You should print a copy of this page for both you and your parents and keep it with your records.

Remember, it pays to file early. Literally. No matter what the deadline is for your individual school (for JWU, the priority deadline is March 1st), the sooner you file after January 1st, the better. Many of the different types of aid, especially need-based aid, such as Stafford Loans, and work study, are awarded on a first-come, first-served basis.

Aside from being a bit time consuming, filling the FAFSA really isn’t all that bad. Make it out to be. If you end up having any trouble, the website is full of tips and guides. Personally, I find many of the tutorials on YouTube to be a tremendous help. You still have a hard time, check with the student financial services either at the Downtown location or at Harbor Village.

JWU gets greener

Continued from page 1

amount of food waste on campus. From there they determined that about 1,000 pounds of food is coming out of the CCECE and HAG buildings was food waste. This equates to 4,000 to 5,000 pounds of food waste each day that could have been avoided. If these 3,600 pounds of food waste each day may seem like an impossible task, the students and his team found a solution.

As with any other pilot test, there are many ongoing and future plans for composting machines. For one, although our food waste lies 2 to 3 cm over 1,000 pounds, these machines are meant to digest this amount in 24 hours, not the 12-hour period that one could do. This has proved to be an obstacle in the first trimester, but Miller is confident that with some timing adjustments, the design will be more efficient in digesting the food. Another issue that they have encountered throughout the pilot test is composting machine rot. "We've found big boneless, huge, stainless steel bowls all wedged together that are difficult to clean," he said. Over describing when some of the items that were misplaced in the digestive process, Miller said that the machine has a simple solution: Education. "There will always be human error with anything like this. We just need to learn how to use the machine. Sometimes the levers have led to breakdowns and back-ups, the maintenance team is continuously working on the machines and is making great efforts to reduce downtime and increase efficiency."

On top of the fact that these machines are reducing our food waste substantially, we are simultaneously reaping the benefits of the composted materials. "This goes back to the circle," says Miller. "This is greatly reducing our ground’s keeping costs by allowing us to compost our mulch on the grounds and our new sports field with the composted material."

The recycling team has no intention of stopping the initiative. "There is a great need for these machines, or similar ones, put into place in many buildings throughout JWU," said Miller. "These top-of-the-line machines (only 22 extra dollars a month to lease out own, which not only reduces the initial start-up costs but also allows for technological growth. These are the most advanced machines out there... these machines allow us to swapping them out when the newer and more advanced one is released.

People around campus aren’t the only ones noticing these machines, as well. The more aggressive waste management policies have been recognized nationwide. For instance, JWU ranked 57 for those that are proactive in composting policies by the 2018 Recyclemania Competition and is one of the highest ranking schools, topping out in Blue, Brown, RISD, and Bryant. Many people have worked hard to ensure that JWU is one of the greenest college campuses our school more environmentally sound. Not just Miller’s team, but everyone on campus. From offering single stream recycling bins, to composting and everything in between, we are all putting itself on the map as a leader in the going green movement.
Technology take over: Print vs. social media

Katherine Cook
Staff Writer

Have you ever wondered what would happen if you could read Twitter or Facebook and see all the updates about what is happening around the world at your fingertips? That’s what happened when e-books and social networking sites became the new age of media.

Before the digital age, writing and distributing newspapers and books was a person’s way of finding out important news. Today, however, newspapers and books are now just a memory. With the rise of social media, newspapers and books have been replaced by tweets, Facebook updates, and blog posts.

Many people prefer social media because of its instant availability. However, some people believe that social media is taking away from the written word. They argue that social media is not the same as reading a book or a newspaper, and that social media is not as fulfilling.

But is social media really replacing the written word? Is it taking away from the written word? These are questions that many people are asking today.

In conclusion, social media has become a popular form of communication. However, it is not replacing the written word. Instead, it is a new form of communication that is complementing the written word. So, let’s all embrace the digital age and enjoy the benefits of social media.

The Street

Do you feel that the quality among professors in the university is consistent?

"Yes, I have been happy with my professors so far. They seem to know what they’re teaching and are consistent in their performance." However, I have found that part-time professors don’t always know university policies, but overall they are fine.

Zehring Yu
International Hotel and Lodging Senior

University professors: Qualified or unqualified?

Students often wonder what qualifications a professor must possess in order to teach students at the university level. A common assumption is that the more qualifications a professor has, the better they will be at teaching. However, this is not always the case.

In order to be deemed a successful educator, a professor must possess certain qualities. For example, they must be passionate about their subject and be able to engage students in the learning process. They must also be able to communicate effectively and be able to adapt their teaching style to meet the needs of individual students.

Furthermore, a professor must also be able to provide students with the resources they need to succeed. This includes access to course materials, office hours, and other support services.

As a result, it is important for students to research the qualifications of their professors before enrolling in a course. This will help them determine if the professor is qualified to teach the course and if they will be able to succeed.

In conclusion, it is important for students to be aware of the qualifications of their professors in order to ensure that they are receiving a high-quality education. By doing so, they can be confident that they are receiving the best possible education possible.
CULINARY ARTS
Chef Robert Nograds legacy garden

Elizabeth King
Staff Writer

You may not have heard his name, but if you’re here to study culinary or baking and pastry arts, Chef Robert Nograds has changed your life. A survivor of the AIDS epidemic, Chef Nograds was a key player in the establishment of the culinary programs at Johnson & Wales, and devoted much of his life to feeding the world so that no one would experience the pains of hunger that he once felt. Although he has a kitchen dedication to the Fort Lauderdale Miami campus, the Nutrition Society here in Providence feels that he should be remembered. This was the inspiration for Chef Nograds’ Legacy Garden.

The Nutrition Society has wished for a way to grow fresh produce for use in culinary labs for quite some time now, so they decided that a hydroponics garden would be a great first step. Hydroponic systemsgrow virtually any (relatively small) crop using a nutrient-enriched water solution so that soil can be taken out of the equation. In an area like ours where the soil quality is very poor, this is an ideal system. Using a hydroponic set-up, crops grow indoors under controlled conditions, so the produce will be fresh all year round. High maintenance is required for these systems, requiring regular care of the nutrient solution since there is virtually no risk of weeds or pests.

To start, Nutrition Society was installed to box units along the windows of the Cuisinart Center for Culinary Excellence (CCCE), creating a lovely display from both inside and outside the building. Each unit will hold approximately 11 plants and will most likely be about six feet long, making the garden very fruitful. The system will hold the temperature, pH (acidic, airflow, and UV light at consistent, set rates which the system will control). Most of the garden will be able to grow everything from delicate herbs and micro greens to spicy chilies, at a cost much lower than retail purchasing. Also, the direct flow of nutrients to the crops means that they will grow very quickly, so even students taking off-campus internships will be able to experience the benefits of the garden.

Many of the produce that are already grown in the garden, with Chef Makush overseeing the project, and culinary nutrition student Luis Rivera doing much of the research and planning. Rivera ensures that the units will be cost effective, long-lasting, and aesthetically pleasing when finished, and notes that he has requested help from a friend of a friend to design the hydroponic units. (“The system will look like it was meant to be there,” he claims.) The Science Department has also expressed an interest in joining the project, as the upcoming biology major program would create on-site research teams that could develop a unique, inexpensive nutrient solution to nourish the plants.

Chef Nograds garden has recently undergone review by university staff, and production will begin likely within the first few months of this year. As the emerging science of hydroponics creates new means of feeding the world in areas where farming is not an option, it is truly amazing to see Johnson & Wales carrying out Chef Nograds original mission. The Nutrition Society welcomes all students, culinary or otherwise, to join the project and learn more about this fascinating new form of agriculture.

Callin Brown
Staff Writer

From the market down the street to the fast-food chains you always deny going to, meat glue is everywhere. It is used in many different chefs use it in their restaurants. Transglutaminase, also called “meat glue”, is in practically everything we eat. Because it’s included in the processing, it doesn’t need to be included on the food label. Think you’re immune because you’re a vegetarian? I’m sorry to admit that you’re in false hope. Not only is it used in Tofu, but the binding and thickening agent is found in some yogurts and cereal as well.

Transglutaminase is an enzyme, produced either by bacterial cultivation (via fermentation of plant extracts) or from the coagulation factor in porcine and bovine blood that bonds proteins together. Once it’s been cultivated or extracted, transglutaminase is shipped into a powder that can be easily applied to a number of products.

It’s time to talk about meat glue.

Steve Watson

Steak or fake?

Culinary experiments have been going on for quite some time, but what happens when you have a product that is potentially exposed to dangerous bacteria, is grilled or seared. The inside of the meat is pink or red, but it doesn’t get any significant bacterial exposure, so there’s little to no danger. When two pieces of the meat are glued together though, there are at least two undercooked meat interiors. If the meat is cooked properly, there really isn’t a big issue. But with chain and fast food restaurants, the cooking is entirely out of your hands.

There are a few steps you can take to ensure that there are no complications:

1. Tug gently on your meat. If it comes apart, it’s most likely a fake. If you tug on your meat, you’ll let you inspect the meat.
   - Cook it thoroughly. You don’t have to cook it well done, because it’s been braised or stewing is okay. Remember, it is meat, and it is edible.
   - Ask if you’re ever in a restaurant and you’re unsure, just ask the waiter if there’s glue. If they don’t know, or they seem reluctant to answer, order something else.

In all, in any unhealthy or processed food, you can never really be sure if it contains glue. Although I don’t want to eat it, there are always things or processes in the grocery store foods that I don’t want to know about. I don’t want to have to pay the money to search for one hundred percent natural and organic food. Let us know on our Facebook page!

New year...new snacks

Amy Ganz
Staff Writer

If your New Year’s resolution is to lose some weight and be healthier, but having trouble keeping up, try these snack ideas that are healthy and delicious.

Trail Mix: With this snack, you can combine any of your favorite nuts, chocolate, cranberries, cashews, or almonds, with something like dried fruit, such as dates, figs, or raisins. If you want to cheat a bit, add some M&Ms or some sweeter Trail Mix, but you can be healthy if you make it yourself, but be careful with the store-bought trail mixes. Sodium levels can be extremely high and the varieties often include many different types of candies and sugary drenched fruits, which can add on extra calories to your “healthy snack.” The best way to enjoy trail mix is to make it yourself with raw nuts, dried fruit, and a few dried fruits and nuts. But if you buy it, watch your portion control! ½ cup is just enough of a light at the end of the body in between meals.

Fruits and vegetables: Obviously, fruits and vegetables are healthy for you. But if eating them plain bores you, try dipping them. Make eating fruits and vegetables a little more exciting. Below are a few different nutritious dips that go well with fruits or vegetables.

Yogurt Fruit Dip: 1 cup plain, low-fat yogurt 2 tbsp. ground flax seed 1 tsp. vanilla extract

1) Combine all three ingredients and mix until well blended. Serve with your favorite fruits! Peanut Butter Yogurt Fruit dip 1 oz. nondair Greek yogurt 1 t. natural creamy peanut butter 1 tsp. maple syrup 1 tsp. vanilla extract 1 tsp. cinnamon

Mix all ingredients together and refrigerate. Serve with your favorite fruits! Homemade Hummus 4 garlic cloves 2 cups raw chickpeas, drained (reserve liquid)

Peanuts/Seeds: These are really good for you but can bulk up on your own. Make sure when enjoying nuts to watch your portion size. 1 oz. of nuts is usually a good portion considering the protein and provide energy to help you make it through your day. Store in glass or metal or sell portioned packets of nuts that are great to have in your backpack for a snack throughout the day.

Peanut Butter: Whether it’s in a sandwich, eaten with fruit, or, if you imagine, peanut butter is delicious! Not all brands of peanut butter is the standard serving size. Peanut butter is good, but be careful not to overdo it!

Providence’s winter-time farmer’s market

Daniel Davila
Staff Writer

Every year, as fall begins to set in, many farmers’ markets around the state begin to begin to close. Though it is a sad time for religious market goers as myself, there’s still a light at the end of the tunnel. The wintertime market, which is open Wednesday’s and Saturdays, offers the best of both worlds: Local products and a heated building.

The Wintertime Farmer’s Market In Pawtucket’s Hope Ar- tist Village is not only the best way to get your solutions to the cold weather, but an expansive display of local products can be exposed to summertime markets where there may only be a handful of vendors that is packed from end to end with booths. These farmers, bakers, and specialty product makers all come stocked and ready to sell anything from bread to juice, to fine cheeses, to jammed jars and salsa.

This huge variety of products is why some believe this market to be the best one in the state. This is the only market that runs this time of year, all the participants of the many summertime markets are found here selling their goods. With live music performance, local food trucks and knife sharpening services; this market literally has it.

Next time you are in need of grocery shopping or just looking for a change of scenery, visit the Hope Artist Village and the Wintertime Farmer’s Market.

For more information on the market times and products visit farmfreshri.org
**Vagina Monologues**

**Tonisa Francis-Reynolds**

"Poonani," "pu$$ycat," "cootie," "coochie," "pompom," "sneak-a-peek," "splooge," and "hoo-hah" are just a few of the nicknames for the vagina. We as a society have accepted and used these words in excess to the point that the term "vagina" is only used in conversations with a gynecologist or in health class. Unfortunately, society finds it easier to talk about and listen to conversations about the penis. Although it doesn’t have harsh slang names as much as the vagina does, the penis is also very taboo.

A show designed with women in mind, laced with jokes that both sexes will appreciate, dashed with sparkling stories of strength, and colored with relatable emotions. The show is a wild rollercoaster experience, while still informing and encouraging the global movement for awareness and change. There are only two shows on campus this year: the first is taking place on Thursday, February 13th at Schmetter Auditorium, doors opening at 6 pm, and the second show is on Valentine’s Day at the Harborside Wildcat Center, doors opening at 5 pm. Tickets are only $3 in advance and $5 at the door, and sales begin January 28th at Xavier Academic. All of the proceeds for the show will benefit a sexual violence or LGBTQ (Lesbian, Gay, Bisexual, and Transgender) charity of your organization’s choosing.

What an experience it would be to see an awesome, inspiring show with a date this Valentine’s Day. Valentine’s Day is 10 times better when you can share an inspiring experience with the one you truly care about. The Vagina Monologues is a must see show!

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**Global art movement in "PopUp Providence" initiative**

**Julia Abbiss**

If you have waited for a bus at Kennedy Plaza or strollled by Grant’s Block these past two months, you’ve probably seen the crowds of people gathered around the huge "Before I die" chalkboards. These chalkboards aren’t unique to Providence though. They’re part of a global art movement that was first started in New Orleans by a local woman named Candy Chang. After her husband passed away due to a loss of a loved one, Chang decided to paint a wall on the side of an abandoned home in her neighborhood with the words, "Before I die I want to..." and have a daily reminder of what was truly important in life and to also discover new people’s dreams and aspirations.

So far, there are 40 boards and 85,000 messages on the side of buildings and homes. She went back to her boring job the last day and to her surprise, discovered that the entire wall had been covered. Word spread, and eventually she created a toolkit to send out to people who wanted to erect a wall in their own communities. Since then, "Before I die" has been featured in over 60 countries, and has been translated to 25 different languages.

The wall made its debut in Providence this past November, as a part of the "PopUp Providence" initiative launched by Mayor Tavares. This program is a three-year city-wide initiative meant to unite the community and livify the city, so that residents and visitors alike can get the most out of Providence. Aside from the "Before I die" boards (which will be moved to other locations in March), the 2014 year will showcase projects like a "pop-up" music studio, which will offer free music lessons to local youths, as well as free music performances at local spots and a "parklet," which will be constructed on the sidewalk and will contain outdoor seating arrangements and plants on Thayer Street. The fall will include photo booth figures from the youths of AYSO that will be installed on Trinity Square, along with 130 foot long banners for Olneyville Square, to help market the revival of the district.

Some smaller projects expected for this year include seasonal public ping pong tables, outdoor Adirondack chairs for waterfront seating, and "Walk your city" signs. These signs are meant to encourage knowledge, interest, and tourism to the city’s many landmarks and parks.

Keep your eyes open for these upcoming installations and be sure to participate so that you can get the most out of your residency in Providence! Want your opinion on "Providence PopUp" heard? Leave your comments at facebook.com/jwucampus.herald.
Neverland: Disney’s unfinished projects

Krista Christensen
Culinary / Life & Style Editor

Disney theme parks have become standards for the travel industry. For years, vacationers have chosen a Disney theme park for their vacation destination. With six locations worldwide and a cruise line, Disney appeals to the traveler’s needs and desires which are to have fun. Who wouldn’t want to visit “the happiest place on earth” or the place “where dreams come true?” Disney theme parks are very unique, thanks to the ideas of the Imagineers, the creative team behind all of Disney’s attractions. They are the people that have brought ideas such as The Tower of Terror and Cinderella’s Castle to life. Many people have their favorite ride or attraction, but what about the ideas that never made it past the drawing board? Here is a list of some of those projects that never became more than an idea.

1. Dark Kingdom
Location: Disney World (Orlando, Florida)

This was proposed as a new land centered on Disney’s villains such as Ursula (from The Little Mermaid), Captain Hook (from Peter Pan), and Maleficent (from Sleeping Beauty). This land would have been the opposite of the Magic Kingdom and had a darker feel. Maleficent’s castle would have been the center piece for the Dark Kingdom. Bids that incorporated Disney’s villains also would have been included.

2. The Nightmare Before Christmas Ride
Location: Disneyland (Anaheim, California)

Centered on Tim Burton’s movie The Nightmare Before Christmas, this ride would’ve taken you on a journey with character Jack Skellington to “save Christmas.” Guests would have hopped into coffin sleds and visited Halloweentown, Ogre Boogie’s Lair, and ended in Christmas Town. The problem with the construction of this ride was that Tim Burton, who owned 50% of the character rights, rejected the idea. He was worried that Disney would overexpose his characters, hence the ride never being built.

3. The Great Muppet Movie Ride
Location: Disneyland

Instead of just the 3D show “Muppet Vision” that is currently in Disney World and Disneyland, there was an idea for a Muppets-themed ride. Riders would have been taken through movie sets for Frankenstein and Peter Pan with Muppets characters composing the cast. The Muppets could have been flying over guests in Peter Pan and conducting an evil experiment in Frankenstein.

4. Beastly Kingdom
Location: Disney World

This was originally planned to be a section of the Animal Kingdom. This section would have explored “animals of myth and legend,” such as dragons and unicorns. A Fantasia-themed boat ride with characters from the movie would have been one of the many rides included in this section. Another ride in the Beastly Kingdom would have been “Dragon’s Tower,” a suspended roller coaster that brought riders face to face with a fire-breathing dragon. Instead of the Beastly Kingdom, the ride Expedition Everest was built.

5. Liberty Street
Location: Disneyland

Imagined as a side street of Main Street USA, Liberty Street was to be a New England Village from the time of the American Revolution. It would have featured shops and restaurants selling colonial American items and food. The main attraction of Liberty Street was to have been the Hall of Presidents. Many of the ideas, including the Hall of Presidents, were eventually built in the Magic Kingdom at Walt Disney World.

6. Candy Mountain
Location: Disneyland

This was supposed to be a mountain made up entirely of candy such as lollipops, licorice and candy canes. Candy Mountain would have been included in Fantasia Land and featured a Wizard of Oz themed ride. Guests would have been taken on a journey through the Land of Oz and scenes from the movie set were to be included.

7. The Enchanted Snow Palace
Location: Disneyland

Also included in Fantasia Land, this ride would have taken guests on a snowy journey. They would board boats that took them through arctic lands inhabited by polar bears, walruses, whales and wolves. Eventually, their journey would take them under the Northern Lights and into the fantastical lair of the Snow Queen, which was filled with fairies and frost giants.

8. Hotel Mel
Location: Disney World

This was set to be built as a somewhat scary, but family-friendly ride in what is now known as Hollywood Studios. Featuring the comedy legend Mel Brooks, Hotel Mel’s premise was that Brooks had taken over an old hotel for a movie shoot, only to find out it was haunted. People would travel on golf carts through various rooms inhabited by monsters in comedic situations – like Frankenstein’s monster wearing a belt with Mum-my’s wrappings, and a vampire cutting himself while shaving because he can’t see his reflection in the mirror. However, the ride required a lot of expensive animatronics which would push the development team over budget. Eventually, the ride became the Tower of Terror.
Body mods around campus

Abby Boro
Staff Writer

Abby Campbell, Fashion Mer-
chandising—Staples

I turned 18 in November and felt like I needed to do some-
thing, like a piercing or tattoo, that I couldn’t have before. I am glad I got it done because I met this really cool person in the tattoo shop who offered to pay for my piercing, I’ve only told my close friends about it and they really care.

Jenn Contra, Graphic Design—"All Mad Here" and Mad Hatter Hat on Rueicage

Alice in Wonderland has al-
ways been my favorite movie and Alice stayed in the back of my head growing up. I wrote my col-
lege essay on it and everything. We all are just in a world that we don’t completely know yet. If you live life thinking everyone’s as mad or crazy as you think you are, life is always going to be in-
teresting.

Tanisa Francis-Reynolds
Staff Writer

For some people, the best parts of sex are the sounds that occur during intercourse and foreplay. Female friends of mine giggle at the sound of tecticles grinding during intercourse. Some of my male friends swear by the slurp-
ing sounds of oral sex, but everyone can agree that moan-
ing is the most common and highly anticipated sex noise.

Studies have been conduct-
ed to explore the origins of moan-
ing, specifically in women. This isn’t to say men do not moan, they simply don’t do it as often. "We always felt that moaning was an involuntary reaction to an or-
gasm. The survey conducted by Miller & Byles of the Journal of Sex Research showed that wom-
em’s orgasms mostly occurred amongst their partners," researchers suggest that these vocalizations are under con-
scious control and are an effec-
tive way to communicate to their partner. Women moan to express their enjoyment and to help their partner reach climax. The reason moans work so well is because each person having intercourse

Moana Lisa

JWU Campus Herald

Julia Abbiss
Copy Editor

Life & Style #7

After our somewhat disas-
trous trip in Greece, our next desti-
nation seemed like a totally dif-
f erent world. While mainland
Greece contained sketchy peo-
p e and polluted streets, Swit-
zerland had spiffy businesses
walking hurriedly around every
glimmered street corner. We de-
ecided to tackle both Zurich and
Lucerne within our three day
stay in Switzerland, and fol-
lowed Rick Steves’ walking tours of
each city. Here are some highlights.

Abby Boro
Staff Writer

Abby Campbell, Fashion Mer-
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Moana Lisa

JWU Campus Herald

Julia Abbiss
Copy Editor

Life & Style #7

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Abby Boro
Staff Writer

Abby Campbell, Fashion Mer-
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Tanisa Francis-Reynolds
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JWU Campus Herald
Wildcat Wednesday

Dates:
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February 5
March 5
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May 7
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July 2
August 6

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Winter Week 2014

SnoBall: The Centennial Masquerade
02/01/14
Twin River Casino 7PM
(Tickets Required)

Open Mic Night
01/31/14
Wildcat Center Lounge 8PM

Super Bowl XLVIII Party
02/02/14
Wildcat Center
Doors open at 5:30
10 SPORTS

JWU hockey heads to Dunkin’ Donuts Center

Christian Nelson
Staff Writer

We are midway through the men’s hockey season here at Johnson & Wales University, and the Wildcats have a resound- ing winning record, something that certainly doesn’t come easy in the highly competitive ECAC conference in DI sports. The big news, however, regards a classic hockey matchup between two of the most competitive hockey teams in the state of Rhode Island towards the end of the month.

On January 28th at 7:05pm, the Wildcats will square up against the Salve Regina Seahawks at the Dunkin’ Donuts Center right here in Providence. This marks the first time this season that the men’s hockey team will be playing at such a large venue.

If you have yet to hit up a game this season, this is surely the one to bring your Wildcat pride to this school year. These two teams are currently both in the top three in the division, and will be showing off their best play of the season in hopes of garnering the top seed in the playoffs come late winter.

Best yet, tickets for JWU students are FREE. That’s right; you won’t need to fork over a large sum of precious money to see your Wildcats hit the ice in downtown Providence. You will, however, need to bring your JWU ID to gain entrance into the game for no cost. If you’d like to bring a non-JWU student to the game, then it will cost a small ticket price of just $12 for adults and $8 for senior citizens and children under the age of 18. All tickets can be purchased via Ticketmaster. There is also a special ticket offer going on right now where $25 will get you one ticket to the game and a special JWU Wildcat Seat Cushion.

Make sure to mark your calen- dars for January 28th to watch the Wildcats take on the Seahawks in a marquee matchup between two of ECAC Hockey’s elite.

FRONT PAGE CONTINUED

Hidden temple: The history of JWU’s oldest residence hall

Continued from page 1

and quads are offered as Tier One, Two and Three rooms. The four-story building has co-ed halls with common bathrooms, a Quiet Community, recreation areas and a laundry room in the basement.

Students who currently live in Xavier Hall fill the rooms for- merly occupied by the sisters. “I think that people enjoy some of its architecture because it’s slightly older,” Xavier Hall Resi- dential Assistant Will Nosack said. “The staircases and the de- signs on the ceiling have deco- rative elements to them, which gives the building character.”

The story of Xavier Hall be- gins in 1866, when Irish Catho- lic Mother Mary Francis Xavier Warde was offered an invitation by Hartford’s Bishop O’Reilly to open a convent in Providence, according to an online Catholic encyclopedia, NewAdvent.org. Warde was one of the first sisters of Mercy in the United States: she opened their first location in Providence with four other siste- pers in 1851. The nuns also ran an accompanying school called St. Francis Xavier Academy, named after the Catholic missionary, Mother Warde’s own namesake.

Soon after it was established, the building was surrounded by a mob. The crowd was “threaten- ing them with death if they would not immediately vacate the premises,” NewAdvent.org states. In the mid-1860s, Irish Catholics were persecuted in the United States by groups like the Know Nothings and the Ku Klux Klan. “The nuns who started the school had many hardships and persecution,” McKenna said. “Throughout the struggle, Mother Warde insisted that no shot be fired unless it was in self defense. The sisters managed to maintain possession of the convent, and Mother Warde went on to open many others in the Northeast.”

Xavier Hall, the oldest of Johnson & Wales’ residence halls, was erected in 1874 to house the nuns and classrooms. At the time, the campus contained a high school for young women and a co-educational elemen- tary school. According to SOXavi- erAlumnae.org, Joseph Bazigian of the Woonsocket Rubber Com- pany financed the construction of the chapel for the school. It was designed by a “master artist” from England, and most of the original work, which depicts the story of Mother Mary, remains intact.

When McKenna attended the school over 70 years later, it was exclusively a girls’ high school. Much like Xavier Hall residents of today, she was not allowed in the chapel, which was reserved as a place for the nuns to worship. Underneath the chapel, where the Bridge Center is today, was a library for students. McKenna studied basic sub- jects, as well as some specifically aimed to help her in the business world, like typing and bookkeep- ing. “The teachings of the dear Sisters of Mercy, which were instilled in us, have remained throughout our lifetimes,” McKenna said. “We were and still are to this day, a sisterhood.”

Today, the alumnae of St. Francis Xavier’s Academy meet up often. They publish a newsletter, and keep in touch “even if it is only a Christmas greeting.” McKenna said. After the Academy closed in 1883, another opened in Coventry, only to be closed in 2001. Nevertheless, the Alum- nae Association still encourages education through a scholarship fund. Meanwhile, The Sisters of Mercy have expanded across the Americas, carrying on their mes- sage of spirituality, service and community.

McKenna expressed that she and other alumnae would be overjoyed to return to see the chapel. She recalled a classmate who was married in it, and how once the building was sold to Johnson & Wales, the alumnae had hoped they would be al- lowed into the chapel for their meetings and mass. In recent years, this has not been possible.

According to Brian Lanoie, the Senior Facilities Project Manag- er, there are currently no plans to renovate the chapel or to make it more accessible to the public.

Despite her reluctance when she began at St. Francis Xavier’s academy, McKenna has nothing but fond memories to share. “It was an experience I am so grateful for,” she said. “It was just a different picture than the public school. We got a very wonderful education. I would not be the person today if I did not go to St. Xavier’s.”
Microsoft to end support for Windows XP in April

By Ryland Grudziński
Sports / Tech & Design Editor

It's time to say goodbye to the rolling green fields of Sonoma County, CA, which are better known as the default background image for Microsoft's Windows XP. After almost 13 years of updates, fixes, and service packs, Microsoft has announced that they will be officially ending support for their most popular operating system yet on April 8, 2014. For those who have moved on to Windows Vista, 7 or 8, this holds little importance, but 500 million PCs worldwide (as of Nov'13) still run XP. For these users, the lack of support will mean no updates, no compatibility with new Microsoft products, and increased virus risk due to the discontinuation of the XP version of Microsoft's free anti-virus programs.

Windows XP was first released to consumers in August 2001. Since then, it has become a global standard, running on 48.8% of PCs worldwide at the height of its popularity. XP, short for eXPerience, was Microsoft's first operating system with a huge focus on the user. Its interface was more colorful and more intuitive, breaking away from the functional but dull designs of Windows 95, 98, and 2000. It ran with previously unmatched stability and efficiency. Thanks to C++ and Assembly programming behind the scenes. Because of the balance between attractive user interface and back end stability, XP was hugely popular with all types of consumers, from home users to IT workers. Microsoft had initially planned to end support for XP in 2009, but when they announced they would continue support for a little while longer due to sustained popularity. Their advice to XP users was to use this time to begin upgrading to newer Windows products, as when 2014 rolled around, they would not be giving another extension.

If you plan to use XP after support ends in April, there are a few things you should be aware of. First of all, you will no longer receive bug fixes and automatic updates, which means no compatibility for most new software. It is hard to know exactly what programs will no longer be compatible, but it is safe to say compatibility for XP will no longer be a priority for developers. Newer peripherals, such as mice, keyboards, and external drives, will not reliably run on XP after April, as these devices will all be optimized for new and current Windows versions. It is best to check with individual manufacturers to see if their products will work with your XP system.

Microsoft Security Essentials, a free and effective anti-virus program offered by Windows, will no longer be available for download on XP systems, and it will cease to update itself on PCs where it has already been installed. Since antivirus programs rely on constant updates to stay ahead of fast changing malware, XP users will be at risk having their systems infected. If you are currently using this software on an XP computer, Microsoft recommends that you use extreme caution when accessing the Internet.

If you are worried about staying protected, or unsure of future compatibility, your best bet is to simply update to a newer OS. Microsoft has made it easier than ever to make the jump to Windows 7 or 8. Unfortunately, some older machines do not possess the minimum requirements to run a newer operating system, and you will need to fully upgrade to a new computer. Windows.microsoft.com has plenty of tips for how to upgrade to a newer OS, so don’t you need to worry if you aren’t tech savvy. What’s your opinion on the changing systems? Leave your comments at facebook.com/jwcomputersherald.

Pokemon X & Y: A new direction for a classic series

Elizabeth King
Staff Writer

When Nintendo announced that the seventh generation of Pokemon was scheduled to release in late 2013 worldwide, fans were ecstatic. Never before had Pokemon released a set of games around the world simultaneously. I instantly pre-ordered the game, and the agonizing wait for release date paid off when I clicked the chip into my 3DS. But does this game live up to the fanbase's high expectations?

Let me begin by saying that I am not in awe of the 3D environment; as this is not the first time that the Pokemon series has released a game in this format. However, the location is a whole new place with a brand new atmosphere. The world is bright, colorful, and refreshing, making some of the grayer textures of in-game models forgivable. Following tradition, the Kalos region is based on a real nation, and for this installment we travel to Europe, specifically France. The region is speckled with charming cafes and quaint boutiques, and there is no shortage of silly French accents from many of the non-playable characters (NPCs).

Speaking of the NPCs, much of the dialogue between citizens and your voiceless protagonist is simple; once again sticking to the norm. Professor Sycamore (Kalos’ tree-like named Pokemon expert), your group of friends (who replace the traditional rival), and the gym leaders all have some unique personality traits, although they are slightly underdeveloped and do not contribute much.

The main point of the game remains your adventure to defeat Team Flare (this game’s evil gang) and the Elite Four, as well as capturing as many wild Pokemon as you can and becoming a Pokemon Master. These aspects of the game flourish, as the Kalos region has plenty of terrain to explore without letting you get too far off the main path. Some may feel that the adventure is too guided, but I found plenty of hidden secrets during my escapades.

Pokemon collectors will rejoice at the selection of wild Pokemon to capture, with many old favorites living alongside the new generation. The introduction of the new Fairy type has been adopted by new and old Pokemon alike, creating a whole new dynamic to keep battles fresh. Another new feature to this generation’s battle network is Mega Evolution, which is a temporary form of stat enhancement given to a few single-stage and fully-evolved Pokemon (similar to Digimon’s Digivolution). A much improved exp-share item cuts down on the need for monotonous level-grinding, and new, individualized battle animations give exciting new angles to every move used by a Pokemon. Finally, Nintendo really raised the bar on this generation’s multi-player and online features, adding friend safaris, wonder trading, o-powers, and the now infamous Pokemon Bank. For more information on all of the new features, check out pokemontax.com (the official Nintendo website) or serebii.net (a great fan site).

Pokemon X & Y contributes a number of unique new features, making them the ideal installations for old fans to jump back into the series. Diagonal movement is not the only thing generation six has to offer, as Mega Evolution, Fairy-type Pokemon, online play, and some customizable trainer designs have completely thrown the casual and competitive Pokemon circuits for a loop. The new Pokemon range from cute and whimsical to deadly and monstrous, and will have something for almost anyone, just like previous generations. Despite a number of technical flaws, the innovations and innovations in Pokemon X and Y earn the games 4 out of 5 stars in my book.
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