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2. Snap a picture
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3. Send in the picture
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4. Win a movie ticket!
   1 winner each issue!

Have A Story? Let Us Know!
JWUCampusHerald@Gmail.com

JWU students face the 'sharks'
Ali Fuller
BOC/A&E Editor

Ever heard of the ABC show Shark Tank? You know, the one where a panel of potential investors, the "sharks," consider offers from entrepreneurs who are looking to gain investments for their product or business. The show intentionally mirrors a potential pitch meeting and the actions that would take place. Some entrepreneurs leave the show with a mighty fine deal, while others leave completely disappointed and empty-handed. Sounds exciting and suspenseful, huh?

Sharkfest at Johnson & Wales is similar, but not exactly identical to the hit show. The annual entrepreneurship contest is hosted by the Larry Friedman International Center for Entrepreneurship. The overall mission is to transform JWU students into young entrepreneurs and turn their ideas into profitable or social enterprises. The contest allows for students to compete with alumni for cash awards and the opportunity to receive additional resources to kick-start their own business ventures.

In order to participate in the contest there are a few requirements:
- Each student must be considered a full-time undergraduate, sophomore, junior, or senior at the JWU Providence campus
- A full-time enrolled graduate student at JWU Providence
- A graduate of JWU

All applicants had to submit both an application and video of their new idea or business venture. There are eight categories students can enter the competition under:
- General Business
- Social Ventures
- Technology
- New Products
- Hospitality
- Graduate Students
- Culinary Arts
- Alumni/Graduates

Once the preliminary screening has taken place, judges choose an applicant from each category in addition to four "Judges Choice" finalists, which can fall under any category. There is a maximum of 12 finalists selected. The on-stage Live Pitch competition will take place on the Providence campus at the Sharkfest event on February 11, 2014.

Alright, alright let's get to the good stuff already... the prizes. Each finalist will receive $250 to use towards their business, along with coaching, mentoring, pitch training, assistance with business plans, and access to co-working space at the center. On the day of the event, the 2nd place winner will receive $500, the 2nd place winner $1,500, and the 1st place winner receives a whopping $2,500 to use towards their business.

Confidence is key!
Alison Rugg
Staff Writer

In this day and age, it seems as though we are basing our lives off of our own personal back- et list. The first goal everyone should consider checking off their list is to become comfortable with themselves.

Before an individual can find their true passion, they must learn to love the skin they're in. Life is not about trying to impress everyone around you, but to be confident in yourself. It is your choice to wake up in the morning with a smile on your face, ready to take on the world, or to wake up and say to yourself, "Ugh, it's Monday already!"

The International Fashion Society is holding their annual fashion show on February 7th, at 6:30pm in Pepin Forum. Their inspiring theme for this year's show is Confidence is Key! The fashion show will be held in the center of the room, showcasing the creativity and hard work of the fashion students.

Starting from nothing
Johnny Cupcakes founder to deliver lecture
Abby Bora
Staff Writer

On Monday, February 17, Johnny Earle of Johnny Cupcakes will be delivering a lecture at Schneider Auditorium at 8:00pm. The event is co-sponsored by Student Activities and the College Entrepreneurship Organization.

JWU joins the hundreds of universities, conferences and companies that Earle has spoken to about his entrepreneurial journey. Named America's #1 Young Entrepreneur by BusinessWeek and one of the 30 most innovative businessmen in Mass. by the Boston Globe, Earle is recognized as an expert in starting a business from nothing.

The entrepreneur began his company in 2001 at the age of 19 out of "the trunk of his musty car," according to the company's website.

Now a multi-million dollar brand, Johnny Cupcakes sells apparel featuring the signature cupcake and crossbones logo at their six "bakeries" in the U.S. and London. On his website, Earle writes that the logo developed because he "wanted to poke fun at tough guys who wore skull and crossbones-shirts."

The brand took off, and opportunities arose to open new shops around the world. Earle declined many of these offers in order to create a unique and limited brand.

Earle will discuss these strategies and more during his lecture at JWU. Tickets are free with student ID, with sales beginning February 3 at both Student Activity locations.
JWU students face the 'sharks'

Continued from page 1

Overall, Sharkfest is an incredible opportunity for students and alumni to use their creativity to craft a potentially successful business endeavor. The fest is open to the public, so come on down to Schneider Auditorium on February 11th to see the wheels turn, the creativity juices flow, and the innovative ideas get laid out on the line!

2014 Finalists:
- Xiayingzi Fang
- Nicole Guzman
- Michelle Scurio
- Andrew Rogers
- Dominic Prat
- Sheneo Thomas
- Raeynn Grogan
- Julius Searight
- Hai Pham
- Muhammad Alam
- Casey Paige
- Kevin Rutledge

Confidence is key

Continued from page 1

show will include various student designers from the Johnson & Wales community who show their true talent and give the public a sneak peek of their personal collections. Models were hand selected and are to strut their stuff, and join in the fun by showing off a variety of different looks. The proceeds will be donated to an education fund for Professor Sue Cox’s daughter; Professor Cox was our College Provost. Everyone in the JWU fashion world misses her dearly, and enjoys taking part in making her family’s lives a little easier each and every year.

Come join the International Fashion Society and support your local fashion designers!

Ticket Prices:
- All JWU Faculty are free
- $5 - Students
- $10 - Adults
- $20 - VIP seating

Grammar performance highlights LGBT rights

TJ Lind
Staff Writer

Ben Haggerty, most commonly known as Macklemore, is making waves across the world with his music. He is most known for his style of music: raps which focus more on personal messages and the downsfalls of consumerism, benefits of hard work, and same-sex marriage. His performance Sunday night on The Grammy's was breathtaking, in my opinion. His song "Same Love" has become the anthem for the LGBT rights movement, and a song which helps me to make it through the day.

As an openly gay teenager, I've found that our society talks a lot about acceptance, tolerance, and love for one another, yet it seems to be by law a constant neglect of all these things in our culture, especially in the treatment of gay's. The term "gay" is still synonymous with lesser.

"Fag" is one of the most derogatory terms out there, and is still commonplace in the halls of schools, malls, and public places. I find it silly that we (the LGBT community) have to fight for the same rights as heterosexuals. The fight for gay rights seems ominously similar to the civil and women's rights movements.

Many people believe that "everything is okay" and "progress is moving forward," which is true in many cases. But at my (student) level, progress seems to be nonexistent. I'm fortunate to have been surrounded by a closet support network of friends and have somehow managed to avoid the tormenting that happened so commonly in schools, but I have friends who weren't so lucky. One of my close friends came out as gay, only to be rushed back into the closet by fear of his parents finding out. Holding the burden of the public's stereo-
Dating’s frightening future

Selene Djokoto
Staff Writer

Can you imagine life without your cell phone today? I’ve often said that if your cell phone was waterproof, it would end up in the shower with you. That’s how dependent and attached we’ve become to our smartphones. The devices, once innocuous objects, have allowed us to fulfill practically every need, particularly with the recent popularization of dating apps, especially for young people.

Due to our generation’s need for instant gratification, dating apps are eliminating the traditional means of meeting and getting to know someone. In fact, a recent study has shown that individuals are using dating apps more than any other kind of app available, including games, news, and entertainment. Whether you’re looking for a serious relationship, a casual encounter, or just a bar-hopping buddy, there are many services to choose from, while further eliminating the excuse that it’s tough to meet people.

The top five most popular dating apps that are downloaded are H.Harmony, Ok.Cupid, Zoosk, Grindr, and Tinder.

Despite the rising popularity, there’s still a difference between meeting lots of people and finding a compatible partner.

When we talk about the Lesbian Gay Bisexual Transgender (LGBT) community, we try to act like we are including everyone. When in reality, even the LGBT community is not very represented.

With homosexuals gaining acceptance in the community, there are voices in the community being left behind. While several sexual orientations (gay, lesbian, bisexual, etc.) are being represented in popular shows like “Girls,” “Modern Family,” “Glee,” “The New Normal,” and the premiere of HBO’s “Looking,” the trans population is largely underrepresented in the media. Sophia Buser, from “Orange is the New Black,” is one of the only representations, and we are hardly exposed to trans characters.

People are easily confused by what “identifying as trans’s means.”

The common belief is that it comes to what you have “down there,” when being born actually refers to what gender identity (male, female) you identify yourself with. In an interview with Katie Couric, Laverne Cox, star of “Orange is the New Black,” explained that our fascination with transitioning (changing your gender presentation) objectifies trans people, especially in referencing their genitalia.

Cece McDonald, a transgender woman from Minnesota, was recently released from her sister’s prison for murdering her attacker in self-defense, while a trans woman, Isana Nettles, was murdered back in August by an attacker who found out she was trans. According to the National Coalition Against Violence Programs’ Hate Violence Report, 53 percent of anti-LGBTQ homicides were transgender women, and the odds of becoming a homicide victim increases if you are a transgender woman of color.

Usually when people are confused or don’t understand something, they refuse to address it or instead, treat it with violence. This is evident in any civil rights example, and exactly why we have laws in place to prevent violence against minorities.

But what do we when the laws are not enough? Violence against trans people is on the rise, and if we have learned anything from the past, it’s that education leads to acceptance.

If you wish to learn more about trans identities, sexual orientations, and gender and sex, then attend the PRIDE Alliance upcoming event, Gender and Sexuality 201, in Pepsi Forum, February 3rd from 8-9:30pm.
Bruschetta Recipe
Amy Ganz
Staff Writer

Bruschetta is typically made by starting with a piece of toasted bread that is rubbed with garlic, drizzled with olive oil, and topped with desired seasonings, salt and pepper. There are many variations, the most popular made with tomatoes. Bruschetta can be made with other vegetables, meats, beans, and cheeses, though. Bruschetta is most typically served as an appetizer or a snack, and started being served in restaurants across the country in the 1990s. The Ancient Romans started the idea of using the bread as food and topping it with other ingredients to eat it. Today, bruschetta is served throughout the world, and new variations are created everyday.

Courtesy of: Rachael Ray
Yield: 2 pieces of toast each for 4 people

Ingredients:
* 2 pints grape tomatoes
* 1/4 cup extra virgin olive oil
* salt and freshly ground black pepper
* 1 loaf sesame semolina bread
* 2 cloves garlic, halved
* 4 scallions, finely chopped
* 1/2 cup basil leaves, thinly sliced

Directions:
Heat your oven to 400 degrees Fahrenheit.
Next, coat the tomatoes with the olive oil and season with salt and black pepper. Roast these tomatoes for 20 minutes in the oven in order to bring more flavor to the dish.
Cut two slices of bread, each 1 inch thick.
Once the tomatoes are done roasting and out of the oven, turn the broiler on. Char each slice of bread on both sides under the flame, and rub the garlic in each slice.
Mash the roasted tomatoes in a bowl and add in the scallions and basil.
When the bread is out of the oven, top it with the tomato mixture and cut the two pieces into four equal pieces, giving you 8 slices of bruschetta. And enjoy!

Don Davila
Staff Writer

The makers of Tastemade set out to do one thing with their app: connect the world through food; and they did just that. This app is the epitome of culinary social media and has begun to sweep the nation and unite foodies around the world.
Tastemade gives you the ability to watch culinary adventures on a worldwide screen and to see different parts of the foodservice industry around the globe. By creating original one-minute videos, you can display the food you’ve eaten, the ambiance of the restaurant and discuss the menu and your critique. On top of that, the app allows you to choose backgrounds, themes, music, texts and fonts to help mimic the feel of the restaurant. These added features give you the ability to share your restaurant experience with the food community in an amazingly professional manner.
Just like any other social media app, you can find people and accept friends from anywhere in the world to help broaden you culinary horizons. You can like and comment on other “Tastemaker’s” videos and could be chosen to be on the featured page if your video becomes a hit.
Whether it’s a sushi joint in California or a 5-star restaurant in the UK, the Tastemade app can open the door to any foodservice establishment and can spark your creativity to become a part of the global food conversation.

Collin Brown
Staff Writer

As a freshman majoring in Culinary Arts, I am quickly learning the secrets to succeeding in labs. I’m discovering not only the tips and tricks, but the pet peeves we culinary students bring out in even our favorite chefs.
Chef Christoph Bruehwiler, aka Chef B., went in detail with me about how to succeed in labs without stressing out, without any breakdowns, and most important of all, how to make sure you leave a positive and memorable impression.
Communication. When Chef Bruehwiler started talking about communication, he became exuberant, “Students during this generation don’t know how to communicate face-to-face with human beings.” Stresses Chef Bruehwiler, “They use Facebook and Twitter so much, they forget how to talk. Not communicating in the kitchen only produces failure.”
If we mess up, and all hope seems lost, remember: coming in early, extra assignments, going to extra skills classes and just asking for help are the things that will have your chef bragging to others about having you in their class. Chef Bruehwiler doesn’t understand why students don’t go to skills classes, “You don’t have enough time to make bread, but you practice the fundamentals. Piping, pies, knife skills, any and every ounce of practice helps. It’s about picking up a knife, no matter the technique.”
Every student gets stressed out from all the knowledge that’s crammed into our brains every day, and Chef Bruehwiler made it very clear that every instructor is here for two things: teaching and helping. In our eyes, professors are all-perfect chefs that we look up to and admire, but they were in our shoes once upon a time. They understand what it can be like, and they’re always here to help, whether it’s class related or problems in our personal life.

How to Succeed in 1, 2, 3

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Wildcat Wednesday

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Julius's Journeys: Salzburg

Julia Abbas
Copy Editor

Out of all the cities we visited on our backpacking through Europe adventure, I had to say that Salzburg surprised me the most. Of course I knew that the setting of The Sound of Music was going to be beautiful and rich with culture. But I didn't expect to enjoy the quaint city and traditional Austrian food as much as I did. Besides being bloated away by our daily meals, what I found most appealing about Salzburg was its natural wonder. The city itself is nestled on the northern edge of the Alps and is divided by the River Salzach. Paired with the mighty fortress looming above the city center, the Salzburg scenery is a feast for the eyes. In this week's column, I'm going to give you an outdoor guide to Salzburg, so that you can get the most out of this Austrian city's natural attractions.

Hike Gaisberg Mountain: Gaisberg is perhaps the most well-recognized mountain in Salzburg, given the large red antenna that stands at the very top. If you head to the tourism building in Mozartplatz (Mozart Square), you can pick up a free trail guide, hop on a bus, and quickly get to the base of the mountain. Now, the tourism office described the mountain as "a leisurely stroll." I'm unsure of what kind of hikes Austrians are used to, but this mountain was definitely NOT leisurely. At a height of 4,226 feet, Gaisberg boasts a steep incline and trails for every difficulty level. This hike was definitely a challenge and took about 3 hours to reach the top, but I managed to bring a jacket with you because it gets quite cold, even though you'll be super sweaty. Once we reached the top, exhausted but feeling accomplished, we were surprised to find a whole team of people paragliding off the edge. Had we known of this activity, we would have totally signed up for a lesson. It was still a great thing to witness somehow, and we ended up sitting in the grass for an hour watching these people casually take off into the sky. The nice part about this mountain is that there's a road to the top, so if you're tired after the hike, you have the option of having a bus drive you back down.

Rent a bike: Considered the cycling capital of Austria, Salzburg is frequently marketing their bike tours and rentals. The city is chock full of bike paths and locals zooming in and out of personal transportation is done via bicycle (almost the city), giving you the advantage of the opportunity to see Salzburg from this point of view! First see if your hostel or hotel has a deal with a bicycle company, because they can normally get you a discounted bike or tour. If not, then head out to Mozartplatz again and either talk to the tourism office or go directly to one of the many bicycle companies lining the square and hop on a bike and ride around the city.

Take a cable car up to Untersberg Mountain: I'll preface by saying that I'm not the biggest fan of heights. I've been on cable cars before, and each time I quietly freak out while everyone around me is marveling at the sights below. Well, this time wasn't too different. A group of us was packed in (literally unable to move) and slowly brought up the mountain. My fears made it feel as though we were inching up the cable for about a half hour, when in reality it was only ten minutes. Once released at the top, it took me a minute to gather myself and not look like a crazed, claustrophobic tourist returning to sanity. I looked outward and was completely astonished. The panoramic view of the surrounding mountains and valleys below were absolutely breathtaking, and the air was so pure it was almost shocking. If you're like me and are scared of heights, the experience at the top is definitely worth the anxiety going up - I promise!

Picnic at Hellbrunn Palace Gardens: Built between 1613 and 1615, Hellbrunn Palace is always recommended as a top destination for tourists, especially for its Trick Gardens. While the tour of both the palace and gardens is fun, I would recommend packing a lunch and spending some time in the surrounding landscape. There are beautiful open spaces and lakes for people to walk around and relax. The paths are definitely worth dedicating an afternoon to. Also take a walk to see the original yellow gazebo where the song "Sixteen Going on Seventeen" was sung in The Sound of Music. It's right on the property and pretty cool to see.

Have your own oxytocin experience in Salzburg! Leave your comments on Facebook! (JWUcampuscomet@gmail.com)

Say hello to my little friend...or not

Tanisa Francis-Reynolds
Staff Writer

Having a "little friend" is a common joke among males and women in mainstream media. Everyone laughs at the scenes in the Hangover Trilogy when Mr. Chow hops out of small enclosed, spaces completely made, exposing his "little friend." We laugh not only because Ken Jeong is funny, but also because the stereotype of an Asian man having small penises. Why is the size of a penis found humorous? Does size actually matter? According to a Scottish study from 2018, the average erect size of men is 6.32 inches. The study also found that 20% of women preferred a larger size, while 50% of women preferred a smaller size. The G-spot, a sensitive area felt on the lower front-wall of the vagina, can be reached and stimulated by a penis that is at least 6.58 inches long (about the length of a U.S. dollar bill). Of the 323 women, 160 of them reported to experience vaginal-only orgasms in the study (the other 163 women preferred longer than average sized penises, 60 percent of women). In one study of 6,321 women, 30 percent said shorter was better. The majority rules that not only does size not matter, but it depends on the woman too. Only one percent of women claimed that size is important, as reported by the Journal of Sexual Medicine in September 2013. Men often put pressure on themselves because the media so often equates penis size to the size of manhood. Pornographic images and movies further convince men that the larger penis is the more impressive during sex can only be recreated with a large penis. Realistically, a penis is one of the last things men think about when dating. The vaginal orifice is only 3 to 4 inches when not aroused, and can be elongated only 2 or 3 more inches when sexually aroused, so size is not the most important factor in sexual performance.

The worry of penis size is not the only issue that concerns men, but rather sexual anxiety amongst men. Manhood needs to be seen as something that is not about immense pressure on a man's body and its performance. Men, think with their head and not their sex organs.

Alexis Smith
Staff Writer

Having acne can be a pain. As a young adult trying to make your way into the big world, it can sometimes affect your confidence. Confidence is key, so when you have a huge pimple in the middle of your forehead it's very disconcerting. We tend to only focused on the pimple and our personality can notice it. Here are a few natural home remedies that can be used to help prevent acne breakouts and reduce the amount of acne on your face. There may be some that don't work for some people. Other remedies may not work at all. But here are a few easy and quick remedies you can try to have a clear and clean face in no time.

Organic Apple Cider Vinegar Benefits:
• When it comes to apple cider vinegar, many people only think of its cleaning and cooking purposes. It has a strong, distinct smell and most people use it to clean their poultry. So why use it on your face? It can prevent and even drink it? Well, apple cider vinegar has so many good health benefits and is great for cleaning your face. It kills bacteria and it helps balance the pH on your skin, which in return prevents breakouts. Best of all, for people who have oily skin, it dries up any excess oils. For the people who have dry skin you can use it too, but remember to moisturize after your treatment.

Ingredients:
• 1 cup of apple cider vinegar
• Water

Directions:
• Take 1/3 cup of the apple cider vinegar and 2/3 cups of water
• Put it in a bottle or container

To Apply:
• Rinse your face off
• Take a cotton ball or pad and dip it in the mixture and put it on the acne prone areas
• You can leave it on overnight or for 10 minutes and then rinse off
• Moisturize after.

Green Tea Benefits:
• Like many other teas, green tea was used for medicinal way for years. It can be used for its antioxidant properties and has been shown to help with inflammation and can help with the prevention of cell growth.

Green Tea Benefits:
• 1 box of baking soda
• Fresh water

Directions:
• Mix enough baking soda and water to form a thick paste.
• Rinse it off
• Massage the paste in slow, circular motions for 2 minutes.
• Rinse it off
• Moisturize thoroughly with warm water

Dry and moisturize

LIFE & STYLE 5

Pimples gone be!

Pennew Penetration
Grant Achatz, a Michigan native, is one of the most well known and critically acclaimed chefs of our time. His restaurant, Alinea, in Chicago has won countless awards and is known as one of the most culinarily innovative restaurants in the country. In his memoir 'Life on the Line,' Achatz discusses his life story; from his early life, to his love for cooking and his close encounter with death.

Growing up in a small Michigan town, Achatz was born into the foodservice industry. His family owned a local restaurant and he found himself working there at a very young age. This love of food soon turned into an obsession. He continued his culinary growth by attending the Culinary Institute of America in upstate New York, and devoted his entire life to the art of cooking.

Soon after his graduation, Grant found himself working in and out of many kitchens around the country. Though he continued his growth, he looked for something more. Being disappointed by many of the restaurants he worked at, he became discouraged; until he encountered Chef Thomas Keller, of the French Laundry in California. There, Achatz was introduced to some of the most forward thinking cuisine of the time. The French Laundry was not only about great food, it was about perfection, and Grant took the principles he had learned there with him for the rest of his career.

Soon after his opening of Alinea, Achatz was diagnosed with cancer of the mouth. After countless doctor visits and tests, his treatment was set. A large portion of Grant's tongue (including his taste buds) and neck were removed in order to rid his body of the cancerous cells. Without his taste buds, Grant felt incomplete. With Alinea's startbleak, he worked harder and harder until things began to turn around. Soon reviews began raving about Alinea and Grant, and the restaurant became a hit.

Achatz's story is truly one of love, suffering, and triumph. From cracking eggs for breakfast at his family restaurant, to becoming the head chef of a Michelin three-star restaurant, his love of cooking kept him going and he has everything to show for it.

**The age of entitlement**

Gabrielle Wilson  
Staff Writer

I consider music my biggest passion. I can't play an instrument or sing to save my life, but I highly respect the people who can. Bands and artists generally share their creativity with fans by putting their talent into the music they create. The relationship between artist and fan is so special and important, that the music industry would dissolve without it.

However, the Internet age has started to blur the line between fan and musician in multiple ways. Websites like Twitter, where you can share your thoughts at any given moment, definitely bring the artist and fan closer and make the relationship more personal. On the other hand, some people take advantage of this and get too involved in the lives of the people they follow up.

It quickly escalates and reaches a point where fans think they're entitled to dictate the actual music being made. Ever hear someone complain about how their favorite band's new album? They always seem to be crying a choral of "This sucks. Why can't this just be like their old stuff?"

Well, there are a couple reasons. First of all, if you're listening to a band that has made six albums in a row that all sound exactly the same, then they're probably not that great of a band (that is completely my opinion, but it usually rings true). Most artists don't like to rest on their laurels. They experiment with new influences and new sounds to try and make something different. It's okay not to like everything artists put out - but it's very unrealistic and rude to dismiss everything that doesn't sound like your favorite song. Essentially, you're telling your favorite band, "You're not allowed to grow as musicians."

Picture this scenario: You go to see your favorite band and there are people attending who love and respect the music as much as you do. Then all of a sudden they start heckling the band and actually get up to leave a show that hundreds of people would've liked to attend. It starts to make you question what it means to be a fan. How can you call yourself a fan if you leave a show you paid for because you didn't hear an album you wanted to? It basically turns you into one of those hipsters who think from "My Super Sweet Sixteen" - people are giving you everything you want, but it's still not enough.

Being a fan of something, music or not, comes with an understanding that not everything goes your way, and not everything you want will make you happy. You aren't entitled to anything. If you realize this, you might actually appreciate the art of music much more.
JUMPING OFF:
What you need to know about living off-campus before you start your search

Budgeting

Staying Connected

Tenant and Landlord Rights

Safety & Security Off Campus

JWU-Provided Housing Search

Good Neighbor Policy

FEBRUARY 10, 2014
WILDCAT CENTER LOUNGE
7:30-9:30pm

JWU COMMUTING WILDCATS
@JWUCOMMUTES
Winter Week Bingo
01/27/14
Wildcat Center Lounge 8PM

18th Annual One Ton Sundae
01/29/14
Gaebe 11AM-2PM

01/30/14
Wildcat Center Lounge 7 & 9PM

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
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A monster among us

Elizabeth King
Staff Writer

Picture waking up on a chilly autumn morning. It's dreary and cloudy outside, and all you want to do is stay in bed and lounge around. But you can't. You're a star on the university track team, and you have to get up early to get in a jog before work. It's too late to brew up a pot of coffee, so you slowly trudge over to your fridge, crack open a can of Monster, and suddenly your morning jog in the fog doesn't look so tiring. But was that energy drink really the right choice?

Sure, energy drinks deliver a jolt of energy (it's in the name after all), but few people truly understand the full scope of effects that these beverages can have on the body. In fact, the lack of research on energy drinks has led some to claim that they are not healthy for consumption at all! This is particularly frightening when one considers the number of people that drink multiple cans of Monster or Red Bull in a single day.

The first recognized energy drink is believed to be Ligewita-D, a beverage designed by a Japanese pharmaceutical company to keep their workers alert during laboriously long shifts. Nowadays, energy drinks are used constantly by count- less people, with college students being prime offenders. Even more interesting is the phenomenon of athletes using these drinks to get an edge on the competition during games and while training. However, this habit may be much more harmful than many realize. Caffeine is a common and generally safe ingredient, so most people don't think anything of the amount in energy drinks and shots. However, as these beverages are not regulated by caffeine-limiting food safety laws, a single serving can have over a full day's worth of one's recommended allowance (defined by the FDA as 300 mg for women of childbearing age, and 400 mg for other healthy adults). Many energy drinks contain over 500 mg of caffeine, when even 250 mg at one time can lead to headaches, difficulty sleeping, and anxiety.

As Nutrition Advisor Karen Col- lins from the American Institute for Cancer Research reports, this effect is amplified when taking into account the guarana often present in these drinks, which is a stimulant very similar to caffeine.

The sugar in energy drinks presents a host of other issues for athletes, as a single serving can have 1/4 cup of sugar on average. This high amount of simple sugar is instantly absorbed by the body, creating a spike in blood sugar levels, risks to one's metabolic health, and digestive upset. Amino acids (such as taurine and L-carnitine), B-vitamins (including B6, B12, and niacin), and ginseng are also common ingredients in energy drinks and shots. None of these additives are inherently harmful, but the excessive concentrations found in energy beverages can be harmful and induce rapid heart rate and palpitations, facial flushing, and insomnia.

For the Journal of the International Society of Sports Nutrition does note evidence showing that one serving or less of an energy drink can enhance mental focus, alertness, anaerobic performance, and/or physical performance if consumed 10 to 60 minutes before exercise. However, many also warn that energy drinks must not be used indiscriminately by anyone, and particularly athletes who must be constantly aware of their bodies. There is not enough evidence to prove that energy drinks and shots are safe for consumption, so all are warned to drink at their own risk. Perhaps a much better choice for a boost would be to skip the energy drink and grab a fresh fruit smoothie instead.

Thrive Homemade Sports Drink

Yield: 16 oz

Ingredients:
- Juice of ½ lemon
- Juice of ½ lime
- 3 dates
- 2 cups water
- 1 tsp agave nectar
- 1 tsp coconut oil
- Sea salt to taste

Directions:
Combine all ingredients in a blender and process until smooth.

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10 Sports
Next gen exclusives to look out for

**The Order: 1886**

This title received plenty of attention when announced due to its unique setting and enigmatic plot. As the title suggests, the year is 1886, and the battle against humans and demons is being fought in secret by an elite order of warriors. Uncover ancient secrets and frightening truths as you fight to cleanse the world from evil.

**Release date:** Q3 2014

**Xbox One:**

**D4**

Being heralded as "Xbox One's weirdest game," D4, or Dark Dreams Don't Die, puts you in the role of a private investigator who has recently discovered his wife's murder. Uncovering the ability to travel through time, the player will have to reconstruct lost memories and attempt to save his wife from certain death.

**Release date:** Q3 2014

**Uncharted 4**

The Uncharted series was well known as the premier adventure games for the PlayStation 3. While the trailer leaves much to the imagination, Southern Africa and Madagascar seem to be the main focus of the game. The title is still well into the development process, so stay tuned for upcoming gameplay videos and screenshots.

**Release date:** TBA

**Titanfall**

If you like loud action, furious combat, and mechs, Titanfall is the game for you. Jump in the driver seat of one of your factions combat mechs, or set out on foot and prepare yourself for the multiple play modes. The game will make use of Microsoft's cloud storage to offload unused portions of the game, ensuring quality graphics at a smooth framerate.

**Release date:** Q1 2014

**Kinect Sports: Rivals**

Rivals brings the Kinect franchise back to life with the inclusion of numerous sports and activities from soccer to rock climbing. The Kinect camera on your Xbox One creates a virtual version of you to compete with, putting you in the game like never before. As always, you will be able to challenge friends to games over the Xbox Live network.

**Release date:** Q1/Q2 2014

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**A Brief History of the Controller**

a. (1977) The Atari 2600 originally included this iconic joystick. It's simple by today's standards, but proving popular among a gamer needed in the industry's early years.

b. (1991) Created with games like "Street Fighter" in mind, the NES controller featured 6 buttons, two shoulder buttons, and a joystick. Unlike many of their competitors, Nintendo made an effort to make an ergonomic gamepad.

c. (1998) Once you found your way around the peculiar M-shaped design, the N64 gamepad was comfortable. An expansion slot on its backside allowed for the inclusion of a rumble pack, providing vibration feedback to the player.

d. (2009) The Dualshock 2 controllers for the PlayStation 2 featured 7 face buttons, 4 shoulder buttons, 2 joysticks, and a gyroscope. It's name comes from the two vibration motors in each handle.

e. (2006) The default Xbox 360 was completely wireless. The port on the bottom was an enabling user to plug in peripherals such as headsets and keyboards.

f. (2013) It's hard to call Nintendo's latest creation just a controller. Designed to look more like a tablet, the Wii U Gamepad is built around a 6.2" touchscreen which can be used to pull games off the tv and continue to play them in another room.
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When: Tuesday, Feb. 11, 2014
Where: Student Services Center, Suite B
Downcity Campus
Time: 9:30–11:30 a.m.

When: Thursday, Feb. 13, 2014
Where: Schneider Lobby
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