

# THE CAMPUS HERALD



Volume LVIII, Number 8

January 15, 2014

## What's Inside

### Qualified professors?

Are all JWU professors capable and qualified to teach here? Find out in this week's I & O piece.

IDEAS & OPINIONS, PAGE 3

### Winter farmer's market

Is the cold making you miss RI's awesome farmers markets? Find out where the only wintertime farmers market in RI is and what to expect when you visit!

CULINARY, PAGE 4

### Concerts and comedians

Unsure of what events are going on this winter in Providence? Find out when and where inside!

A&E, PAGE 5

### Disney's unfinished projects

Ever wonder what Disney theme parks never made it past the drawing board? Check out our list of 8 ideas that were never approved.

LIFE & STYLE, PAGE 6

### Men's Hockey Heads to the Dunk'

Find out when Men's Hockey will be playing their biggest tournament yet at the Dunkin Donuts Center against Salve Regina!

SPORTS, PAGE 11

## Where's Willie?

**1 Find Willie**  
He's hidden inside the paper!

**2 Snap a picture**  
With your camera/phone

**3 Send in the picture**  
To ifoundwillie@gmail.com

**4 Win a movie ticket!**  
3 winners.

# HIDDEN TEMPLE

*The history of JWU's oldest residence hall*



Photograph // Michael Danz

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 at 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, worshipping 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 nuns' convent and renamed it Xavier Hall. Now, this building houses approximately 240 freshman and sophomore students. Singles, doubles, triples

Continued on page 10

## JWU gets greener

Daniel Davila

Staff Writer

Johnson & Wales University is an ever-changing and evolving institution. As of late, JWU has stepped up their sustainability initiative to help meet the status quo. Within the last few years, JWU has been on a crusade to reduce waste on campus and has no intention of stopping anytime soon.

These new, more aggressive policies started a few years ago when Scott Miller, the head of the JWU Recycles campaign was hired. Since then, our total recycling percentage on campus has gone from 25 to 33 percent. One of the projects the department has implemented is the single stream recycling system. This enables different recyclable materials to be collected within the same bin. Many believe that this system increases the likelihood of people to recycle because of the added convenience that it offers. Though this was a huge step in the right direction, it was just the tip of the iceberg.

When first asking Miller about the new initiatives, he said

that they made these efforts for the student body. "This is what the students wanted," he repeated many times in the interview. "The students came forward and expressed their want for these initiatives and we worked together to achieve them."

One of the biggest accomplishments they made is the new composting initiative that has begun on the Harborside Campus this academic year. The point of this initiative is to eliminate the food waste on campus by implementing two composting machines in the CCCE and HAC buildings. The machines have the capability of processing 2,000 pounds of food waste within a 24-hour period and are as top-of-the-line as they get.

"We did a lot of research," said Miller when asked how the initiative became a reality. "Weighing the amount of trash from each day and... actually going through to see the amount of food waste was the first step," recalls Miller when explaining their process of estimating the

Continued on page 2

## Winter week preview

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 Salve Regina. The game is free for all JWU students when they bring their ID. There will also be free transportation provided; the JWU fan bus will pick students up from the Harborside Campus and shuttle them directly to the game.

On Wednesday, the 18th annual One-Ton Sundae will take place in Gaebe 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. Sorbet will 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 moviesnack, 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 8pm 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 [uibjwu@gmail.com](mailto:uibjwu@gmail.com)

In honor of Johnson & Wales University's 100th anniversary, the theme of this year's SnoBall will be "The Centennial Mas-

Continued on page 2

Have A Story? Let Us Know!  
[JWUCampusHerald@gmail.com](mailto:JWUCampusHerald@gmail.com)

[facebook.com/JWUCampusHerald](https://www.facebook.com/JWUCampusHerald)

[@JWUCampusHerald](https://twitter.com/JWUCampusHerald)

## The Campus Herald

Victor Sigvardsson  
Editor-in-Chief

Kyle Brennan  
Assistant Editor

Nicole Guzman  
Advertising Manager

### Contact Information

CBCSI, 3rd Floor  
232 Weybosset Street  
Providence, RI 02903

Email:  
jwucampusherald@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, 401-598-1489 or NAG614@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/or the relevant section editor. Please e-mail: jwucampusherald@gmail.com.

### Letters to Editor

Letters must be submitted via e-mail and must include the letter in the body of the message. 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 sole 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.

## Filing your FAFSA doesn't have to be a pain in the assets

Renee Grivois  
Staff Writer

For college students across America, January 1st marked more than just the start of the New Year: it marked the first day that they could begin the process of filling out the FAFSA (Free Application for Federal Student Aid). For some students, the process can be daunting. However, there is some good news: filing the FAFSA doesn't have to be difficult. All it 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 number 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](http://www.pin.gov). This can help speed up the process, as will making sure that you have your PIN memorized each time that 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 you are married). If you are a dependent, you may also need copies of your parents' 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](http://www.fafsa.gov). This is the official site. Filling out the FAFSA is free, so if you ever find a site that asks you to pay a fee, it's most likely a scam. Before you can begin, you will need to login with your name, social security number, and birthday. 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 be sent a copy of your student aid report after your FAFSA has been completed. You will also provide 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 won't need any of your parents' financial information.

The third section is parental demographics. You will be asked

questions about your parents' marital status and the size of your family.

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

The following section will ask you to sign and submit your FAFSA. You will use your 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 to file is at each 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 the Pell Grant, Stafford Loans, and work study, are awarded on a first-come, first-served basis.

Aside from being a bit time consuming, filing the FAFSA really isn't as bad as some people make it out to be. If you end up having any trouble, the internet is full of tips and guides. Personally, I find many of the tutorials on YouTube to be a big help. If you still have a hard time, check with the student financial services either at the Downcity location or at Harborside.

## JWU gets greener

Continued from page 1

amount of food waste on campus. From there they determined that about 85 percent of trash coming out of the CCCE and HAC buildings was food waste. This equated to about 1,800 pounds of food waste each day from each building. Composting 3,600 pounds of food waste each day may seem like an impossible feat, but Miller and his team found a solution.

As with any other pilot test, there were some issues with the composting machines. For one, although our food waste lies within the 2,000 pound limit, the machines are meant to digest this amount in a 24 hours, not the 12-hour period that our school day runs. This has proved to be an obstacle in the first trimester, but Miller is confident that with some timing adjustments, the machines will be able to more efficiently digest the food. Another issue that they have encountered has been simple user error. "We've found big beef bones, towels, stainless steel bowls all wedged in the grinder," says Miller when describing some of the items that were misplaced in the digester. To Miller, this problem has a simple solution: Education. "There will always be human error with anything, but students just need to learn how to use the machine." Though these problems have led to breakdowns and back-ups, the maintenance team is getting better control of the machines and is making greater efforts to reduce down time and increase efficiency.

On top of the fact that these machines are reducing our food waste substantially, we are also reaping the benefits of the composted material. "This goes full circle," says Miller. "This is greatly reducing our grounds keeping costs by being able to supplement 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. They plan to have these machines, or similar ones, put into place at many buildings around both campuses in 2015. These top-of-the line machines (only 22 exist in the US - we have 2) are on a lease to own contract, which not only reduces the initial start-up costs but also allows for technological growth. "These are the most advance machines out there... leasing these machines allows us to swap them out when the newer and more advanced ones come along."

People around campus aren't the only ones noticing these "green" changes. The new, more aggressive waste management policies have been recognized state-wide as well as nationally. JWU ranked 57 for most sound recycling policy for colleges in the nation in the past Recyclemania Competition and was number one in RI, beating Brown, RISD, and Bryant.

Many people have worked hard in the last few years to make our school more environmentally sound. Not just Miller's team, but faculty and students as well. From offering single stream recycling bins, to composting and everything in between, JWU has put itself on the map as a leader in the going green movement.

## Crime Log

**Sunday 12/15/13 at 1:40 pm. Shoplifting / Off Campus - Providence Place Mall.**

A student was arrested and charged with shoplifting.

**Sunday, 12/22/13 at 1:00 am. Strong-Arm Robbery / Off Campus - Richmond St., Providence.**

### Suspect Descriptions:

Suspects#1 is described as a black male with a medium build, approximately 5'10' approximately 20-25 years of age, wearing white t-shirt with jeans.

Suspect#2 is described as a black male with a medium build approximately 5'10' approximately 20-25 years of age, wearing a red t-shirt with jeans.

On Sunday, December 22, 2013 at 1:00AM, a non-student reported to Campus Safety & Security that he was assaulted and had his cell phone forcibly stolen from him while he was walking on Richmond Street by the Providence Performing Arts Center nearby the Downcity Campus. After the theft, the suspects fled up Richmond Street to Weybosset Street onto Union Street heading away from the campus.

The suspects stated that they had a weapon; however, no weapon was displayed.

The Providence Police Department is investigating this incident.

**Wednesday 1/8/14 at 7:30pm. Arrest/Snowden Hall.**

Student arrested and charged with a narcotics violation.

**Thursday, 1/9/14 at 9:00 pm. Citation Issued / West Hall.**  
Student cited for a narcotics violation.

### Parking Notice

During snow events a parking ban may be place on Harborside Boulevard. We ask that residents park in the E Lot during these times to aid in the snow removal process.

### Crime Prevention Tips:

1. Conceal your valuables and think safety and security first at all times.
2. Avoid distractions, such as texting or wearing headphones while walking.
3. Keep your distance from anyone who triggers suspicion in your mind.
4. Walk in groups whenever possible and always be aware of your surroundings.

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

Safety & Security is now on Twitter. Please follow: @JWUPVDSAFETY

## Winter week

Continued from page 1

querade". It will be held at the Twin River Casino from 7pm-12am. Students should wear semi-formal attire (similar to homecoming). Full-face masks are not allowed, but partial ones are. There will be a new DJ this year, Danna Mazzola ([www.facebook.com/djDMazz](http://www.facebook.com/djDMazz)) so students will be able to dance the night away. There will also be an array of food, from a grand carving station to a decadent chocolate fountain paired with the freshest of fruits, that will be available all evening long. When students aren't dancing or eating, they can have their photos taken or hang out at the casino, which now offers both slots and table games for students 18 and up ([www.twinriver.com](http://www.twinriver.com)). Valet parking and free transportation will be provided. Buses will transport students from Gaebe Commons or Harborside at 6:30 and 7:30pm. They will return students to those locations at 11pm and 12am. There will also be a late return bus at 1:00am. Tickets for the dance must be shown at the door and can be purchased at [www.jwuprovtickets.com](http://www.jwuprovtickets.com).



# Technology take over: Print vs. social media

**Katherine Cook**  
Staff Writer

Have you ever wondered what would happen if you couldn't go on Facebook or Twitter and see all the updates about what is happening around the world? Easier than that, just type a few words in Google and all the information is at your fingertips. Before technology started to take over, newspapers were a person's way of finding out any important news, but over the past decade newspapers have slowly started to decline and as of now are no longer the top resource for news. For our generation and the ones following, publishing companies are lucky if one of us has ever picked up a newspaper, but they know one thing we all look at - social media. For this reason, publishing companies have adapted to the new world of technology and produce more information on their social networking and websites than in actual print anymore.

However, some wonder if social media is just a fad? We all remember MySpace, but what we associate it with the most is the fact it is now a distant memory. That alone makes you wonder if the newest social media have the same fate. Yet, according to studies done in the book *Socialnomics* by Erik Qualman it shows that not only does Facebook top Google in weekly traffic in the U.S, but if Facebook were a country it would be the third largest in the world. On top of all that, blogging has become a huge trend in the past few years with over two hundred million

blogs worldwide. We no longer find the news, but the news finds us. If that isn't bad enough, eBooks have been taking over the publishing world one day at a time. Not only can you purchase books, but you can also get magazines and newspapers sent right to your handheld device. All of this has made print less present in our lives and is making the publishing world evolve to today's standards and needs.

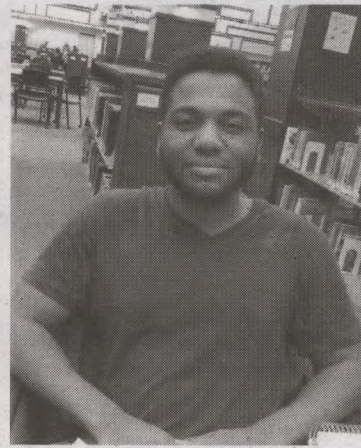
In today's world, writing has been cut into a phrase of 160 characters or less to get the news across. In my eyes, that is not only degrading to the writer but also to the story itself. Writing used to be a gift that people were lucky to be given, but today you don't necessarily need the ability to write to send out a quick tweet or update your status. Back in the early 2000's companies would fight to get their story or ad in the newspaper, now the best way for it to be seen is on the side of a social media site, because social media is the new way we communicate. To stay alive, publishing companies have had to transform their newspapers into small articles that can be seen on websites, or even short sentences that can be a quick read on twitter. Even after reading this, many people will believe that the way technology is taking over is a good thing, but what happens when it goes further than affecting print? Not only is social media proving it is more than just a fad, but soon technology may prove it can do your job better than you can, and the writers won't be the only ones affected by the change.



**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."

Zeheng Yu  
International Hotel and  
Lodging  
Senior



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

"They are absolutely not consistent. From personal experience, I have one professor who was very efficient and put up all lecture notes and powerpoints up on Ulearn before class. Once I was in class though, the lecture would be so boring. People were falling asleep and she seemed as though she didn't want to be there either. But, I have had other professors that I've loved, so it really depends."

Saloman Boga  
Risk Management  
Sophomore



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

"It really depends on teaching styles. Although our professor's professional experience makes a difference, it doesn't always make them a better teacher, and everyone's grades really reflect that."

Kate Lagos  
Fashion Merchandising and  
Retail Marketing  
Senior

# University professors: Qualified or unqualified?

**Ali Fuller**  
A&E // I&O Editor

Students often wonder what qualifications a professor must possess in order to teach students at the university level. A common annoyance students find is the lack of consistency between professors within each department here at Johnson & Wales University. The real mystery to unveil is what credentials an individual must hold in order to successfully educate students at the university level.

According to Professor Louis D'Abrosca, Interim Department Chair of the Accounting Department, there are three qualifications he, and the rest of the Accounting Department, look for in an applicant first before hiring them as a full-time professor.

#1: Academic credentials from a regionally accredited college or university.

#2: Related experience in the field and appropriate professional certifications.

#3: Any prior teaching experience or experience working with youth groups or organizations.

Dr. D'Abrosca said he likes to see "fire in their belly," when referring to the passion and enthusiasm professors must possess in

order to be deemed a successful educator. Once hired and proven to have the compassion and engaging personality required to teach students, all professors within the accounting department are expected to follow the course outlines and syllabi. This ensures all students reach the same course outcomes, and all professors are staying on task and teaching what needs to be taught in a particular course. Teaching is the key determinant to a student's educational experience, as well as their successful transition into the industry. With university administration and deans of colleges ensuring their faculty is carefully handpicked, based on a number of requirements, there should be no reason why a highly professional educator does not actually teach his/her students. All too often, many students cannot recall the majority of the information taught to them in a previous college course. It seems as though the professor should be held responsible for the students' academic success. University professors should teach students in a way that engage them in their own learning, ultimately allowing them to remember and recall course material.

According to Dean Michael

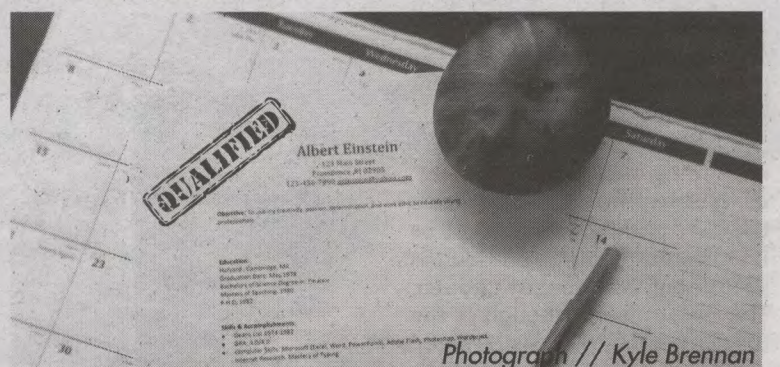
Petrillose, Dean of College of Management, School of Business, School of Hospitality, and Graduate Studies, the screening process for professors is quite thorough. All professors, within these departments specifically, are expected to have an education from an accredited college or university, industry experience, and a number of contacts within the industry that will become beneficial to his/her potential students. On top of these requirements, professors meet with other faculty and deans of the college to which they are applying, are evaluated on their interactions with peers and other professionals, and are expected to teach a classroom lecture. Once these tasks are all completed, the applicant will be offered a position as a full-time professor. The hiring process seems methodical, yet students report they feel they don't always receive the same information as a peer taking the course with another professor. Students must, of course, respect their professors and engage themselves during class to receive the most out of the course, but there appear to be a few glitches in the system. It seems that professors teaching the same course throughout the university should consistently

be providing the material to students based on department standards.

Students communicate with other students about which professor is "the best" for a specific course. Often times the professors who are receiving the highest ratings, according to student's opinions, are the ones who are not giving homework, only giving two exams throughout the term, and who consistently dismiss class early. Two professors who are teaching the course may present the material, quiz the students, and grade the students differently 100 percent of the time. A professor not holding up their end of the deal by giving students answers on quizzes and exams, not assigning extra homework or text book assignments, or not taking advantage of the full scheduled class time

is hurting the student in the long run. Laziness is too prevalent in our society today, from the industry experienced, highly educated professors, and the degree-seeking students.

As students, we pay a great amount of money to receive an education at Johnson & Wales University. It seems only fair that professors do their part, while we do ours. Too often there are professors less capable of teaching certain courses than which only ends up hurting the students. Departments and colleges within the University seem to have a suitable hiring and training process, however, it's ultimately the professor's responsibility to follow the course outline, maintain the standards, and go the extra mile to help students achieve academic excellence, here at Johnson & Wales University.



# 4 CULINARY ARTS

## Chef Robert Nograd's 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 Nograd has changed your life. A survivor of the Auschwitz camps, Chef Nograd 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 dedicated to him on the JWU North Miami campus, the Nutrition Society here in Providence feels that he deserves much more. This was the inspiration for Chef Nograd's 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 systems grow virtually any (relatively small) crop using a nutrient-enhanced 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 products grown will be of consistently high quality. Maintenance for these systems is minimal, requiring only a regular change of nutrient solution since there is virtually no risk of weeds or pests.

The Nutrition Society plans to install box units along the windows of the Cuisinart Center



Photograph // Michael Danz

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 (acidity), airflow, and UV light at consistent, set rates in each unit, so 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.

Plenty of work has already gone into the garden, with Chef Makuch overseeing the project, and culinary nutrition student Luis Rivera doing much of the research and planning. Rivera assures that the units will be cost effective, long-lasting, and aesthetically pleasing when

finished, and notes that he has requested help from a friend with architectural experience 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 Nograd's garden has recently undergone review by university staff, and construction will likely begin 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 Nograd's 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.

## Steak or fake?

Caitlin Brown

Staff Writer

From the market down the street to the fast-food chains you always deny going to, meat glue is everywhere. Even renowned chefs use it in their restaurants. Transglutaminase, aka "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 this 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 dried into a powder that can be easily applied to a number of products.

Let's skip to the real issue at hand: Is it healthy? FDA describes it as "generally safe." But seriously, who wants to eat something that has "generally" in its safety rating? Some chefs use the powder to make flourless noodles out of shrimp, which is pretty cool, and healthy enough. The real problem though is the unsafe heating process of glued

meat. I personally like my steak medium-rare. The outside of the cut, which has been 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 meat are glued together though, there are at least two undercooked meat exteriors. 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 make to ensure that there are no complications:

\* Tug gently on your meat. If it comes apart, it's most likely a whole steak. Most butchers will let you inspect the meat.

\* Cook it thoroughly. You don't have to cook it well done, because that just ruins the meat, but braising 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.

All 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 personally don't have the time or the money to search for one hundred percent natural and organic food. Where do you stand? 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 eat healthier, but you're 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, like peanuts, cashews, or almonds, with something like dried fruit, such as pineapple, or raisins. If you want to cheat a bit, add some M&Ms for some sweetness. Trail mix can be healthy if you make it yourself, but be careful with store-bought trail mix. Sodium levels can be extremely high and the varieties often include many different types of candies and sugary dried 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 pieces of chocolate candies. But if you buy it, watch your portion control! ¼ cup is just enough of a snack to refuel the body in-between meals.

**Fruits and Veggies:** Obviously, fruits and vegetables are healthy for you. But if eating them plain bores you, try using dips. They make eating fruits and vegetables a little more exciting. Below are a few different nutritious dips that go great with fruits or vegetables.

### Yogurt Fruit Dip:

1 cup plain, low-fat yogurt  
2 T. brown sugar  
1 tsp. vanilla extract

1.) Combine all three ingredients and refrigerate before serving with your favorite fruits!

### Peanut Butter Yogurt Fruit Dip

6 oz. nonfat Greek yogurt  
1 T. natural creamy peanut butter  
½ tsp. maple syrup  
1 tsp. vanilla extract  
1 tsp. cinnamon

1.) Mix all ingredients together and refrigerate. Serve with your favorite fruits!

### Homemade Hummus

4 garlic cloves  
2 cups canned chickpeas, drained (reserve liquid)

1 ½ tsp. salt  
1/3 cup tahini (sesame paste)

6 tablespoons fresh lemon juice

2 tablespoons reserved chickpea liquid

8 dashes hot sauce

1.) Place garlic in food processor; process until minced. Add the rest of the ingredients and process until hummus is smooth. Taste for seasoning, refrigerate, and serve with veggies!

**Greek Yogurt:** Greek yogurt is low in calories and also has protein. Try topping it with nuts or fruit. You can also make a parfait with fruit, yogurt and granola.

**Protein Bars:** Protein bars come in a wide variety of flavors from different brands, and with a high amount of protein. They help keep you full longer than some other snacks might.

### No Bake Energy Balls:

1 cup dry oatmeal  
½ cup chocolate chips  
½ cup peanut butter  
½ cup ground flax seed  
1/3 cup honey  
1 tsp. vanilla

1.) Mix ingredients in a large bowl. Roll into bite size balls, refrigerate to set, and enjoy!

**String Cheese:** Remember when every kid in elementary school pulled string cheese out of their lunch boxes? Maybe you can bring it back.

**Nuts/Seeds:** These are really good for you, and most are filling on their own. Make sure when enjoying nuts to watch your portion size. A handful of nuts, or a ¼ cup is usually a good portion to stick to. Nuts contain a lot of protein and provide energy to help you make it through your day. Stores often sell pre-portioned packets of nuts that are great to throw in your backpack for a snack throughout the day!

**Peanut Butter:** Whether it's in a sandwich, eaten with an apple, or whatever else you imagine, peanut butter is delicious and healthy. 2 tablespoons of peanut butter is the standard serving size. Peanut butter is healthy, 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 Providence area begin to close. Though it is a sad time for religious market goers as myself, there is 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 Artiste Village is not only the market attendee's solution to the cold weather, but an expansive display of local products. As opposed to summertime markets where there may only be a handful of purveyors, this market is packed from end to end with booths. These farmers, bakers, and specialty product makers all

come stocked and ready to sell anything from fresh produce, to fine cheeses, to jarred jams and salsa.

This huge variety of products is why some believe this market to be the best one yet. Since 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 performances, new harvest coffee, food trucks and knife sharpening services; this market literally has it all.

Next time you are in need of grocery shopping or just looking for a fun afternoon, make the trip to the Hope Artiste Village and visit the Wintertime Farmer's Market.

For more information on the market times and products visit [farmfreshri.org](http://farmfreshri.org)

## Vagina Monologues

Tanisa Francis-Reynolds

Staff Writer

"Poonani," "pussycat," "cootie," "coochi," "pompom," "snatch," "box," "beaver," and "hoo-ha" 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 where "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 a long list of cool nicknames, "penis" can be found in various memes, written in different books, and mentioned in movies and on TV. What about vagina? This was the question Eve Ensler, the author of *The Vagina Monologues*, posed when she began her crusade to reclaim the word "vagina" and what it means for women. This theatrical event is not about bashing men, but instead, about ending violence against women and girls. Valentine's Day (V-Day) is dedicated to celebrating women and ending the abuse. It is demanded that battery, rape, sexual slavery, incest, and genital mutilation end now.

The Vagina Monologues

show is 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 roller-coaster 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 Schneider Auditorium, with doors opening at 6 pm, and the second show is on Valentine's Day at the Harborside Wildcat Center, with doors opening at 5pm. Tickets are only \$3 in advance and \$5 at the door, and sales begin January 28th at Xavier Academic. All of the proceeds will be donated to a sexual violence or LGBT (Lesbian, Gay, Bisexual, and Transgender) charity organization of your choice.

What an experience it would be to see an awesome, inexpensive 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!



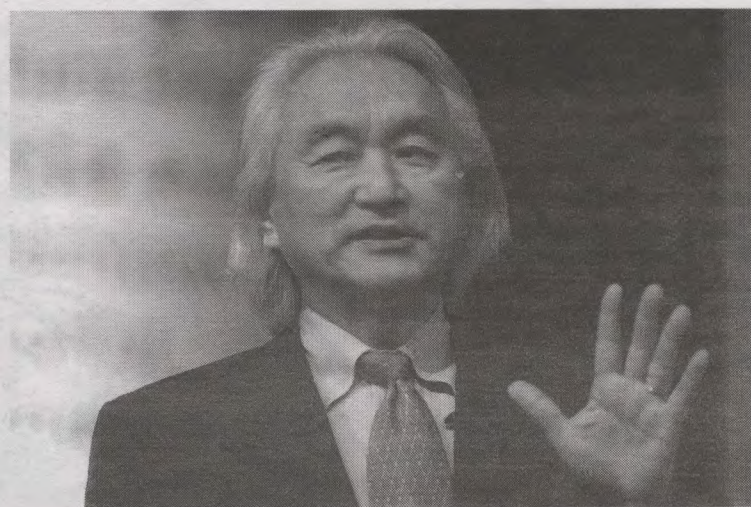
## JWU hosts Michio Kaku

Renee Grivois

Staff Writer

On Wednesday, January 22, Johnson & Wales University is hosting a very special guest speaker: Michio Kaku. Anyone who is interested in outer space, physics, or pretty much anything involving Sci-Fi will recognize Kaku as an expert in all of those areas. He is a best-selling author and the co-founder of String Field Theory (think Sheldon Cooper on "The Big Bang Theory"). He has received degrees from both Harvard and the University of California, and in 1973 he held a lectureship at Princeton. The event at Johnson & Wales is free and open to the public, but the auditorium sometimes fills up fast since some faculty members bring their entire classes to events like this. Students who want to reserve seats can contact the College of Arts & Sciences office at 401-598-1400.

Michio Kaku is one of many exciting guest speakers that will be visiting the university this year. For the last several years, the College of Arts & Sciences has offered a Cultural Life Series. The speakers who attend these series are chosen by a committee of faculty members from all different departments of the College of Arts & Sciences. According to Professor Kenneth Schneyer, the



chair of the committee, "The Cultural Life Series consists mostly of bringing speakers to the Providence campus in order to give students access to cultural and intellectual perspectives they would not otherwise experience." In just the past three years, the speakers who have visited JWU have included Amy Tan, Gwen Ifill, Wally Lamb, Socheata Poouv, Raj Patel, Gwendolyn Brooks, Michael Beschloss, Scott Carney, Ellen Kushner, Colin Beavan, Ben Mezrich, and others.

The committee has already determined who students can look forward to seeing on campus in the upcoming school year. Michio Kaku's visit on January

22nd will be followed by a visit from poet, writer, and filmmaker Sherman Alexie on February 4th. Gabrielle Hilton, a chef and author, will make an appearance on April 9th. The committee has begun narrowing down a list of potential speakers for the 2014-2015 school year as well.

In reference to the Cultural Life Series, Professor Schneyer said, "With the university's recent implementation of the Liberal Studies major and Integrative Learning courses, the sciences are taking an increasingly prominent role in our curriculum. This is an ideal moment for us to host such a prominent speaker on scientific matters as Dr. Kaku. We are very excited about it."

## Winter 2014 events in Providence

Gabrielle Wilson

Staff Writer

The weather is still chilly and most people just want to stay indoors with a cup of hot chocolate and Netflix. However, there are a handful of concerts and performances going on in Providence throughout the months of January and February to kick the New Year off with!

January 25th: Amy Schumer, seriously hilarious comedian and star of *Inside Amy Schumer* on Comedy Central, is performing at The Veteran Memorial Auditorium (The Vets). Tickets range from \$29.50 to \$39.50. You'll be cracking up even as you walk out the door. Tickets can

be purchased at: <http://www.vmari.com/category/events/>

February 1st: Take your pick between two really great concerts tonight: Yellowcard at Lupo's, performing *Ocean Avenue* entirely acoustic, or The Front Bottoms playing with *You Blew It!* at The Met, located in Pawtucket, RI. Beforehand, go check out the America's Got Talent

open auditions at the Rhode Island Convention Center, or maybe audition yourself! Tickets can be purchased at: <http://themetri.com/tickets/> and <http://lupos.com/tickets/>

February 12th: See Meek Mill at Lupo's tonight! Buy your tickets early to save money.

February 21st: Culinary students! Love celebrity chef Alton

Brown from *Good Eats*? See him at Providence Performing Arts Center (PPAC) tonight! Food and comedy? Sounds like a match made in heaven. Is rap music more your thing? See Earl Sweatshirt instead at The Met tonight for only \$20. Tickets can be purchased at: <http://www.ppacri.org>

## Global art movement in "Popup Providence" initiative

Julia Abbiss

Copy Editor

If you have waited for a bus at Kennedy Plaza or strolled 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 suffering from depression due to the 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 \_\_\_\_\_." She did this in order to have a daily reminder of what was truly important in life and to also discover her neighbor's dreams and aspirations.

So she left some chalk on the side of the building and went home. She went back to the house the next day, and to her surprise, discovered that the entire wall had been covered. Word spread, and eventually she cre-

ated 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 campaign meant to unite the community and liven up 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 in the spring, and a 'parklet,' will also be constructed in the spring and will contain outdoor seating arrangements and plants on Thayer Street. The fall will introduce photo collage figures from the youths of AS220 that will be installed on Trinity Square, along with 130 foot long



Photograph // Julia Abbiss

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 "Popup Providence" heard? Leave your comments at [facebook.com/jwucampusherald](http://facebook.com/jwucampusherald).

# 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

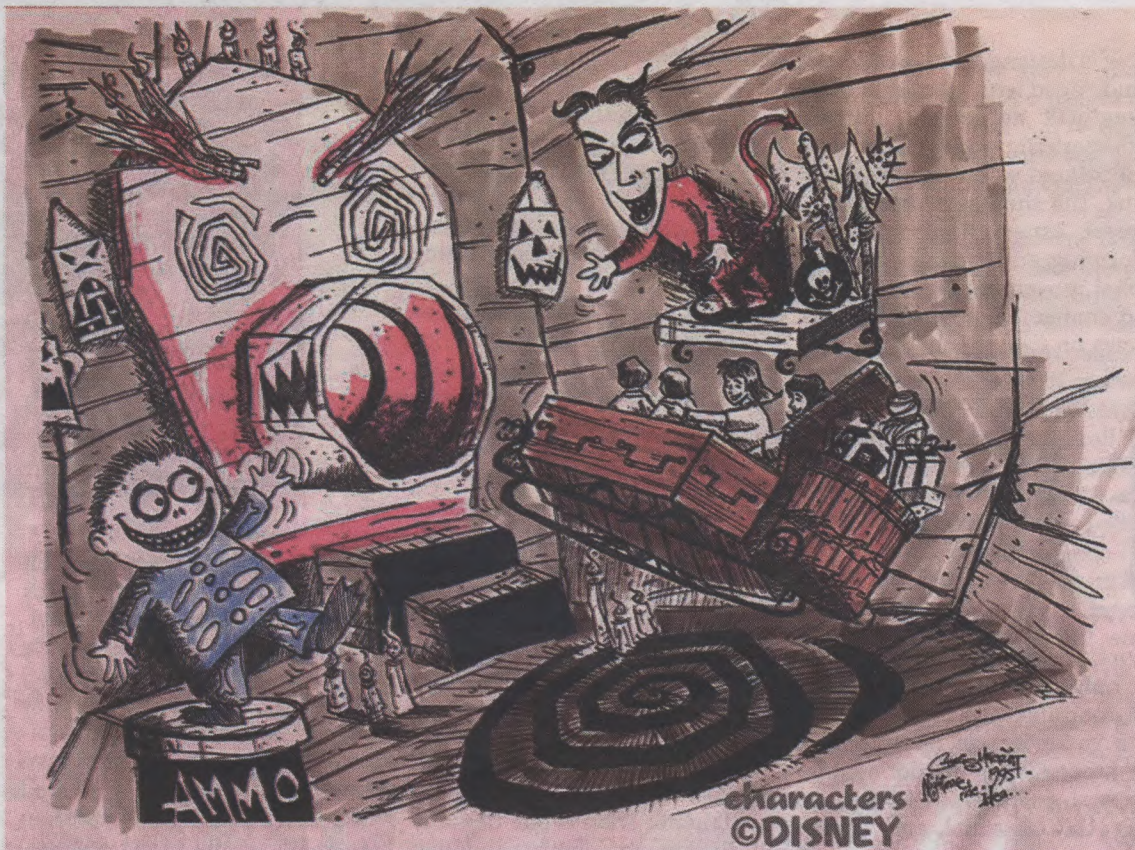
Location: Disney World (Orlando, Florida)

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. Rides 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 Halloween Town, Oogie 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.



A rare sketch of the Nightmare Before Christmas ride planned for Disneyland. Illustrations courtesy of Disney.

### 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 seen 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 Fantasyland 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 Fantasyland, this ride would have taken guests on a snowy journey. They would board boats that took them through arctic lands inhabited by polar bears, walrus, 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 wiping his butt with Mummy'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.



An initial sketch of the never created "Hotel Mel."



CULINARY CHEF'S CASES

## The Chef's Case

The Chef's Case is the perfect solution for your culinary needs. Ergonomically designed for all Chefs, Caterers and Bakers on-the-go. Built by the same industrial material used by musicians to secure their instruments. Now the Chef's case brings that same level of durability and security to your cooking and culinary equipment. Features include:

Pull-out Knife Drawer

Durable case construction

Light weight & mobile

Large storage capacity

Cake Tip holder

Easy maneuverability

Fits in all vehicle types

Pull-out handle & recessed wheels

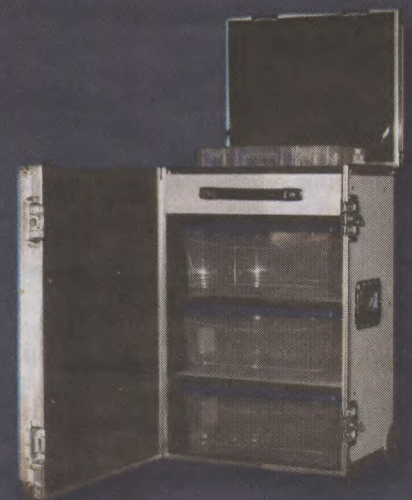
Key Lockable latches

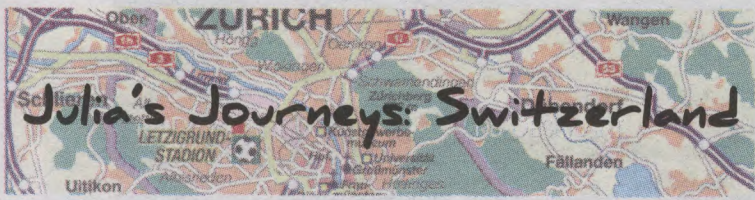
Convinced enough? Be sure to place your order:

[www.Chefscases.com](http://www.Chefscases.com)

\*Available in 18 colors with Free Custom Logo\*

## Stephenson Custom Case Company





**Julia Abbiss**  
Copy Editor

After our somewhat disastrous time in Greece, our next destination seemed like a totally different world. While mainland Greece contained sketchy people and polluted streets, Switzerland had spiffy businessmen walking hurriedly around every perfectly groomed street corner. We decided to tackle both Zurich and Lucerne within our three day stay in Switzerland, and followed Rick Steves' walking tours of both cities religiously (Word of advice: Prior to your trip anywhere in Europe, take some time out to jot down the walking tours found in his guide books. They're lifesavers and will prep you with some handy info about the sites you'll be seeing). Because Switzerland is the second most expensive country in Europe, (Norway being the first) I'm going to share some cost-saving tips that will help out my fellow student travelers.

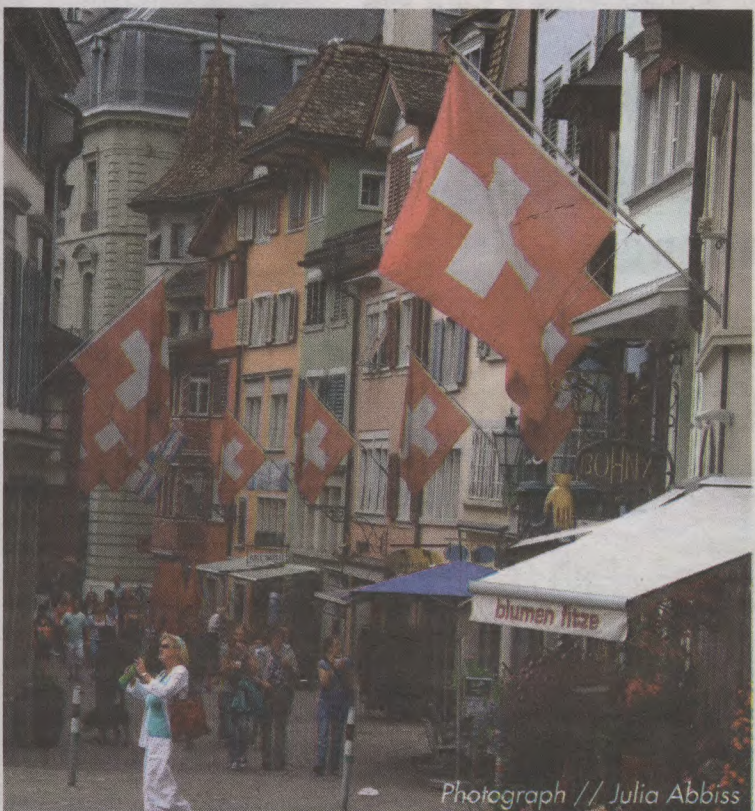
**Stay with people:** Since many of the hostels we found started at \$50 a night, we knew right away that we'd have to find some alternative accommodations. Utilize your social media. I was practically posting a different plea each week, asking my Facebook friends to hook me up with their European connections. You'd be surprised at how many people came through. My friend Steve referred me to a couple he met while hiking the Inca Trail (casual). They lived in the heart of Zurich and were apparently super willing to host Americans they didn't know. So Steve introduced me to the couple via a group Facebook message, and we confirmed our stay. Most people prefer the comfort of staying with someone who is a "friend of a friend" instead of someone totally random. But if you're comfortable and a seasoned traveler, then definitely look into couchsurfing.

Check out festival dates: We happened to be in Zurich during the time of Zuri Fascht, a festival that happens once every three years during the first weekend

of July. An estimated 2 million people fill the streets lining the River Limmat at night, enjoying the various carnival rides, live music, and street vendors selling all sorts of exotic drinks and local food. Then, a portion of the evening is dedicated to the fifth largest fireworks display in all of Europe. Not only is this event entirely FREE to enter, but the fireworks will give you a little piece of home, since the festival always falls around the Fourth of July. Side note: the greatest part about staying with local people is that they know exactly where to go and what's fun during the festival. Our hosts kindly introduced us to all of their friends and let us tag along with their group and it turned out to be a highlight of our trip.

**Utilize your Eurail Pass:** If you're traveling via Eurail (which I would definitely recommend the youth global pass, especially if you're tackling the northern part of Europe), then research and utilize the various ferry passes and discounts that are offered through Eurail. Eurail travel days mean that within the span of 24 hours, you can use your pass and travel on any train or mode of transportation that is covered by the Eurail. We used up a travel day while going from Zurich to Lucerne, a gorgeous town that is an absolute must-see during your Switzerland trip. Initially we thought the pass for that day would just cover the roundtrip ticket. But we discovered that our pass could be used for a free ferry ride on Lake Lucerne. The ferry turned out to be one of the most beautiful and eye-opening parts of our trip. This experience taught us to be thorough in our research. Tip: On the Eurail website they list the countries and have a tab that says "Pass Benefits in {country name}." It will take you to a page that lists everything the pass covers or gives you discount on. This will help you get the most out of the pass you paid for!

Have any other cost-saving trips for Switzerland? Leave your comments at [facebook.com/jwucampusherald](https://www.facebook.com/jwucampusherald).



Photograph // Julia Abbiss

# Body mods around campus

**Abby Bora**  
Staff Writer

**Lily Morgan, Criminal Justice - Belly Button**

I had it done once and it got infected so I did it again. Overall, I am thrilled. I'm very excited about it. I had to clean it with saline and then it was fine and then it got infected again. It was a tough time. My mom's like "no, that's gross." I said "you know what mom, that's my life."

**Ally Campbell, Fashion Merchandising - Nipples**

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

**Arriana Nico Noel, Liberal Arts - Industrial Bar**

I feel like such a rebel. New year, different me. I needed change and since I'm not ready to alter my hair yet (I was going to chop off half of it) I decided on a piercing. I was with my friends and we were walking past the tattoo parlor and I was like, "why not?" I love it but you can't really see it behind my hair, not to mention that I have to sleep a different position as to not irritate my ear. It looks awesome though, and I'm excited about changing the bar to something more flamboyant and eye-catching.

**Jackie Thomas, Counseling Psychology - Belly Button**

I decided to do it over break because I used my Christmas money to do it. I had also found out that it was only \$20 at a tattoo and piercing place close to my hometown, and I thought I

couldn't get a better deal anywhere else. I've wanted it since I was 16, but my parents said I had to wait until I was 18 and had a job. I had seen it on others and I thought it would look good on me. My mom thinks it looks good, but my dad is against any piercing that isn't on the ears. I also want a tattoo, but that is something that I need to think more about because I want something meaningful.

**Ellie Johnson, Counseling Psychology - "God Loves Ugly" Collarbone Tattoo**

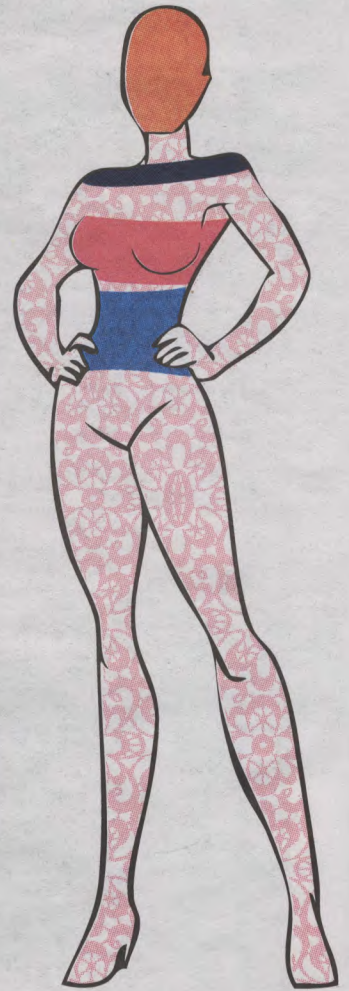
I felt like it was expressive. I've had the idea in my head for a while. It's a song lyric, something I listened to growing up; it's called "God Loves Ugly" by Atmosphere. I like it a lot. My friends who are around my age think it's cool but my parents didn't like it too much.

**Tyra Houtman-Wolchesky, Counseling Psychology - "Strength" Infinity Sign on Lower Stomach**

I just like tattoos and piercings. I have one on my back and I wanted one diagonal from it. My mom likes it; everybody else was kinda shocked because they didn't know I got it. I'm getting my brother and sister's names on one arm, and my mom and I are getting matching ones on my other arm in May.

**Jenn Ciotta, Graphic Design - "All Mad Here" and Mad Hatter Hat on Ribcage**

Alice in Wonderland has always been my favorite movie and Alice stayed in the back of my head growing up. I wrote my college 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 interesting.



Arriana Nice Noel



## Moana Lisa

**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 testicles smacking their lower labia during intercourse. Some of my male friends swear by the slurping sound during oral sex. I think everyone can agree that moaning is the most common and highly anticipated sex noise.

Studies have been conducted to explore the origin of moaning, specifically in women. This

isn't to say men do not moan, they simply don't do it as often. I've always felt that moaning was an involuntary reaction to an orgasm. The survey conducted by Miller & Byers of the Journal of Sex Research showed that women's orgasms mostly occurred around their partners' orgasm. Researchers suggest that these vocalizations are under conscious control and are an effective 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

has an ideal sexual script based on their personal perception of what their ideal sexual encounter should be like.

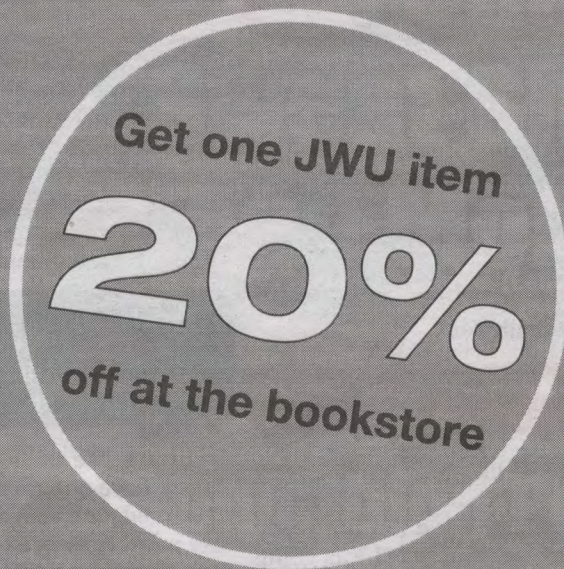
Maybe women do it because they believe it is what their partner wants? Although, if your moan is unpleasant it's less likely to help your partner climax. Maybe women moan simply because it feels good and they can't help but let the sensation be known vocally. Whatever your reason, moaning is fun and is welcomed in most sexual encounters. So moan on Moana!

# Wildcat Wednesday

## Dates:

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

Show some spirit,  
wear your JWU gear!



*Completely Remodeled  
Student Apartments*

Pembroke Avenue • Providence, RI

**\$580.00 a Month Per Room**  
(All Utilities Included)

All New Appliances

Hardwood floors, A/C, Internet, Porches and Off Street Parking

**Call:**

Gus~ 401-639-2551 or Courtney~ 401-573-3655



Winter Week  
Bingo

**01/27/14**

Wildcat Center  
Lounge 8PM

18th Annual  
One Ton Sundae

**01/29/14**

Gaebe  
11AM-2PM

Potter Palooza &  
UIB Movie Night: Harry Potter  
and the Sorcerer's Stone.

**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**

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 resounding winning record, something that certainly doesn't come easy in the highly competitive ECAC conference in D3 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 to garner the top seed in the playoffs come late winter.

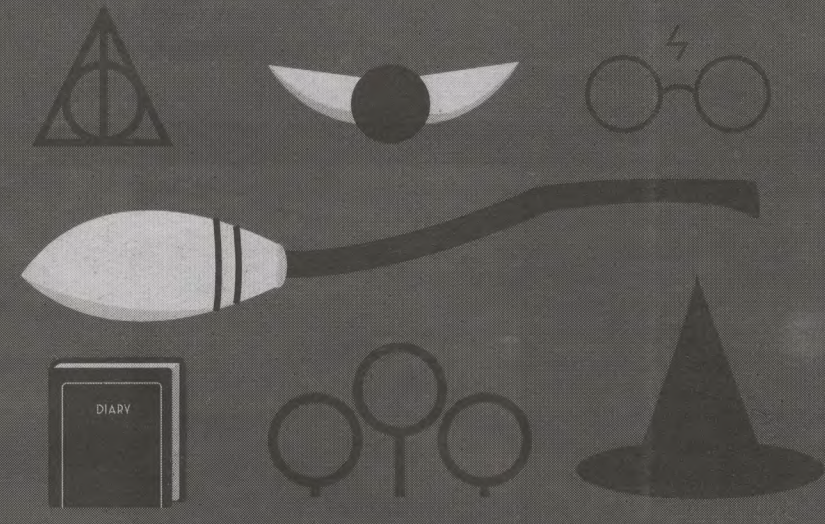
Best yet, tickets for JWU students are FREE. That's right, you won't need to fork over a large sum of precious money to see your Wildcats hit the ice in downtown Providence. You will, however, need to bring your JWU ID to gain entrance into the game for no cost. If you'd like to bring a non-JWU student 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 calendars for January 28th to watch the Wildcats take on the Seahawks in a marquee matchup between two of ECAC Hockey's elite.

January 30, 2014 From 7-9pm

# Potter Palooza

Wildcat Center Lounge



COME OUT FOR A FREE HONEYDUKES CANDY BAR, BUTTERBEER FROM HOGSMEADE, TAROT CARD READINGS FROM PROFESSOR TRELAWNEY AND MUCH MORE BEFORE WATCHING HARRY POTTER 1 ON THE BIG SCREEN!



#WINTERWEEK14



## 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 formerly occupied by the sisters. "I think that people enjoy some of its architecture because it's slightly older," Xavier Hall Residential Assistant Will Nosack said. "The staircases and the designs on the ceiling have decorative elements to them, which gives the building character."

The story of Xavier Hall begins in 1850, when Irish Catholic 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](http://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 sisters 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 "threatening them with death if they would not immediately vacate the premises," [NewAdvent.org](http://NewAdvent.org) states. In the mid-1800s, Irish

Catholics were persecuted in the United States by groups like the Know Nothings and the Klu 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 elementary school. According to [StXavierAlumnae.org](http://StXavierAlumnae.org), Joseph Banigan of the Woonsocket Rubber Company 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 subjects, as well as some specifically aimed to help her in the business world, like typing and bookkeeping. "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."

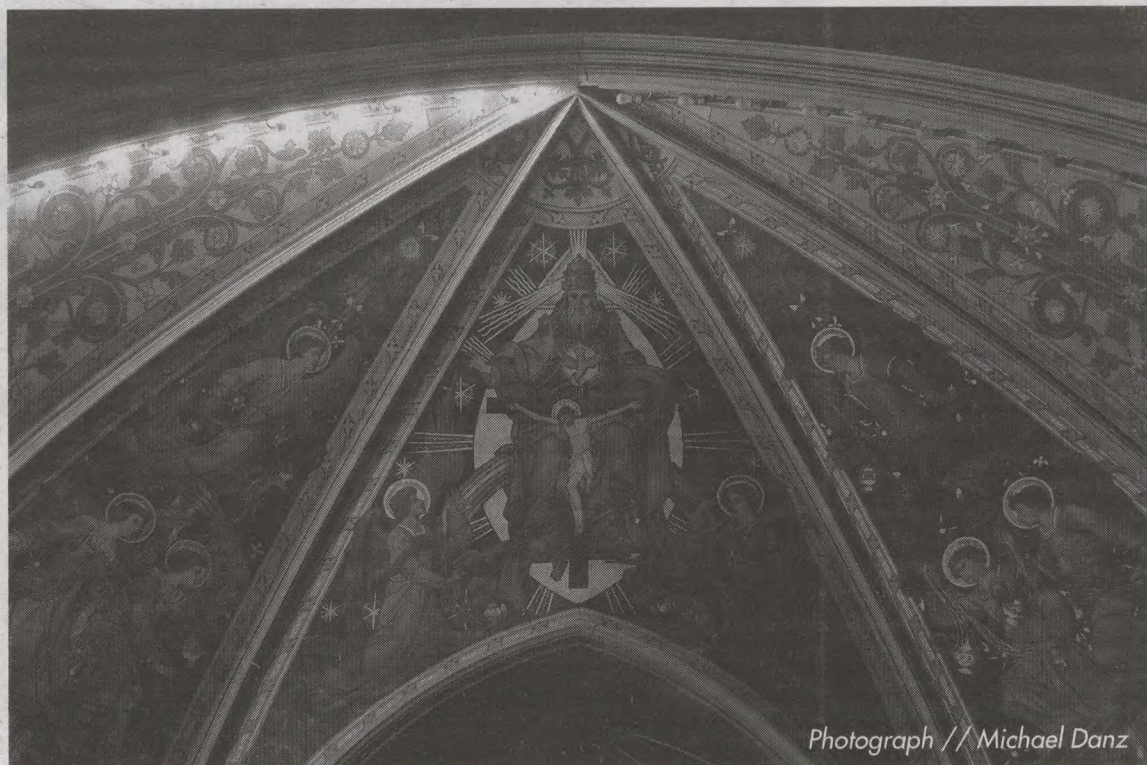
Today, the alumnae of St. Francis Xavier's Academy meet up often. They publish a newsletter, and keep in touch "even if it is only a Christmas greeting," McKenna said. After the Academy closed in 1983, another opened in Coventry, only to be closed in 2001. Nevertheless, the Alumnae Association still encourages education through a scholarship

fund. Meanwhile, The Sisters of Mercy have expanded across the Americas, carrying on their message 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 allowed into the chapel for their meetings and mass. In recent years, this has not been possible.

According to Brian Lanoie, the Senior Facilities Project Manager, 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."



Photograph // Michael Danz

# Microsoft to end support for Windows XP in April

Ryland Grudzinski

Sports // Tech & Design Editor

It's time to say goodbye to the rolling green fields of Sonoma County, CA, which are better known to PC users 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 antivirus 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, though 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 antivirus 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 In-



ternet.

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 operat-

ing 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 you don't need to worry if you aren't tech savvy.

What's your opinion on the changing systems? Leave your comments at facebook.com/jwucampusherald.

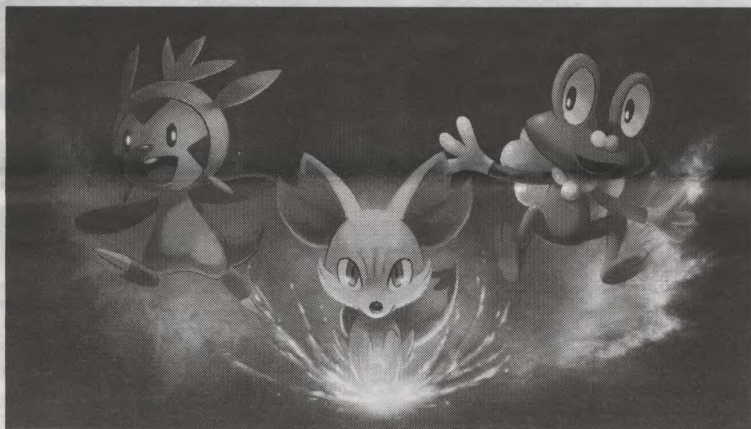
# Pokemon X & Y: A new direction for a classic series

Elizabeth King

Staff Writer

When Nintendo announced that the sixth 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 day 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 new Kalos region is a whole new place with a brand new attitude. The world is bright, colorful, and refreshing, making some of the grainy 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-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 Digiolution). 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 pokemondandy.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 installments 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 somewhat 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 inventions and innovations in Pokemon X and Y earn the games 4 out of 5 stars in my book.



SULLIVAN  
WHITEHEAD  
& DELUCA  
LLP

86 Weybosset St Suite 400  
Providence, RI 02903

Steven J. DeLuca  
Attorney at Law

Attorney Steven J. DeLuca has over 24 years of criminal experience | Former State Prosecutor | Handles all kinds of criminal offenses, including capital offenses.

**Underage Drinking Defense Assaults**  
**Refusal Hearings Capital Offenses**  
**Drug Offenses Larceny**  
**Breaking & Entering Auto Theft**

For more information contact

(401) 861-9900

sdeluca@swdlawfirm.com



**Study Abroad Program  
Application Deadlines**

2013-14 Summer Programs

**Deadline: February 1**

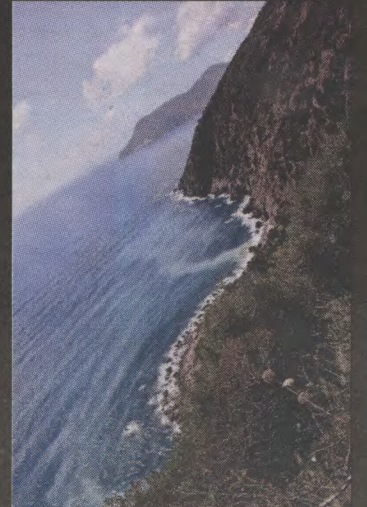
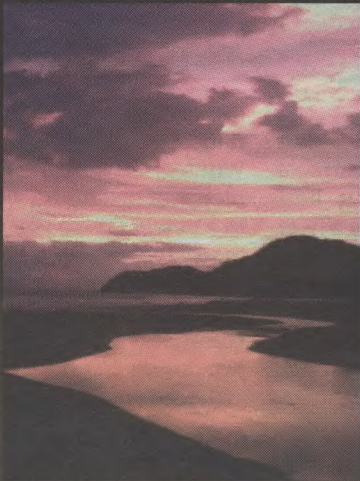
Spots still available on

College of Arts & Science - England & Scotland

College of Business - South Korea

College of Business - SWAP Denmark & Sweden

Hospitality College- Costa Rica



274 Pine Street, Providence, RI

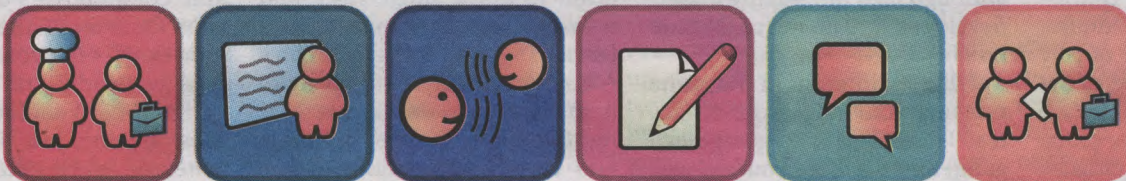
401-598-1406

Studyabroad@jwu.edu

[www.jwu.edu/studyabroad](http://www.jwu.edu/studyabroad) JWU Study Abroad



**EXPERIENTIAL EDUCATION  
& CAREER SERVICES**



YOUR TOOLS FOR SUCCESS

REGISTRATION  
OPENS  
JANUARY 15, 2014

**REGISTER FOR INTERNSHIPS!**

**FIND AN INTERNSHIP THAT SUITS YOUR CAREER.**

FIND OUT MORE [LINK.JWU.EDU](http://LINK.JWU.EDU) > JOBS & INTERNSHIPS > FIND AN INTERNSHIP

**TERMS FILL UP QUICKLY, SO DON'T HESITATE**

JOHNSON & WALES  
UNIVERSITY



Follow Us!  
@jwuprocareers

Like Us!  
[facebook.com/jwuprocareers](https://www.facebook.com/jwuprocareers)

**Experiential Education & Career Services**  
Downcity: John Hazen White 401-598-1070  
Harborside: Friedman Center 401-598-4611  
[link.jwu.edu](http://link.jwu.edu) > jobs & internships > find an internship