The Matthew (2010 Nov)

THE MATTHEW

John Cabot's vessel: informing, exploring, excelling.

VOLUME V, ISSUE III NOVEMBER 2010

Ryanair Raises Safety Issues for Students

By Chiara De Luca
Contributing Writer

ROME – The suggestion by low-cost carrier Ryanair's CEO, Michael O'Leary, that costs could be further cut by doing away with co-pilots, has caused much controversy and received mixed reviews from John Cabot University students.

"I don't like flying already, and I'd never choose to fly with Ryanair if they were to cut corners by jeopardizing passengers' safety. And the co-pilot is a synonym for security," said Federico Lande, 23, a transferring student from QUT, Brisbane, Australia.

Damiano Coni, 20, a junior student from Rome, is a fan of Ryanair, saying "there is no better way to fly; the only thing that's cheaper is staying home." Like Easyjet and other low cost carriers, Ryanair has a history of making unconventional reductions in service to maintain its low cost airline tickets. It has continuously found ways to increase passenger charges, including excess baggage, sports, and musical instrument equipment, online check-in, and infant fees. In September, O'Leary, known for his provocative comments, said it might be a good idea to eliminate the co-pilots on all its aircraft and, if necessary, let the flying be done by computers only.

In an interview published in Bloomberg Businessweek, O'Leary said the company could train the cabin crew to pilot airplanes, should the single pilot suddenly need help.

"Training the staff of an airplane on how to react in an emergency and help the pilot is a positive thing," said Rosa Maria Molina Ras, 20, a senior degree-seeking student from Santa Cruz de Tenerife, Spain. "It raises the stakes for people who will be hired for the position of hostess or steward."

In effect, the entire issue is mute since it would be totally illegal, according to Joint Aviation Authority's (JAA) rules for Ryanair to allow its Boeing 737 8AS aircraft to be flown without a co-pilot.

Some students find Ryanair's low prices to be worrisome.
"If you spend 12 euro for a flight ticket, then how do you maintain the fleet?" said Valentina Marone 19, a junior from Latina, Italy.

However, JCU students travel a lot for conferences, internships, and for their own pleasure. Perhaps this is why many of them tend to focus on the positive aspects of low-cost airlines.

Corey Rutkowski, 20, a sophomore from Melbourne, Fla., said that Ryanair's cheap prices allow him to travel more.

"Plus, Ryanair is in partnership with many hotels, B&Bs, and transfer buses. Thus, it is very convenient to plan a trip with them," he said.
In addition, not only do JCU students enjoy Ryanair's reduced prices, but they also prefer it because it's faster than any other airline company.

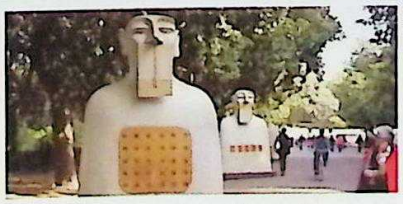
"Leaving from off-center airports means everything is quicker, including check-in procedures, because there are not so many people standing in line," said Silvia Albertini, 19, a freshman from Rome.

Yet, many students interviewed reported bad experiences with Ryanair, including frequent delays and cancellations, especially when poor weather was reported.

Linda Faison, 20, a senior degree-seeker from Irvine, Calif., has always

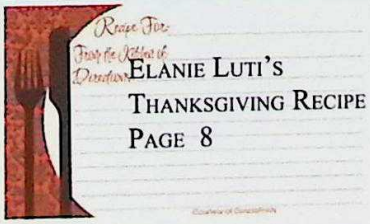
Ryanair on page 2.

Inside



Mexican Art, Page 4

Check out upcoming Rugby on Page 7



Elanie Luti's Thanksgiving Recipe Page 8

The Matthew is the student-written and student-managed, nonprofit newspaper of John Cabot University.

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Op-eds and Letters to the Editor may be submitted for publication by e-mail to newspaper@johncabot.edu. Newspaper officers do not have office hours, but can be reached at any time by writing to the address above.

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Make-up Day Policy Frustrates JCU Students

By Sally Tucker
Staff Writer

ROME- The free-Friday policy at John Cabot University makes the weekend the ideal time for students to relax, explore Rome, and even travel elsewhere in Europe. But JCU students are frustrated because of a policy that, throughout the course of the semester, forces them to give up some Fridays to make up school-decreed holidays.

The make-up policy requires that Friday classes be scheduled for every holiday on which JCU closes. For the Fall 2010 semester, this means making up All Saints Day, November 1, Thanksgiving, November 25, and Immaculate Conception, December 8. Giving up three free Fridays has been particularly frustrating for much of the student body, especially for those study abroad students who are unfamiliar with make-up policies.

Most students are not looking forward to the make-up days and consider them both unusual and unfair. "If you have a day off, it should be a day off and we shouldn't have to make it up," said Alison Tortolano, 21, a study abroad student who attends Worcester State in Massachusetts. "It hasn't added anything to my studies. It's just pointless."

Tortolano's opinion is how a majority of JCU study abroad students feel. Anna Perlack, 20, a study abroad student who is a junior at the University of Tennessee-Knoxville, said, "At my school, we don't have make-up days. They're already built into the year. I don't think it adds to the academic experience at all. People don't show up and I don't think anyone really wants to be there."

It's not just the burden of having to go to class for an extra day a week that's getting students angry about make-up days, it's the inconvenience they pose to planning trips around Europe. Taylor Bearden, a 20-year- old junior studying abroad from Lynn University said, "I don't like make up days because they mess with trip planning and they are inconvenient. I wanted to go on a trip the last weekend, but we had a make-up day and I couldn't go."

But it's not just American students who aren't used to having to make up a class because of a Holiday. Alessandro Minissi, an Italian student with the exchange program between JCU and the University of Milan said, "A holiday is supposed to be a day when you don't have to work. At the University of Milan, we don't have to make up holidays. They could easily give us twice the amount of work and not require make up days." He added that the make-up days take time away from his visits with his family in Cesano Bascone, a town close to Milan.

However, not all students are opposed to the make-up days. "For me, it's not a big deal," said Kelly Velez, a student from Puerto Rico who is spending a semester at JCU learning English. "I think it's a good idea, because if we are going to miss some class days I want to make up the work." Velez graduated from the University of Puerto Rico and said that her school, too, required her to make up holidays , so it's something she's used to.

Asked why JCU requires make-up days, Carmen Scarpati, the JCU registrar, said, "Each course, in order to receive the required amount of credits, has to meet for at least 45 hours. If there were holidays and no make-up days, we would not have those 45 hours and therefore no credit could be given for the class."

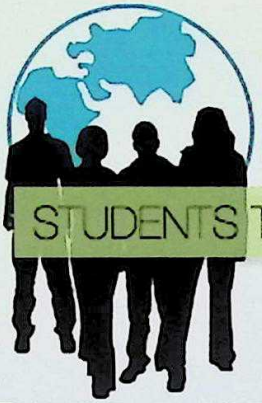
In response to the idea of working in the lost days to make the academic year slightly longer as many students had suggested, Scarpati said, "We already had so many complaints about the year being too long, we didn't want to add any extra hours. We'd also have to change holidays as a result of this."

Continued from PAGE.1 *Ryanair*

refused to fly with Ryanair. In regards to the co-pilot issue, she said that "even suggesting cutting the co-pilot's job to save money casts a bad light on the popular image of this airline. It makes me think that they care only about money at the expense of the security, efficiency and comfort of the flight."

The Matthew would like to thank all of the performers and everyone who attended our first event,

REMEMBER MY NAME



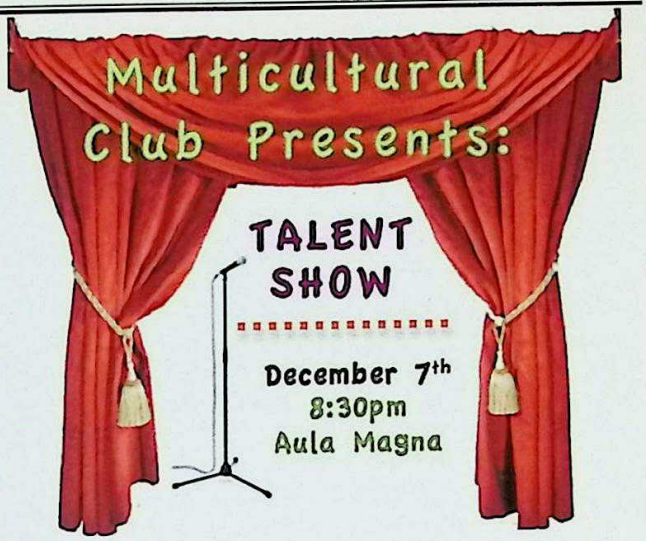
S.T.A.N.D.

STUDENTS TAKE ACTION NOW DARFUR

STAND
A Student Anti-Genocide Coalition

Interested in teaching English?
Contact *Stand@johncabot.edu* for information.

Join us for a meeting! Every
Wednesday at 8:00pm in G.K.G.3.
New members welcome.



CLUBS

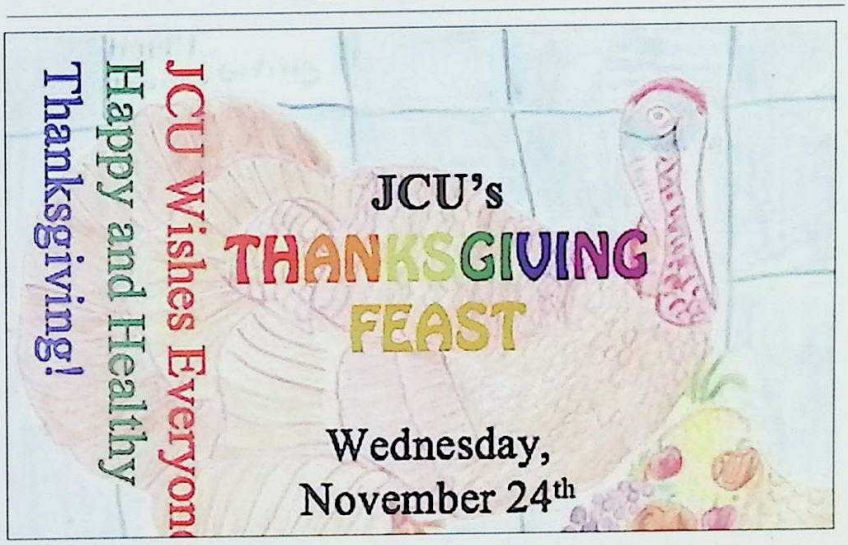
Have an opinion?

FULLER PRIZE AWARD 2011

The Albert Walker Fuller Prize will be awarded to a faculty member, staff member, or student for outstanding writing in an opinion piece, in Spring 2011.

Submit your piece to *newspaper@johncabot.edu*. (Maximum of 500 words.)

Think Ahead.



International Conference

"Between Rawls & Religion: Liberalism in a Post-Secular World"

December 16-18th

For more information on how to register, please contact ***rawlsandreligion@johncabot.edu***

FOR MORE INFROMATION ON CLUBS AND ACTIVITES AT JOHN CABOT UNIVERSITY CONTACT STUDENTSERVICES@JOHNCABOT.EDU.

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Thank you for attending!

Off The Beaten Path

TARA BRAUN
Staff Writer

THE MATTHEW/ TARA BARUN

Mexican artist, Rivelino, has a message that he wants the world to hear, and he is successfully spreading it through his monumental exhibit called "Our Silences." Rivelino's inspiration for the work is presented on a sign in the center of the exhibit. He explains that, "Millions of people around the world go on with their lives as if muted… Every day, every hour, every minute… As if muted to themselves, to their neighbor, to their fellow man across cities, across borders, across continents. If released, these silenced expressions could make a big difference in our lives."

"Our Silences" was on display in Villa Borghese from September through October. The exhibit consists of ten huge white-bronze busts, made using the lost-wax technique. Each bust is 320 centimeters in height, 230 centimeters in width and 110 centimeters in depth. The faces on the giant statues have traits from different races, so they represent people from all over the world. Each face also has a plaque over its mouth with inscriptions. These inscriptions also appear on the statues' chests and backs.

The exhibit started in Mexico, and in the past year, has been traveling around the world. Past locations include Portugal, Belgium, and Spain. After its duration in Rome, the exhibit continued on to the UK, and from there, it will travel to France, and back to Mexico.

In every city, "Our Silences" is placed in a public space so that the general public can easily access the message. Since each person witnessing the exhibit may be affected by silence in a different way, the viewer is left to interpret what Rivelino is trying to express through his artwork and what society can do to create a world free of oppressed silence.

The exhibit will be re-located to London in November, where it will remain for two months, then will continue its journey through Europe.

Blog That Creativity

ANDREW NELSON
Staff Writer

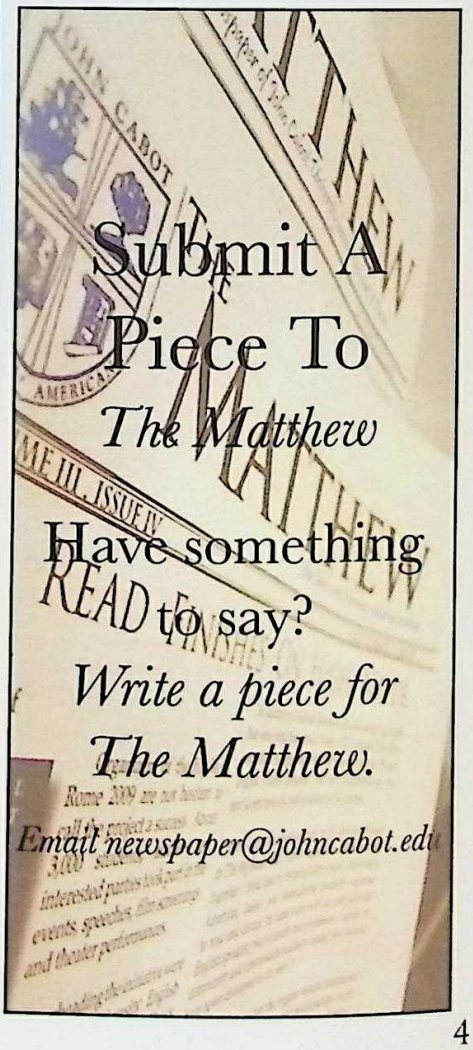
Ilaria Gianni's class, "Issues and Trends in Contemporary Art", has published a blog of reviews of contemporary art exhibitions and installations in Rome. The following resident and visiting students are participating in the blog: Emelie Ask, Kirila Cvetkovsk, Clara Giannini, Samantha Lana, Mason Shania, Monet McCord, Nicole Minatel, Nelson Andrew, Sara Pelliccia. The blog can be found at: The blog was described by Professor Gianni as "is a contemporary art online magazine reviewing art shows in Rome". All the reviews, she says, "are written by students and aim at exploring the contemporary soul of the Eternal city, which keeps on beating and developing dynamic cultural activities." The blog is a valuable resource for John Cabot University students because it informs them about the contemporary art scene in Rome and allows them to read what other students thought about the contemporary art shows.

This blog can be found at http://contemporaryartrome.blogspot.com/

Dear Prospective Student,

We would like to welcome you to John Cabot University. The Matthew is John Cabot's monthly newspaper. We are a student-run newspaper that was re-established in the Fall of 2008. Our mission is to be an oulet of expression regarding issues and concerns of our University.
We hope you enjoy this issue!

Best wishes,
The Editorial Board of The Matthew



Stop and Think Corner

Michelle Monteclaro

I had just gotten off the phone with my dad. We were discussing the recent midterm elections from earlier this month. After fifteen minutes of discussing and agonizing over what President Obama needs to do to heal his wounds with our country, we stumbled onto the topic of "my college career". My dad explained to me that my years in college should not produce primarily a C.V. showing a list of internships or jobs. Instead, this four-year period should be devoted to working on a relationship: the relationship that I have with myself. He even kiddingly said that *The Matthew* was my ship of self-exploration, and Rome my departure.

Our insightful conversation left me thinking. I'm a twenty-one-year old student, daughter, sister, and friend. I hate labels, but I shouldn't lose sight of them either. Because of stress and work, I have become passive. Often, my fingers lose feeling when they touch the keyboard. My eyes, which should be looking out onto the world, become blinded by the words on the page. The everyday walk to school is calculated on my watch. Unknowingly, I lose all thought behind my actions. I just do them. Yes, people can become numb to the everyday functions of their lives. I'm guilty of it.

As students, we attend classes, write papers, read books, participate in group projects, and study for exams. We go on the assumption that the hard work that we put into our academic career will gratify us in the end, no questions asked. College is meant to give us the fundamental knowledge for "the real world" in order for us to be contributing members of society. But it is also important to use this time to learn about ourselves.

Let me clarify, I'm not preaching. Instead, I'm reflecting. My college career is half way over and I've lived in Rome for almost three years. And yet my Italian is broken and my culinary skills are not as developed as I would like them to be. It's been months since I have been able to look up and marvel at the Roman architecture. I'm not proud of this.

When I was a fresh-faced freshman, I was enchanted by this luminous city. I felt invincible when I stood in Piazza Venezia. I was an 18-year-old girl from Florida and here I was in Rome. Three years later, I find myself in the library with a minimum of four hours of work ahead of me. The older you grow, the more responsibility is placed on your plate. Whether you decide to do the work or not is relative to your priorities. But, I must emphasis the importance of balance. In anything you do, try to find the middle ground.

My conversations with my dad always end with a maxim. This time he left me with, "*The pen is mightier than the sword,*" a famous line coined by Edward Bulwer-Lytton. Well, here you go, dad.

Michelle Monteclaro is a degree-seeking student at John Cabot University. She welcomes comments at newspaper@johncabot.edu

Internship Review

Melisa Manrique Oyola and Federico Lande are both senior degree-seeking students at JCU. Following the March 2010 Career Fair organized by the Career Service, they were offered an internship at the Presidenza del Consiglio dei Ministri (Italian Prime Minister's office). In order to share their experience with the JCU community, they decided to interview their mentor, Counsellor Siggillino, executive director of Office I "Monitoring and Evaluation of the Italian Government Program".

Q. **Consigliere Anna Siggillino, what is the role of your office within the Public Administration?**

A. "The raison d'être of my Office is to supply qualitative and above all quantitative data to evaluate the government's program and to monitor public policies. To this end, we are currently working towards establishing a common methodology in accordance with the European Union and also with the OECD. One of the new challenges we are currently tackling is that of developing a communication network with similar offices around the world, especially in the EU area."

Q. How did you find out about JCU students?

A. "I found out JCU had an internship agreement with the Presidenza, but nobody had actually taken advantage of that. So I phoned Prof. Francesca Gleason and asked her to send the resumes of eligible students for the positions I was offering. In the end, I picked two students for six months. After then, I participated in the Career Fair in March and again I offered two internships."

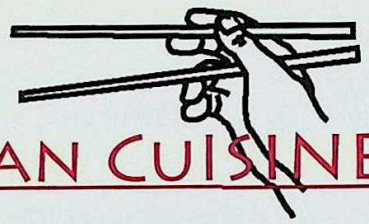
Q.What are the main requirements for a potential intern?

A. "The ideal candidate should be in his final year of studies, have excellent communications skills, a fairly high GPA and, above all, he or she should speak at least two languages fluently. Ideally, the more languages the better. "

Q. Last but not least, how do you rate the work done by JCU students so far?

A. "So far I have been extremely pleased with the level of preparation and the showing of commitment of John Cabot Students. They have been an invaluable asset to the whole office, and I am definitely willing to offer more internships in the future."

- Photo and article provided by Career Services



Asian Cuisine

Chinese

Rome is full of delicious food, but sometimes your palate may be longing for something other than pasta and pizza. When that time comes, consider Yu Qi Lin, a Chinese restaurant near the Vatican. The rich menu offers a variety of meat dishes, rice, noodles, and soups. The portions are not very generous, so count on having an appetizer and side of rice as well.. Since the restaurant is so cheap, the total cost is going to be around 10 euros and will surely satisfy a craving for an non-Italian meal. Address: Via delle Fornaci 31

Japanese

Kyo3 Il Pescatore
Via di Donna Olimpia, 250
06 40048888

Kyo3 is a small Japanese restaurant in Monteverde Nuovo. You can find it easily if you get off of the tram 8 towards Casaletto, one stop after Stazione Trastevere, and walk for about 5 minutes up Donna Olimpia. There you will find a classy little Asian cuisine restaurant tucked between two residential apartment buildings. The menu has pages and pages of sushi choices, as well as hot pasta and rice dishes, soup, and some Italian dishes. The prices are more than affordable. Depending on how much you want to eat, you can spend as little as 5 euros or, if you want to really stuff yourself, as much as 30. They have a covered outside section with large windows where people can smoke and sit at Japanese style tables. Alternatively, you can sit indoors at the grill where a chef makes food in front of you. The food is amazing and anyone who thinks he doesn't like Japanese food should try it here before deciding.

Sodoku

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The Matthew's Sweet Melodies

Staff Recommended

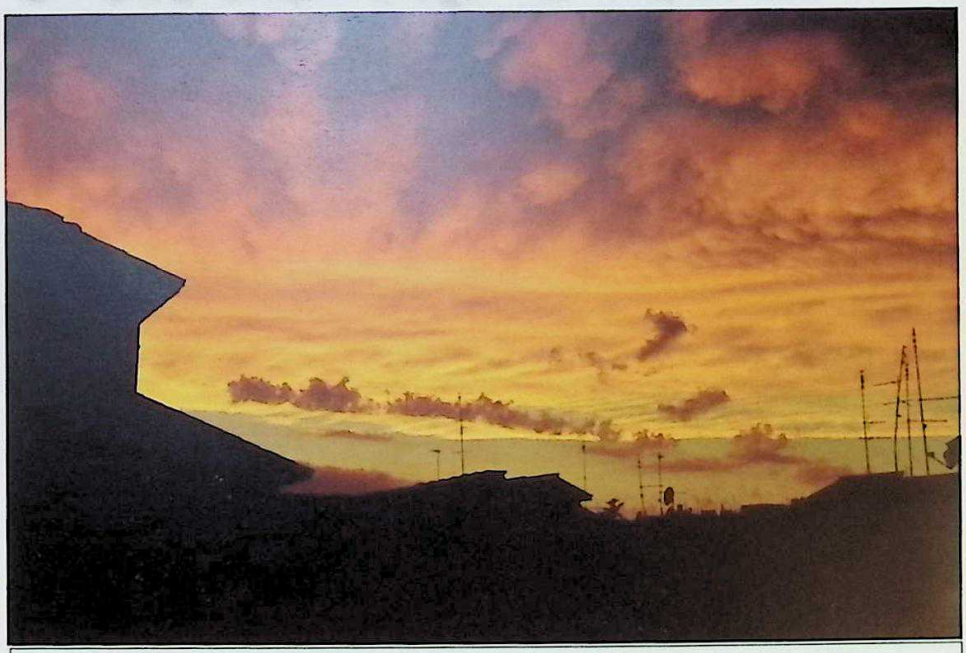
- Remind Me: Royksopp
- Fan of Shades: Kyle forester
- For What It's Worth : Buffalo Springfield
- Sympathique: Pink Martini
- Trial Time: The Last Mr. Bigg

QUOTE OF THE ISSUE

"Every man is born truthful and every man dies a liar."

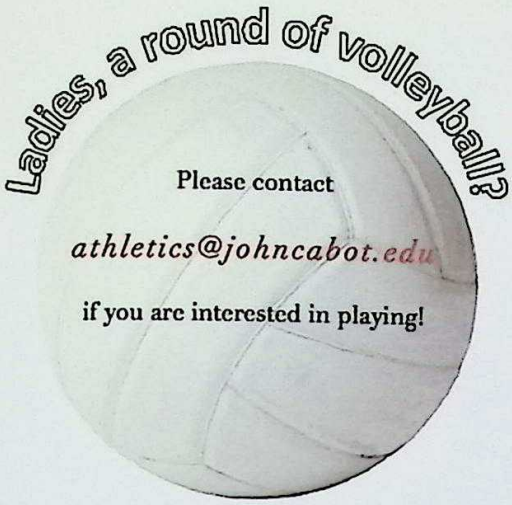
- A Good Woman (movie)

Featured Photo



ROMAN SUNSET CONTRIBUTING PHOTOGRAPHER7LYNN CHAYA

For the answers to the Sudoku and The Pumpkin Pie Recipe from Thoroughly Thanksgiving (Page 8), be sure to visit The Matthew online at www.jcumatthew.com



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SAT.
11 a.m. to 7 p.m.
Sun.
10:30 a.m. to 1:30 p.m.

*You must have a physical taken prior to attending this gym

MALE GLADIATOR SOCCER SCHEDULE

Field: Vis Aurelia
Wednesday, November 24
JCU vs. Cattolica
21:00

Field: Bachelet
Wednesday, December 1
JCU vs. Università Europea Roma
21:00

Field: Berra
Wednesday, December 8
JCU vs. Roma Tre
20:30

Rugby Round-Up

KENDRA CLAIRE CAPECE
Staff Writeer

John Cabot University has welcomed a new sport to its field this year, with the seeds of a Men's Rugby Team already planted. This was initiated by Alessandro Galli, a JCU student who also doubles as team Captain and Co-Coach with Valerio Taverna. The current team of nine players began their practices only two weeks ago. Right now they are being held from 9-10:30pm on the smaller field at Via Vitellia N. 50 on Wednesdays, but are looking to be moved to Tuesdays allowing soccer players to join. Galli would like to recruit more players so as to have at least 12-14 team members. The team warmly welcomes new players with no previous experience necessary! The category of Rugby they are playing is "touch rugby" as opposed to regular "tackle rugby" because this is easier for beginners, so don't be shy! It is also "Rugby Sevens," meaning that there are only seven players to a team. Anyone that is interested in learning about the sport or simply wants a good work out

should certainly show up. Hopefully, if more students join, there will be some friendly matches with other Roman University teams in the near future. For questions regarding the Rugby team, feel free to stop by the Athletics Office located in the Tiber Campus.

JCU ACTIVITIES

MONDAYS: BELLY DANCING FROM 5:15 P.M.TILL 6:15 P.M.

TUESDAYS: YOGA FROM 1:15 P.M. TILL 2:15 P.M
SELF DEFENSE FROM 5:30 P.M. TILL 7:30 P.M.

WEDNESDAYS: PILATES FROM 1:15 P.M. TILL 2:15 P.M.

THURSDAYS: TAI CHI FROM 5: 15 TILL 6:15 P.M.

ALL ACTIVITIES ARE HELD IN THE ACTIVITIES ROOM IN THE TIBER CAMPUS. FOR MORE INFORMATION PLEASE EMAIL STUDENTSERVICES@JOHNCABOT.EDU

SUPPORT YOUR JCU GLADIATORS!

Join JCU SPORTS

For more information on activites at JCU, please send an email to athletics@johncabot.edu.

Thanksgiving with Professor Luti

Turkey

Turkey is not a very difficult thing to make. You need a turkey and you need some heat. Beyond that, it's all a question of refinements. Before you buy the bird, measure your oven from the lowest rack position to the top of the opening. Subtact a cm and that is the maximum height of turkey you can get.

Note the centimeters, and mark a piece of paper to take with you with the height. Ask for "un tacchino intero, non intaccato, non piu' alto di cosí" showing him the strip of paper. Don't let him cut it up in any way. The skin must be intact or the juices will run out and the whole thing will be dry. Insist to measure the bird. Note down its weight, you'll need to know it later. Important food safety information Poultry is at risk for salmonella which can be dangerous.

Never touch a turkey or chicken and then touch something that's going to be eaten raw without washing your hands with soap. **Second:** Cooking kills salmonella. Cook till there is no pink meat, no pinked juiced running out when it's pricked deeply. **Third**: The stuffing must be cold - stuff the cold turkey with the cold stuffing. Warm stuffing will warm the inside creating a nice breeding ground for bacteria and food poisoning! Make stuffing the day before, stuff right before cooking.

Turn oven on to the maximum temperature and put the rack on the bottom level or use oven tray that fits where the rack does.

Remove any remaining feathers and dry the skin well.

Take about 100 grams cold butter, and if you like add about a tsp of an herb of your choice - sage, marjoram, thyme (beginner cooks put too many herbs!) a couple of cloves of very well smashed garlic, lots of pepper, or multicolored pepper you find in grinders in the spice section and about a tbsp salt. Cut up the cold butter and press into the other ingredients (no need to amalgamate it)

Push your hand between the skin and the flesh on the breast and try to work your way to the top of the drumstick, separating the flesh from the skin gently without breaking the skin. Shove pieces of the (seasoned) butter into these areas.

Stuff turkey loosely; put toothpicks in the skin around the opening to hold it together. If there's extra stuffing, wrap it in plenty of double foil. Put the turkey in a low-sided pan and in the oven on bottom shelf. Put the stuffing in next to it if there's room, or put it in later after the turkey is out.

Don't add water, wine or other liquids. You want the turkey to get crisp, not soggy.

Cook at high heat, about 250 degrees centigrade) for about half an hour per kilo.

Test for doneness

1. Wiggle the drumstick. It should move very easily.
2. Deeply pierce the thickest part with a sharp thin knife, fork or skewer. Press on the flesh. The juices should run yellow, not pink. If pink, keep cooking. If it's burning, put a tent of foil on top of the bird.

When cooked, remove from the oven and remove from the pan (you may need to scrape underneath it in case it stuck, and you may need help – a couple of people with dishtowels or potholders and/or spatulas to go under it and put it on a dish. Cover with foil.

Gravy

Take the pan, all stuck with turkey meat, and spoon off almost all the grease if there's a lot – you should have a couple of tablespoons left. If there's no grease, add a couple of tbsp butter. Put the roasting pan on a very low flame.

Add 2 tbsp flour. Cook slowly, scraping and stirring 5 min.

Add 2 cups water, turkey broth, bouillion, or wine, and "deglaze" – that is let it simmer as you scrape up all the stuck-on browned stuff on the pan as it thickens. Taste and salt if necessary.

Strain into a container.

Serving the turkey

Remove the foil. Take out the stuffing and put in a bowl with any other stuffing that you may have cooked separately.

Stuffing (make the night before)

1 turkey wing (buy separate from the turkey)
1 or 2 potatoes
250 gm chicken livers and hearts
2 celery stalks
2 onions
Salt, pepper, a bit of thyme, marjoram or sage
1 package *fette biscottate* use about 15 roughly broken

Simmer the wing an hour with salt and water to make some broth.

Separately boil potatoes, drain and mash.

Cut up livers, celery, 2 onions. Heat about 50 gm butter in a frying pan, add the livers and cook till browned. Remove, add another 50 grams butter, slowly cook the onions and celery. When they're soft (not browned) return livers to pan, add potatoes, and the broken fette biscottate. Add enough broth to wet all the croutons but without any left over. REFRIGERATE OVERNIGHT. Loosely stuff cavity of the turkey just before cooking, wrap the rest in foil and cook in the same baking pan.

Buying ingredients

Street markets are the best place for vegetables. Testaccio has a great market (with the finest tomatoes in Rome – a stand near the fish market has only tomatoes and the guy is an expert. Trust him!!! He often also has special squashes –mantovana or mandolin – for pie.) Go down via Bodoni away from via Marmorata, and you'll find a frozen food store with huge packages of frozen blueberries (for pie), raspberries and strawberries. Go up Luca della Robbia and you'll find Canestro (see below) one of the whole foods chains in Rome.For turkeys, go to a butcher. There are plenty in Rome. Get a fresh turkey, and if you're not cooking for fifty people, ask for a "tacchina" the smaller female. Castroni, **Via Cola di Rienzo**, has all kinds of international ingredients including cranberry sauce. Also dried cranberries (boil them with red wine to cover and sugar to taste) real vanilla extract, gelatin, fondant frosting, powdered sugar and real American coffee freshly ground.

For sour cream, buttermilk (the best I've ever had), crème fraiche, brown sugar (Panela), and organic foods, go to Canestro, on Via San Francesco a Ripa in Trastevere, or on Via Luca della Robbia in Testaccio.