



Music is Art partnership brings WNY recording artists to St. Bonaventure

As part of a new partnership with the organization Music is Art, the Office of Student Activities and Campus Activities Board will kick off a bi-weekly live concert music series in the campus Rathskeller at 9 p.m., Thurs., Feb. 1.

The series will feature Western New York recording artists associated with Music is Art, a privately funded organization whose mission is to keep the arts in education alive in Buffalo Public Schools through financial and material donations, mentoring and instruction from the private sector.

Every other Thursday, the Rathskeller will host a different recording artist or band, ranging from pop to alternative and hip-hop to metal. The concerts are open to all SBU students, their guests and all members of the University community. Admission is free.

Robby Takac, founding member and bassist for the Goo Goo Dolls, is president of Music is Art. The

organization's two-day festival in Buffalo last year featured close to 100 recording artists and bands, covering all genres of music, and attracting more than 100,000 people. Music is Art has also produced CDs to raise awareness and funds for various charitable organizations.

A few of the programs produced by Music is Art include the High School Awareness Tour, which features live performances by recording artists in the Buffalo Public High Schools; an annual instrument drive for the schools; co-sponsorships with not-for-profit-groups such as Cradle Beach and Compass House; a weekly Music is Art LIVE at the University of Buffalo Center For the Arts; a "Rockin At the Knox" series (Albright- Knox Art Gallery); and the Western New York Teen Battle of the Bands.

The live music concert series dates for the spring 2007 semester are as follows: Feb. 1, Feb. 15, March 1, March 15, March 22, March 29, April 12, April 26, and May 3.

Midterm Break Bus Departure - Fri. March 2

Hickey Circle 11 p.m./ Rob/Fal Circle 11:15 p.m.
Francis/ Townhouses 11:30 p.m.

Place & Time of Arrival

Paramus, NJ 6 a.m.
NYC Penn Station 6:30 a.m.

Departure - Sun. March 11

NYC Penn Station 9 a.m.
Paramus, NJ 9:30 a.m.

Cost: \$60 one way / \$75 round trip

Bonas House Band will rock the Rathskeller this semester

The Office of Student Activities and CAB are assembling a group of area musicians from the Southern Tier region and the University to form a “house band,” which will practice, jam and perform live music in the Rathskeller every Wednesday from 8 to 10 p.m.

The house band concept will not only provide entertainment in various music formats, including rock, pop, folk, alternative and urban, but it will also encourage student musicians to bring their instruments and join the band onstage to perform various songs in an open mic format.

“Providing a venue, forum and mentoring situation for our student musicians and singers is something we are all looking forward to doing,” said Steve Plesac, director of Student Activities. “We will also have extra guitars on hand should a student musician not have his or her guitar with them on campus.”

In addition to guitars, the band will also utilize a drum set, keyboards and bass guitar. Students who are singers are encouraged to attend these sessions, and will be given the opportunity to sing with the band in a live band karaoke format.

Full tech and production support will be provided, including sound and lights, and a technician to run the mixing boards. The house band will begin its first practice/jam session on Wednesday, Jan. 31. It will take a few weeks to practice before opening the door to musicians from the University to perform with it. A Notice Board announcement will let students know when the open microphone concept is up and running. However, students are encouraged to attend the practice sessions every Wednesday night.

The members of the house band have been chosen not only for their musical ability but also for their interest in mentoring students and other members of the University community. A list of the members and a short bio on each will be released in the near future.

A tip of the cup to Café La Verna, the winner of SBU’s naming contest



Students voted Café La Verna as the name of their new gourmet coffee café, a 5,500-square-foot addition to Hickey Dining Hall currently under

construction and expected to be completed this spring.

La Verna is the name of the mountain retreat that was given to St. Francis and his brothers. It was a place to which Francis returned frequently and where St. Bonaventure wrote the “Itinerarium,” the foundational text for the Intellectual Journey course and the Clare College core curriculum at St. Bonaventure.

Three teams of students submitted the winning name, including: (team one) Laura L’Esperance, Alex Cole, Joseph Perry, Edward Perry, Joseph O’Halloran, Elizabeth D’Onofrio and Celia Bogan; (team two) Benjamin Christian, Scott Eddy, Gary Gavarone, Mark Inman, Garrett Lyons, Amy Passalugo and Benjamin Yeager; and (team three) Dominick Patrone, Ashley Jankowski, Joe Bradley, Christopher Caldwell, David Krajewski and Steven Quinn.

The University will honor the winning team members by displaying a permanent plaque recognizing them inside the new café.

The contest began in November and inspired 19 teams to submit more than 30 potential names.

Students were encouraged to vote online and choose their favorite name from the final four selected by a University panel. The finalists were Francesco’s , Café La Verna, JAVAdventure and Gubbio Café.

The four finalists met all guidelines for submission, which required the name to be brief, creative and memorable in expressing the purpose of the café. The name was to have an element of connection to the University’s Franciscan heritage and its 150th anniversary celebration.

ARAMARK is trimming the fat with new trans fat-free oil

Riding the wave crashing over the nation's food service industry, St. Bonaventure University has converted to a trans fat-free fryer oil in all of its dining locations on campus.

The University's decision comes just months after cities such as New York, Chicago and Boston enacted or proposed legislation to ban trans fat oils in their restaurants, and fast-food chains Taco Bell and KFC eliminated trans fat oils altogether. Buffalo lawmakers will consider a similar proposal this month.

St. Bonaventure's announcement is in response to research conducted by ARAMARK, the University's dining provider, that shows consumers are more concerned than ever with their intake of trans fats. The decision affects all deep-fried foods.

ARAMARK worked with suppliers, dietitians and chefs to identify a product that provides the same great taste consumers enjoy in a non-hydrogenated corn and sunflower oil containing zero grams of trans fats.

Trans fat (also known as trans fatty acids) is a specific type of fat formed when liquid oils are made into solid fats such as shortening. However, a small amount of trans fat is found naturally, primarily in some animal-based foods. Trans fat behaves like saturated fat by raising low-density lipoprotein (LDL or "bad") cholesterol that increases your risk of coronary heart disease.

Trans fat is made when hydrogen is added to vegetable oil, a process called hydrogenation that increases the shelf life and flavor stability of foods containing these fats. A zero-grams trans fat fryer oil is defined by the Food and Drug Administration as having 0.5 grams or less per serving.

According to the 2006 ARAMARK Nutritional DiningStyles Research, 27 percent of American adults feel strongly about limiting their trans fats intake in meals purchased away from home, up

from an average of 21 percent in 2005. This research, a comprehensive, nationwide study of the away-from-home eating habits, nutritional preferences and perceptions of Americans, is conducted each year to better understand consumer preferences and tailor dining programs to fit consumer needs.

ARAMARK has been working with its registered dietitians and manufacturers to develop ways to identify and reduce both saturated fats and trans fats in recipe ingredients and prepared foods. All packaged goods have trans fat information reported on the nutritional label in response to the January 2006 FDA regulation requiring prepared food manufacturers to provide the information.

AZEEM to speak in celebration of diversity

CAB is sponsoring a performance by comedian/lecturer Azeem at 8 p.m., Wednesday, Jan 31, in the San Damiano Room in Francis Hall.

Azeem created a program titled P.E.A.C.E., which stands for Proper Education Always Corrects Error. It deals with many social issues including racism, sexism, nationalism and materialism.

P.E.A.C.E. has been designed in hopes of eliminating maladaptive behaviors.

The program combines both laughter and sincerity to expand the minds of high school

and college students nationwide. Azeem strives to enable students to perform a mental pathology, determine their own prejudices and find ways to fix them.

Azeem has been an inner-city activist for more than a decade. He has counseled both youth and adults and lectured in various churches, high schools, colleges, juvenile detention centers and prisons.

This program is free and open to the public. More information can be found about Azeem at his Web site www.itzazeem.com.

