

URI Informed

Vol. 26 Issue 1 May 2019

THE URI EMPLOYEES' NEWSLETTER

URI Announces 2019 Honorary Degree Recipients

by Dave Lavallee

A former congressman who led the fight for health insurance parity for those with mental health and substance use disorders, an educator who uses tall ships as platforms to educate college students about the ocean and environment, the founding director of the leading international engineering program, a renowned musician and philanthropist, and a former college president will be awarded honorary degrees by the University of Rhode Island at its 133rd Undergraduate Commencement Ceremonies Sunday, May 19.



Former **Congressman Patrick J. Kennedy** will receive an honorary doctor of humane letters degree and will address a crowd of about 15,000 during the University's main undergraduate commencement ceremony, which begins at 12:30 p.m. on the Quadrangle of the Kingston Campus.

During his 16 years in the U.S. House of Representatives, serving Rhode Island's First Congressional District, Kennedy fought to end discrimination against those with mental illness, addiction, and other brain diseases. He is best known as the lead sponsor of the Mental Health Parity and Addiction Equity Act, which requires insurers to cover treatment for mental health and substance use disorders no more restrictively than treatment for illnesses of the body, such as diabetes and cancer.

In addition, honorary degrees will be presented to Edward Avedisian, a clarinetist with the Boston Pops for 35 years and the Boston Ballet Orchestra for more than 40; Margaret "Peg" Brandon, president of the Sea Education Association; URI Professor Emeritus John M. Grandin, founding director of the International Engineering Program (IEP) and Lynn C. Pasquerella, the current president of the Association of American Colleges and Universities and former president of Mount Holyoke College.

The honorary doctorate degree is the highest honor bestowed by the University, and these five men and women will join 433 esteemed individuals recognized with this distinction since URI's founding.

"We are privileged to present honorary doctorate degrees to these distinguished

continued on page 2

THE
UNIVERSITY
OF RHODE ISLAND

THINK BIG  WE DO™



URInformed

Nancy Gillespie, Editor
Charlene Dunn, Assistant Editor

Editorial Board

Michelle Curreri
Bonnie Jacob

Contributors

Laura Kenerson
Kathie McKinstry
Mary Beth Arnold
Shawn Simmons

If you have a suggestion for an article about a co-worker or colleague, or perhaps information about an event, or simply have an interest in being involved with the newsletter, you may send your request to:

URInformed, 73 Upper College Road,
Kingston Campus
or contact us by e-mail at:

NGillespie@uri.edu

The editorial board reserves the right to select the material printed and to edit it to conform to space restrictions.

Please get involved! This is your newsletter and we need your support to make it work.

URI is an equal opportunity employer committed to the principles of affirmative action and values diversity.



mance under the direction of Aaron Copland at Tanglewood.

Avedisian's artistic achievements are rivaled only by his philanthropy, including a \$5 million gift to the University's College of Pharmacy in 2017 in memory of his brother, Paramaz Avedisian, a 1954 graduate of the College. The pharmacy building bears his brother's name. In addition to the Endowed Professorship in Organic Chemistry, he has established the Paramaz Avedisian Pharmacy Scholarship.

He also fully funded the Center for Health Studies & Research and the Center for Business Research & Development at the American University of Armenia. He is the founder of the Khoren and Shooshanig Avedisian K-12 School & Community Center in Armenia and

continued on page 3

Honorary Degrees...continued from page 1

individuals, whose accomplishments exemplify our common values of integrity, honesty, compassion, creativity and civic-mindedness," said URI President David M. Dooley. "Their achievements have made lasting contributions to our state, our nation, and the world."

Edward Avedisian, doctor of humane letters

The son of Armenian Genocide survivors, Edward Avedisian grew up in an immigrant neighborhood in Pawtucket and graduated from the city's public schools.

Avedisian was a clarinetist with the Boston Pops for 35 years and the Boston Ballet Orchestra for more than 40. He has performed around the world and was twice appointed a Fromm Fellow for Contemporary Music Perfor-



Table of Contents

<i>2019 Honorary Degrees</i>	<i>p.1</i>
<i>Grapes & Grain</i>	<i>p.5</i>
<i>Grad Commencement</i>	<i>p.6</i>
<i>Pets Corner</i>	<i>p.7</i>
<i>Word Search</i>	<i>p.9</i>
<i>Online Compassion</i>	<i>p.10</i>
<i>Retirement</i>	<i>p.11</i>
<i>Comings & Goings</i>	<i>p.12</i>
<i>Word Search Winner</i>	<i>p.13</i>
<i>Cook's Corner Recipes</i>	<i>p.13</i>

Honorary Degrees...*continued from page 2*

was the sole benefactor and chair for renovation of Armenia's Nork Marash Medical Center.

In 2008 Avedisian (BU'59,'61), was named Boston University Distinguished Alumnus and has contributed to the Boston University School of Medicine and College of Fine Arts. In 2016 he was awarded the Ellis Island Medal of Honor. He presently serves as a Board Member of Light Sciences Oncology.



Margaret Brandon, '80, M.M.A. '97 doctor of science

Margaret "Peg" Brandon, president of Sea Education Association (SEA) in Woods Hole, Massachusetts, first went to sea with SEA's flagship study abroad program, SEA Semester, as a URI undergraduate student. Since then, as mariner and educator, she has committed herself to empowering students with life-changing sea voyages of scientific and cultural discovery, academic rigor and personal growth.

Established in 1971, SEA is an internationally recognized leader in undergraduate ocean education, taking students of all majors to the Atlantic and Pacific Oceans aboard its two tall ships to conduct oceanographic research.

Brandon was a member of SEA's faculty for more than 15 years, leading numerous SEA Semester voyages, and has logged more than 100,000 nautical miles at sea as a U. S. Coast Guard licensed captain. In 2010, she was awarded the Maine Maritime Academy Teach-

ing Excellence Award, and in 2017 she received the Tall Ships America Leadership Award.

Last year, she was selected as an Arthur Vining Davis Foundation Aspen Fellow for the Aspen Ideas Festival. During her tenure as president, SEA has received the 2016 National Science Board Public Service Award and the 2018 Walter Cronkite Award for Excellence in Maritime Education. Under Brandon's leadership, SEA continues to equip its students with the tools needed to become environmentally literate leaders prepared to address human impact on the environment.



John M. Grandin, doctor of engineering

John M. Grandin, is founding director of the International Engineering Program (IEP) and professor emeritus of German. The IEP is one of the first global engineering programs in the nation, and one of the few that educates truly bilingual engineers. Other schools look to URI as a leader in this field due to the vision of Grandin and his co-founder, the late Hermann Viets, former dean of the College of Engineering.

Dramatic enrollment growth in the Department of Modern Languages and Classical Languages and Literatures occurred with strong help from the IEP. The program combines engineering study with German, French, Spanish, Italian, Mandarin Chinese and now a minor in Japanese. The program attracts outstanding undergraduate students from all over the coun-

continued on page 4

Honorary Degrees...continued from page 3

try and exchange students from partner universities in each of the IEP language areas.

Major financial support has come to the IEP from governmental, corporate and private sources because of the efforts of Grandin and the other IEP faculty working in coordination with engineering faculty. Grandin has received numerous awards, including the Federal Cross of Honor from the Federal Republic of Germany. He has published widely on cross-disciplinary initiatives. Grandin is the founder of the Annual Colloquium on International Engineering Education, which brings together engineering and language faculty with university administrators and international educators to explore ways to prepare young engineers for the global workplace.



© Mary Noble Ours

Lynn C. Pasquerella, doctor of letters

Lynn C. Pasquerella is president of the Association of American Colleges and Universities, the leading national association concerned with the quality, vitality, and public standing of undergraduate liberal education. Prior to her appointment at AAC&U, Pasquerella served as the 18th president of Mount Holyoke College and provost at the University of Hartford.

For 23 years, Pasquerella was a member of the URI community. She began as a philosophy professor in 1985, after earning her Ph.D. at Brown University. She held a variety of leadership roles, including philosophy department chair, interim vice provost for research, vice provost for academic affairs and dean of the gradu-

ate school. Recently named one of the top 35 women leaders in higher education by *Diverse Issues in Higher Ed*, Pasquerella shaped URI through her work with the Instructional Development Program, the Center for Ethics and Public Service, the Multicultural Center and research projects aimed at diversifying STEM fields.

Pasquerella is the host of Northeast Public Radio's *The Academic Minute*, showcasing cutting-edge research and scholarship by faculty across the country. She currently serves as the president of Phi Beta Kappa Society, as a member of the advisory board of the Newman's Own Foundation, sits on the board of directors of the Lingnan Foundation and the National Humanities Alliance and is on the ethics committee of George Washington University Hospital.



URInformed is now on the Web

at

<http://web.uri.edu/urinformed/>

**Browse the current issue of
URInformed**

AN EVENING OF GRAPES & GRAIN

Silent Auction
Proxy Bidding now
available online
through June 7
at 3 p.m.

June 8, 2019 • 5–7:30 p.m.

*President's House Lawn
URI Kingston Campus*

***Tenth Annual Benefit
for URI Women's Athletics
Hosted by Lynn Baker-Dooley***

*Enjoy a wide selection of fine wines,
specialty beers, and select foods provided
by area businesses.*

\$125 per person

Must be 21 years of age to attend.

**For sponsorship opportunities
or event information, call Shana Greene
at 401.874.2024.**

Special thanks to



uri.edu/grapesgrain

URI Graduate Commencement 2019

Behavior change pioneer to address graduate degree recipients May 18

James O. Prochaska, Ph.D., world-renowned professor of clinical psychology and leading expert on behavior change and population health, will address the University of Rhode Island's Graduate Commencement on Saturday, May 18, at 9 a.m. at the Ryan Center.

Founder of the Cancer Prevention Research Center at URI, Prochaska is best known for the development of the Transtheoretical Model of Behavior Change, an evidence-based model used around the world. The model has been applied across multiple scales from individuals trying to adopt healthy habits to the World Bank's governance and accountability programs. The United States Agency for International Development has used the model to instill environmentally sustainable habits as a component of programs in the less-developed world.

Prochaska's research has demonstrated that integrating strategies from population health and individual health care produce more inclusive and effective approaches to overall health and well-being.

Prochaska has served as principal investigator on more than \$80 million in research grants on the prevention of cancer and other chronic diseases, authored more than 400 publications on behavior change for health promotion and disease prevention, and published four books --- "Systems of Psychotherapy," "The Transtheoretical Approach: Crossing Traditional Boundaries of Therapy," "Changing for Good," and 2016's "Changing to Thrive," which he wrote with his wife and fellow researcher, Janice.

Prochaska has won numerous awards, including the Top Five Most Cited Authors in Psychology from the Association for Psychological Science, an Innovator's Award from the Robert Wood Johnson Foundation, and is the first psychologist to win a Medal of Honor for Clinical Research from the American Cancer Society. Recently, he has been recognized as one of world's Eminent Psychologists of the past 70 years.

"Professor Prochaska's work has dramatically influenced the ways in which health care providers and employers have helped individuals and large groups of people stop smoking, eat

by Dave Lavallee

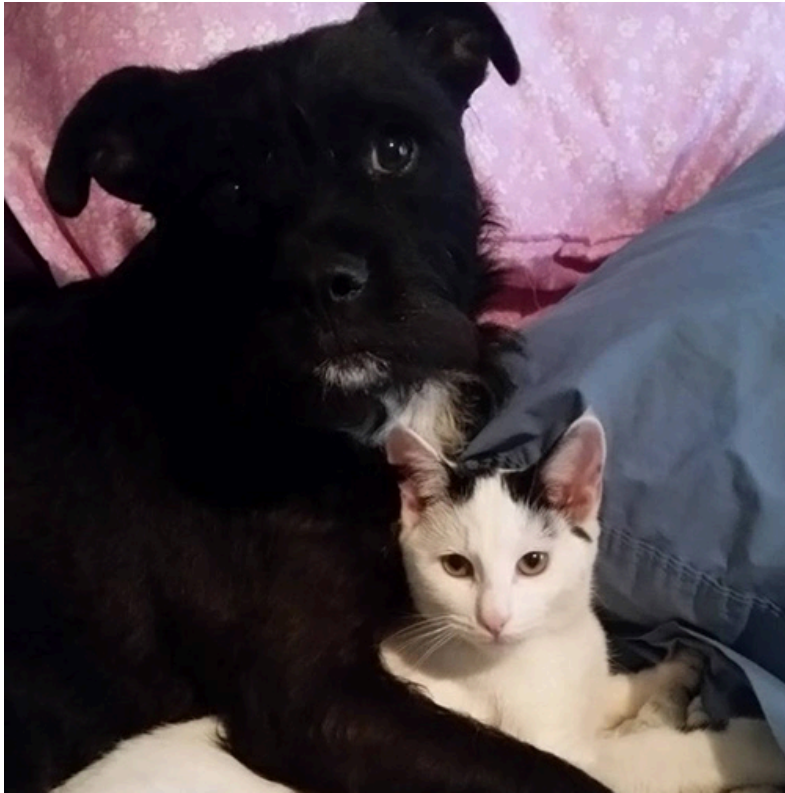
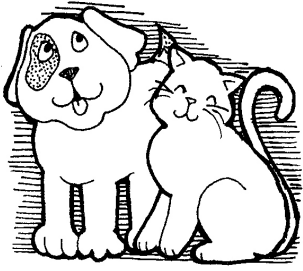


URI Graduate Commencement speaker James O. Prochaska. URI photo by Nora Lewis

healthier, exercise more, and in broad terms lead healthier lives overall," said Donald H. DeHayes, provost and vice president for Academic Affairs. "While major pharmaceutical firms are conducting pioneering research on drugs that could lead to more effective treatments for cancer, Alzheimer's disease, heart disease, and other diseases, Dr. Prochaska has taught us that healthier lifestyles actually mitigate against these diseases. I expect that our graduate students, faculty, families, and friends will be inspired to take steps to become healthier and to be leaders who promote Dr. Prochaska's proven methods for a healthier society."

Prochaska earned his bachelor's, master's and doctoral degrees from Wayne State University in Detroit.

The Pets Corner



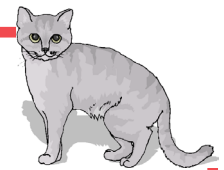
At the top we have **Boo** and **Patchi**, Getting caught in the act! On the bottom we have we have our **Boo** and **Petunia**, the Shopaholics
Catherine Duggan, Enrollment Services



Meet my eight-year-old, shelter kitty, **Delroy** (named after former URI basketball player Delroy James), doing what he now does best, relax. When adopted, Delroy was long, lean and incredibly quick, hence his perfect name choice.

Alice Wells, ITS

Invitation to the Pets Corner



We know how much people like their pets. It's up to you to show us just how much.

Please send us your favorite photo of you and your pet.

We need a high resolution jpg.

Your name and department.

Your pet's name, breed

One or two sentences about your pet. Maybe the photo will tell us all we need to know.



Contact:
Nancy Gillespie
ngillespie@uri.edu



Commencement 2019



P	Q	U	A	D	E	I	Z	F	U	R	I
E	R	X	R	R	C	P	N	A	I	A	N
E	K	O	U	E	A	H	F	M	R	M	O
L	S	T	C	C	S	O	Z	I	U	O	I
S	U	A	S	E	C	T	H	L	J	L	T
F	M	S	Q	D	S	O	F	Y	K	P	A
E	M	S	R	F	N	S	L	I	E	I	R
E	E	E	O	I	W	E	I	L	G	D	B
R	R	L	N	N	O	G	I	O	E	X	E
G	U	Y	O	A	G	M	Z	R	N	G	L
E	R	O	H	L	S	B	O	J	F	B	E
D	I	J	W	S	T	A	R	G	N	O	C

- | | | | |
|----------------|-------------|----------------|--------------------|
| 1. Alumni | 8. Family | 15. Job | 22. Smile |
| 2. Cap | 9. Finals | 16. Joy | 23. Summer |
| 3. Celebration | 10. Friends | 17. Photos | 24. Tassel |
| 4. College | 11. Future | 18. Procession | 25. URI* |
| 5. Congrats | 12. Gifts | 19. Quad | *(appears 3 times) |
| 6. Degree | 13. Gown | 20. Rest | |
| 7. Diploma | 14. Honor | 21. Sleep | |

DIRECTIONS: The object is to find the 28 hidden words within the grid. Words can be found horizontally, vertically, diagonally, backwards or forwards. Return the completed wordsearch to Shawn Marie Simmons, Provost Office, Green Hall, Room 109. Please include your name, address and e-mail with your entry. A drawing of all correct entries will determine the winner. A URI prize will be given to the winning entry.

The winner will be announced in the next issue of URInformed. Good Luck!

Name _____ Dept. _____
 Campus Address _____
 Phone Ext. _____ E-mail _____

Can Compassion Be Learned Online? URI Faculty Find It Can

The University of Rhode Island offered an innovative learning opportunity this semester for students to develop greater compassion for others, and improve their sense of well-being.

The program might be just what a hardened, less tolerant world needs.

Known as the “Compassion Study,” the program was created by Thupten Tendhar, a doctoral candidate and coordinator of the Inner Peace, Healthy Minds program at URI’s Center for Nonviolence and Peace Studies, along with his research advisor Professor Paul Bueno de Mesquita, center director. Tendhar said they were prompted to conduct this research because of the rise of stress and anxiety among college students around the world, and the need to address those issues, as they often lead to mental health challenges associated with harmful behaviors and violence.

“We can use holistic preventive measures to address these violence issues,” said Bueno de Mesquita. “It comes back to our own mind; there is more of a chance that people act less violently when they are in a more peaceful and compassionate state of mind.”

“The results were, quite frankly, extraordinary,” Tendhar said. An impressive 100 percent of the 92 participants who completed the online compassion training program, responded affirmatively to the statement,

“Overall, these compassion lessons led to positive changes in myself and the way I live.” Compared to 94 students who did not view the lessons, students viewing all eight compassion lessons showed significantly greater outcomes on measures of compassion for self, compassion for others, and overall well-being.

Compassion, they decided, is a timely topic, and is one of the biggest factors in developing inner peace and a healthy mind. They then developed their “Eight Steps to Great Compassion” program, based on concepts from ancient Buddhist wisdom traditions, combined

with psychological methods drawn from social learning theory, and delivered using brief online video lessons that could be watched independently at anytime, anywhere.

The study was composed of eight brief online lessons, each consisting of a necessary value on the journey to a life of compassion. The eight lessons taught were mindfulness, common humanity, gratitude, loving-kindness, empathetic concern, forgiveness, self-compassion, and finally, compassion for others.

As to the future potential of actually teaching large numbers of people to be more compassionate, the researchers are very hopeful. “Our research tells us it is very possible to use online brief interventions and education programs to reach a broader population, and it doesn’t require 12 weeks of intensive and often expensive training,” noted Bueno de Mesquita.

In each of the eight lessons, a brief description of a compassion concept was provided, followed by several video examples illustrating how one could embody these principles. Most importantly, these examples were performed by typical undergraduate student models.

“Lack of compassion leading to violence is one of the greatest threats to public health in our country and the world, and accounts for one of the highest numbers of deaths and injuries worldwide,” said Bueno de Mesquita. “We are a small center working to accomplish a big mission, to address the problems of violence and create a healthier and more peaceful world.”

While this study was limited to undergraduate students, in the future, Tendhar is considering opening it to everyone on campus and to different populations of off-campus communities.

Lauren Poirier, an intern in the Marketing and Communications Department at URI and public relations and English major, wrote this press release.

DIRECTOR OF FACILITIES OPERATIONS TO RETIRE

After nearly 18 years with the University of Rhode Island, Jerome "Jerry" Sidio, the director of Facilities Operations, has announced that he will retire effective July 1.

In 1970, after earning his bachelor of science degree from the U.S. Military Academy at West Point, Jerry worked with the Army Corps of Engineers in Alaska as a government inspector for the Anchorage-Whittier Pipeline renovation, and then managed an engineering construction company in remote Alaskan regions. In 1981, he went on to receive a master's degree in engineering at the University of Florida Gainesville, where he also was an associate professor in the Department of Military Science. In 1983, Jerry became the deputy district engineer/contracting officer for the Corps of Engineers in Little Rock, Arkansas. In 1986, he was off to Ansbach Military Community, Federal Republic of Germany, where he was the director of engineering and housing, responsible for a workforce of 400 U.S. and German engineers, architects and craftsmen. In the early 1990s, Jerry was named the deputy division commander for projects and programs of the Corps of Engineers at the Ohio River Division. While on special assignment as a task force commander in 1991, he managed a 600-man multinational construction organization performing nation building in Macora, Honduras. From 1992 to 2001, Jerry was the director of facilities management for the Tucson United School District in Arizona.

Jerry joined URI in October 2001 as director of Facilities Operations, a difficult job where success often goes unnoticed while failures are highly visible. It takes a cool head and even-handed approach to deal with the crises that inevitably arise when managing 5 million square feet of lab, office, classroom, and residential space, and all the infrastructure and grounds that support them. Jerry's unflappable approach to emergencies, large and small, has been one of his outstanding contributions to the University. Since 2005, Jerry has been actively involved with the Southern New England Chapter of the Association of Physical Plant Administrators, known today as Leadership in



Educational Facilities. He served as its vice president from 2012 to 2018.

Jerry has also been a leader in the University's Alternative Spring Break program, sharing opportunities with students who enjoy community service to travel around the globe to provide assistance to those in need. Jerry has also contributed generously to the life of the University community, serving on many institutional committees.

In 2015, he was the recipient of the URI Foundation's Administrative Excellence Award; in 2016, he received the South County Habitat for Humanity Rhode Island's Mark Smith Volunteer of the Year Award for exceptional service and dedication; and in 2018, he received the Governor's Lead by Example Energy Award on behalf of the University.

In the days to come, we will celebrate Jerry's many contributions to the University and wish him well in his retirement. In the meantime, we will begin our search for his successor -- no easy task. Please join me in thanking Jerry for his dedication and service to the University and his country.

Personnel Script

Job Opportunities

The classified and non-classified application process is now automated so that you can apply on-line for positions here at the University. You will also be able to review the status of your application during the recruitment process, update your on-line application, and apply for positions that become available in the future. For the job opportunities visit:

<https://jobs.uri.edu>

We Welcome the Following People to our Community...

Mohammad Al-Mamun (Pharmacy Practice); Susan Alexander (Custodial Services); Christopher Anderson (Art); Nicolas Asan (GSO Maintenance); Glenn Baker (HRL Facilities); Dawn Bergantino (Communications & Marketing); Lisa Bettencourt (Dining Central Operations); Melanie Bowdish (DataSpark); Joshua Briggs (Custodial Services); Joelle Brown (Payroll Office); Alex Buchanan (GSO Marine Office); Anna Bunch (Health Services); Scott Campbell (GSO Marine Office); Michelle Carrara (International Education Office); Allesandra D'Angelo (GSO Research); Christina DiCenzo (CELS Academic Unit 1); Loren Fast (CELS Academic Unit 1); Michael Flanagan (Men's Football); Melissa Goodier (Dining Central Operations); Gemma Gorham (Feinstein Hunger Center); Erich Gruebel (GSO Marine Office); Joanne Hall (Elec, Computer & Bio Engr.); India Hareld-Stanton (Memorial Union); Richard Hargis (GSO Marine Office); Alexander Hill (Univ Coll for Academic Success); Beth Holland (School of Education); Katharine Iacobbo (Univ College for Academic Success); Meghan Keefe (Business Services Other); Gennifer Keller (Custodial Services); Jongjung Kim (Chemistry); Duong Le (Biomedical & Pharmaceutical Sc); Sarah Lerch (CELS Academic Unit 3); Courtney Mackey (Recreational Services); Sherri Maymon (Pharmacy Practice); Paul McCarty (Controller); Charles McGovern (Dean Pharmacy); Patrick McIlveen (Univ Coll for Academic Success); Lisa Miller (Undergraduate Admissions); Tejashree Modak (Property Control); Haruki Mukohchi (Training Room);

Heather Nayman (Human Resource Administration); Jennifer Peckham (Ryan Institute Neuroscience); Alicia Perrone (Public Safety Administration); Mackenzie Powers (AHC Finance & Administration); Nathaniel Price (Memorial Union); Tammi Reiss (Women's Basketball); Joseph Schrader (Ryan Institute Neuroscience); Shannon Sermini (Univ Coll for Academic Success); Kathleen Shannon (Research Office); Parul Thakur (University Computing Systems); James Thorpe II (Women's Soccer); Amelia Topper (Stud Lrng Outcomes Asmt & Accr); Jeanette Vaganek (Sponsored & Cost Accounting); Holly Webster (Custodial Services); Stefon Wheeler (Men's Football); Frank Whittier (Landscape & Grounds Maintenance); Clifton Woodmansee (Recreational Services).

... and Say Goodbye to ...

Nancy Skaling (Custodial Services); Mitzi Dusin (Training Room); Lisa Marcotte (Public Safety: Commun & Techn); Amanda Schaeffer Dawson (Dining Central Operations); Samantha Dubois (Cancer Prevention Research Ctr); Elena Zanzarov (GSO Research); Kimberly Tourtellot (Whispering Pines Conferences); Elizabeth Mclean (CELS Academic Unit 2); Camille Abdel-Nabi (Undergraduate Admissions); Kevin Rogers (CELS Academic Unit 2) A. Daynia La-Force (Women's Basketball); Peggy Denison (EEC Summer Residential Camps); Nian Wang (GSO Research); Russell Hoffman (Property Control); Adam Awadalkareem (CELS Academic Unit 3); Gayantonia Franze (GSO Research); Matthew Moquin (Univ Coll for Academic Success); Amy Princiotta (CELS Academic Unit 3); Craig Wood (GSO Marine Office); Vincent Maher (Dining Central Operations); Katie Roberts (Women's Rowing).

... and Best Wishes To Those Who Retired

Dana Neugent (Harrington School); Sharon Charlton (Enrollment Services); Dallas Hazard (GSO Maintenance); Michael Sharkey (GSO Maintenance); Jane Stach (Sponsored & Cost Accounting); Kenneth Olsen (Police).

Cook's Corner

Share your favorite recipes in the Cook's Corner

Chunky Cucumber Salsa

Ingredients:

- 3 medium cucumbers, peeled and coarsely chopped
- 1 medium mango, coarsely chopped
- 1 cup frozen corn, thawed
- 1 medium sweet red pepper, coarsely chopped
- 1 small red onion, coarsely chopped
- 1 jalapeno pepper, finely chopped
- 3 garlic cloves, minced
- 2 tablespoons white wine vinegar
- 1 tablespoon minced fresh cilantro
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 to 1/2 teaspoon cayenne pepper

Directions:

In a large bowl, combine all the ingredients. Cover and refrigerate for 2-3 hours before serving.

Note: Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.

Nutrition Facts: 1/2 cup: 57 calories, 0 fat (0 saturated fat), 0 cholesterol, 297mg sodium, 13g carbohydrate (0 sugars, 2g fiber), 2g protein.

from--*Light & Tasty February/March 2005*



URInformed Word Search Winner

Congratulations to **Karen Frost, Plant Sciences & Entomology, CELS!** Please contact Shawn Simmons in the Provost's Office (4-4410) to claim your prize.

Check out the Word Search on page 9!

Mediterranean tomato bites

Ingredients:

- 1 package (17.3 ounces) frozen puff pastry, thawed
- 1-1/2 cups shredded Gouda cheese
- 6 plum tomatoes, thinly sliced
- 1/4 cup pitted ripe olives, coarsely chopped
- 1 cup crumbled feta cheese
- Minced fresh basil
- Minced fresh oregano



Directions:

Preheat oven to 400°. Unfold puff pastry. Cut each sheet into 16 squares; place on parchment paper-lined baking sheets. Sprinkle with Gouda cheese; top with tomatoes, olives and feta cheese. Bake until golden brown, 14-18 minutes. Sprinkle with herbs. *Freeze option:* Cover and freeze unbaked pastries on waxed paper-lined baking sheets until firm. Transfer to freezer containers, separating layers with waxed paper; return to freezer. To use, bake pastries as directed, increasing time as necessary to heat through. Sprinkle with herbs.

Health Tip: Puff pastry is convenient, but very rich. Lighten up this appetizer by serving on toasted French bread slices. Decrease bake time slightly and skip the freeze option.

Nutrition Facts: 1 appetizer: 106 calories, 6g fat (2g saturated fat), 8mg cholesterol, 136mg sodium, 9g carbohydrate (0 sugars, 1g fiber), 3g protein. from: *Taste of Home June/July 2009*



THE
UNIVERSITY
OF RHODE ISLAND

THINK BIG  WE DO™

URInformed

The URI Employees' Newsletter

73 Upper College Road, Kingston Campus

