

URI Informed

Vol. 20 Issue 1 Winter 2014

THE URI EMPLOYEES' NEWSLETTER

URI to celebrate Black History Month

Anne C. Bailey, a writer and professor of Africana Studies at Binghamton University, the State University of New York. Bailey will talk about African Americans and higher education Feb. 17 at 3 p.m., in the Galanti Lounge.

Bailey's research centers on the history of the Atlantic slave trade and its impact on Africa and its worldwide diaspora. Her recent book, *African Voices of the Atlantic Slave Trade: Beyond the Silence and Shame*, looks at memories of the slave trade from the African perspective.

Born in Jamaica, Bailey's work has been influenced by living in Paris, London, and West Africa. After immigrating to New York City, where she attended high school, Bailey studied English and French at Harvard University and obtained her doctorate in African history and African diaspora studies from the University of Pennsylvania. Bailey will sign copies of her new book after the talk.

The other speaker is filmmaker Michael Costa, who will show a screening of his film, "Proud to be Cape Verdean: A Look at Cape Verdeans in the Golden State." The film will be shown Feb. 19 at 3 p.m., also in the Galanti Lounge. A question-and-answer session will follow.

The film captures the essence of the Cape Verdean community in California through

by Elizabeth Rau
interviews, photographs, and oral histories and shows how Cape Verdeans in America strive to maintain ties to their robust culture.

Also, a panel of URI professors will talk about African Americans and the law Feb. 24 at 5 p.m., also in the Galanti Lounge, and URI students will perform African American spirituals and read slave narratives Feb. 25 at 8 p.m. at the Multicultural Center.

The theme of this year's Black History Month at URI is "African American Progress in the 21st Century." All talks and events are free and open to the entire URI community.



photo courtesy of the speaker

Anne C. Bailey

We are very excited about the theme and the opportunity to engage the campus in an important national conversation about African American history

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Two URI Research Teams Recognized for Ocean Research by Secretary of Interior

by Todd McLeish

U.S. Secretary of the Interior Sally Jewell presented the Partners in Conservation Awards to two science teams conducting ocean research sponsored by the Bureau of Ocean Energy Management at a ceremony in Washington, D.C. earlier this month. Both research teams included University of Rhode Island scientists

One of the recognized research teams, which consisted of a partnership among 12 public and private agencies, was led by URI's Jen McCann, director of coastal programs for the Coastal Resources Center and director of extension programs for Rhode Island Sea Grant, both at the URI Graduate School of Oceanography.

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THINK BIG  WE DOSM



URInformed

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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

Our preference is to receive information through e-mail in word format as an attachment. Short items can be submitted in printed form. Because space is limited, 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.

Black History....continued from page 1

and progress,” said Quainoo. “That conversation is an expansive one, embracing the improvement of race relations and ultimately a better quality of life for all people.”

Black History Month is an annual observance in the United States to remember and honor people and events in the African diaspora. It is celebrated annually in the United States in February.

For more information, please contact Vanessa Wynder Quainoo, director of the Africana Studies Program at URI, at 401-874-2536 or Vquainoo@mail.uri.edu

The program’s website is:

<http://www.uri.edu/artsci/afr/>

URInformed is now on the Web
at
<http://www.uri.edu/newsletter/URInformed/>

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URInformed**

Back issues are also available



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Snowy Owl Invasion Puts Natural Resources Professor in Spotlight

by Todd McLeish

Natural Resources Science Professor Peter Paton has been in the news a great deal this winter providing expert commentary about an unprecedented invasion of snowy owls from the Arctic into the Northeast and Midwest. Paton has appeared in the Westerly Sun and Providence Journal and on Rhode Island Public Radio, and this week he was interviewed for a report on the owls on the CBS Evening News.

“Snowy owls are highly visible, they’re active during the day, and they’re charismatic, so their appearance in our area has generated some excitement,” he said. “And they evoke a lot of interest because of their role in the Harry Potter movies. It’s almost a mythical creature that has come down from the North.”

Standing 2 feet tall with a 5-foot wingspan, mature male snowy owls are pure white, but younger birds have gray barring on their white plumage. It’s the immature birds that Paton says have been arriving in the area in large numbers.

“A lot of their migration is driven by the abundance of food – lemmings – in the Arctic,” he said. “But my guess is that last summer there was also high production of snowy owl chicks, and the immature birds aren’t strong enough

hunters to find food in the Arctic in winter, so they’re dispersing down here.”

Paton estimates that 20-30 snowy owls have passed through Rhode Island this winter – far more than the one or two that typically show up in the state each year – and they are likely to stay here for a month or so before moving on to find food elsewhere. He said that while the owls typically feed on rodents, they appear to be feeding primarily on ducks in our area.

“They like to sit on the rocks or on the dunes and wait for the ducks to come close, and then they dive in and catch them,” he said.

The most reliable place for observing snowy owls in Rhode Island this winter has been at Sachuest Point National Wildlife Refuge in Middletown, but they have also been observed regularly at coastal locations from Westerly to Providence, including Misquamicut, Moonstone and Narragansett beaches and Beaver-tail State Park.

For more information check out the Snowy Owl press release posted to the URI News website which includes a video:

<http://www.uri.edu/news/releases/index.php?id=6912>



URI Alumnus Collects 9,000 Used Textbooks to Send to War-Ravaged Liberia Launches Online Campaign to Raise Money for Shipping Costs

by Elizabeth Rau

Textbooks. In America, land of plenty, they double as doorstops when they've served their purpose. But in Liberia textbooks are so hard to come by they are treated like precious family heirlooms.

A bloody civil war emptied books from Liberia's classrooms. Now Emmanuel Logan wants to fill them up again. The Liberian-born University of Rhode Island alumnus has collected 9,000 used textbooks and is raising money online to ship them to Liberia.

"Hundreds of people came forward with books, and we're very grateful," said Emmanuel, who lives in Providence with his wife, Zaye, and their children. "Now we just need to raise enough money to get the books to students in Liberia. We would appreciate any generosity."

His book campaign was born out of sadness and hope. Born in Liberia 33 years ago, Logan was a happy boy living on a farm with his parents and siblings when civil war broke out in 1989, tearing the country apart.

Fearing for his life, Logan fled to the Ivory Coast and then to Ghana, where he lived in hiding. From there, he moved to South Providence to stay with relatives. He had no time for self-pity. He found a job as an aide at a Massachusetts group home for adults with learning challenges, making his way up to his current job as assistant program manager.

But a job wasn't enough; he wanted an education too. He enrolled at URI's Alan Shawn Feinstein College of Continuing Education in Providence, earning his bachelor's degree in 2013, a huge accomplishment considering he works every day.

His homeland has never been far from his mind. He and his wife started IDEA, a nonprofit that is trying to rescue an educational system ravaged by decades of civil war, now over. Consider this: All 25,000 students applying to the University of Liberia last fall flunked the entrance exam, says Logan.



Emmanuel Logan

The outpouring of support for his nonprofit, he says, has been incredible. Friends, fellow students, co-workers and people who read about his organization in the local papers donated the books, which he picked up on his own and transported in the trunk of his car.

Last fall, Logan traveled to Liberia to bury his father, who died of a heart attack. It was his first visit home since he left in 2007. The trip was bittersweet. He met with Liberian education officials, delivering 3,500 of the 9,000 books to Grand Bassa Community College.

"They were very happy to get the donation," said Logan. "They appreciated that I'd think of my country, even though I'm living thousands of miles away. I promised I would do more, if I could."

For a year, Logan stored books he collected at his apartment, but this winter he ran out of space and moved them to a storage unit, where they sit. He estimates that it will cost \$2,500, maybe more, to ship the boxes to

Liberia. To raise money, he is selling IDEA T-shirts on:

<https://www.bonfirefunds.com/initiatives-for-the-development-of-educational-advancement-idea>.

Logan is also collecting school supplies, such as binders, spiral notebooks and pencils, as well as clothes and shoes for the hundreds of orphanages created after the war.

"Our main goal is to rebuild the libraries in Liberia," said Logan. "What could be more important than knowledge? The best thing we can do for young people in Liberia is to educate them. Education opens any door."

To make a donation, please contact Logan at eelogan32@gmail.com or zaykoga@yahoo.com.

"I'm grateful for the opportunities this country has given me and my family," Logan said. "I think it's important to remember that many people around the world are struggling. We need to help them. They can't be forgotten."



URI MASTER GARDENERS
PRESENT

Buds, Bugs & Blooms

A GARDENING SYMPOSIUM
SATURDAY, MARCH 1, 2014

Center for Biotechnology and Life Sciences
University of Rhode Island, Kingston RI

David Culp, Sunny Border Nurseries **"The Layered Garden"**

David Culp is vice president of sales and marketing for **Sunny Border Nurseries**, in Kensington, CT where he also oversees plant research and development.

A renowned plant collector, his beloved two-acre garden at Brandywine Cottage in Pennsylvania bears witness to the fact that David is a master of design. Here he perfected the design technique of laying-inter-planting many different species in the same area so that as one plant passes its peak, another takes over. With over 3000 specimens, the result is a nonstop parade of color that begins with a tapestry of heirloom daffodils and hellebores in spring and ends with a jewel-like blend of Asian wildflowers at the onset of winter.

His technique of layering or inter-planting many different species in the same area creates a non-stop parade of color, explained in his book, **A Layered Garden** (Timber Press, 2012.)



Jessica Walliser, The Organic Gardeners **"Good Bug, Bad Bug"**

Jessica Walliser, horticulturist, author and devoted bug lover, co-hosts **The Organic Gardeners** on KDKA radio in Pittsburg, PA. She is a contributing editor for **Organic Gardening** magazine and writes two weekly gardening columns for the **Pittsburgh Tribune-Review** as well as **Fine Gardening Magazine** and **Urban Farm**, among others.

She received her degree in ornamental horticulture from Penn State University and is the former owner of a 25-acre organic market farm. She currently serves on the faculty of Phipps Conservatory and Botanical Gardens where she has been teaching for nearly 20 years. Jessica's third book on beneficial insects will be released this year from Timber Press.

She lives and gardens in northwest Pennsylvania with her husband, son, five chickens, one dog, and billions and billions of good bugs.



Jim Putnam **"What's New for 2014: Annuals, Perennials & Shrubs"**

Jim Putnam is the New Varieties R & D Manager for Pleasant View Gardens/Proven Winners in Loudon, NH. He has a MS in Horticulture. Jim has appeared on the **P. Allen Smith Show**, written articles for **Grower Talks Magazine**, and taught the annual portion of the Master Gardener classes for Mass Horticultural Society. He also has presented topics on plant product development, plant breeding and various growing practices. Jim will present a breathtaking slide show featuring the newest and greatest plants for residential gardens. Proven Winners nursery and plant developing center has been trend-setting in the horticulture field for decades. Proven Winners annuals, perennials and shrubs are selected from the best in the world.



URI Graduate Student Wins National Light Welterweight Boxing Championship

Move over Rocky!

Destiny Chearino, a 22-year-old doctoral student in physical therapy at the University of Rhode Island, is in the national spotlight after winning gold in the USA National Boxing Championships last week in Spokane, Wash.

Her victory catapults her into the worldwide boxing arena. In the 141-pound light welterweight division, Chearino beat defending champion Bertha Aracil, of Yonkers, N.Y., Jan. 22 and Jasmine Singh, of Anaheim, Calif., by a 3-0 margin to take the gold Jan. 25. Chearino also won two other matches earlier that week.

Her wins give her a spot on Team USA for 2014, allowing her to compete internationally against some of the best female boxers in the world. If she continues her victorious run, she could qualify for trials for the 2016 Summer Olympics in Brazil.

"I'm overwhelmed by the entire experience," said Chearino, who returned home Sunday night, exhausted. "It really hasn't hit me yet. I'm excited and looking forward to what comes next. We'll see where boxing takes me."

Was she surprised by her gold medal victory? "I wouldn't say surprised because I worked so

hard. But I'm still in shock. I still can't believe it."

Her life story reads like a script from a Hollywood movie about a spunky kid with big dreams raised by a single dad who told her she could do anything if she set her mind to it.

Growing up in Warwick, a middle class community outside Providence, Chearino took to sports at an early age. She got her black belt in karate when she was only 11, and her talent took her to tournaments all over the world.

But she wanted a sport with more physical contact. One day, she walked into BP Gym on West Shore Road, not far from her house. In no time, boxing gloves were dangling off a hook in her locker.

Her first big match was the New England Golden Gloves competition in 2009 in Brockton, Mass. She won and knew she wanted more of this fast-growing sport among women.

"What I liked the most about boxing, versus karate, is that you had rounds so you could go back to your corner and make adjustments," she said. "It required focus and strategy."

During her four years at URI, she took a break from boxing to concentrate on her studies. After graduating summa cum laude in 2012 with a degree in kinesiology, she returned to the gym

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URI Livecasting

Are you interested in reaching your maximum audience without adding extra seats? Do you want to ensure that people who can't attend your program have the benefit of learning from your speakers even after the presentation is over?

If the answer is Yes to even one of these questions you should consider URI Livecasting. You may already have seen cameras set up at URI events and heard from people who watched an event online. Now you can offer that experience to your students and decision-makers who cannot be on campus for your event.

Please call or e-mail us for more information and to book your date TODAY! We already have dates secured for the remaining academic year, so don't miss out!

Betty-Jo Cugini, New Media Supervisor, 874-4008, bcugini@uri.edu

Randy Stevenson, New Media Technician, 874-4147, C 269-1587, rstevenson@uri.edu



VALENTINE'S DAY UNSCRAMBLE



SSKI
 DACR
 RHECSHI
 ORLESWF
 UOCP
 ROESS
 ADY
 VOEL
 UDCIP
 DTEA
 YMRAR
 JEYELRW
 TRAHE
 RAWRO
 DYNAC
 ERDIFNS
 TEEWS

IVGE
 UHG
 YRURAFEB

Directions:

The object is to unscramble the 20 words. Write the word in the spaces provided. After Unscrambling the 20 words there is a secret phrase that is made by the letters circled. Once you have found that phrase, print it in the space provided below and return the complete word unscramble to Joy Lewis, President's Office, 35 Campus Avenue, Green Hall. 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: _____

Department: _____

Campus Address: _____

Phone Ext: _____

E-Mail: _____

Secret Phrase

 _____ !

Research Awards....continued from page 1

The project involved the development of environmental monitoring tools for offshore renewable energy development.

“Any type of offshore development has the potential to impact the marine environment in some way,” said McCann. “Unlike with oil platforms that have long been established in U.S. waters, there is much less certainty about how offshore renewable energy technologies such as wind and tidal power will affect the ecosystems in which they are developed.”

According to McCann, the team developed monitoring programs that can be tailored to each development project during both construction and post-construction phases. The researchers also generated a “decision tree” to help guide regulators in designing monitoring requirements depending on the specifications of the project and its location.

The second award-winning project, Deepwater Atlantic Canyons, includes participation by Rod Mather, URI professor of history and director of the University’s underwater archaeology program, who served as co-chief scientist. His team, including 17 partner organizations, was honored for its research off the mid-Atlantic continental shelf, where they discovered abundant deep-water coral habitats and the world’s largest methane cold seep. The research yielded a wealth of oceanographic data never before assembled about this region, as well as information about historic shipwrecks and their biological communities.

Mather directed the archaeological aspects of the project, and he had a similar role in the environmental monitoring project as well. He said the Atlantic Canyons project included the first archaeological investigations of eight German warships from World War I that were sunk off the coast of Virginia in a series of military experiments in 1921 designed to test the effectiveness of air power at sea. The experiments ultimately led to the formation of the U.S. Air Force.

“The Department of the Interior is proud to recognize the accomplishments of those who are innovating and collaborating in ways that address today’s complex conservation and stewardship challenges,” Secretary Jewell said at the awards ceremony. “These partnerships represent the gold standard for how Interior is doing business across the nation to power our future, strengthen tribal nations, conserve and enhance America’s great outdoors and engage the next generation.”

“These partnerships help us better understand our oceans so that we become caretakers of, not just takers from, this vital resource,” said U.S. Senator Sheldon Whitehouse (D-RI), who co-chairs the Senate Oceans Caucus. “As we turn to our oceans to support clean energy projects we must also protect the communities and ecosystems they support. I am proud to see the University of Rhode Island recognized, among others, for its contributions in this field.”

URInformed Unscrambled Winner

Congratulations to **Cheryl Campbell**, Memorial Union.
The Secret Phrase was GO RHODY!
Please contact Michelle Curreri in the President’s Office
(4-4462) to claim your prize.
Check out the Scramble puzzle on page 7!

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...

Camille Abdel-Nabi (Undergraduate Admissions); John S. Allen (Facilities Services); Jeffrey J. Amaral (GSO Marine Office); Mark W. Anderson (GSO Marine Office); Christina A. Antonelli-Savoie (Recreational Services); Christopher D. Baker (GSO Marine Office); Taylor M. Baude (Office of Capital Projects); Austin H. Becker (Marine Affairs); David Bidwell (Marine Affairs); William R. Bleil (Men's Football); Amy J. Bothun (Mech, Ind. & Sys. Engineering); Charlotte A. Britland (W. Alton Jones); Kevin P. Caswell (General Accounting); Shu Cheng (GSO Research); John M. Clark (Natural Resources Science); Derek R. Coia (Custodial Services); Aerialdys Confesor (Men's Football); Brittney M. Cross (University College); Edgar Cruz (Custodial Services); Sean C. Dacey (Dean Environment & Life Sciences); Matthew W. Dawson (Men's Football); Pamela Daylor (Health Services); Julien T. Demeaux (Chemistry); Katie E. Donnelly (Graduate Library & Inform Studies); Michael J. Duffy (GSO Marine Office); Stephen P. Ferguson (Undergraduate Admissions); Gregory S. Ferrante (GSO Maintenance); James M. Fleming (Men's Football); Alyssa Galuska (Bookstore); Patrick K. Gordon (Custodial Services); Hunter Gorenski (Dining Catering Operations); Leeza L. Hargreaves (Biomedical & Pharmaceutical Sciences); Peter J. Harrington (General Counsel); Lisa R. Harrison (President's Office); David W. Hayes (Maintenance & Repair); Rudolph A. Hempe (GSO Dean); Gregory M. Huet (Health Services); Philippa E. Jack (Publications); Robert D. Johnson (Athletics' Landscape & Grounds);

Rachel M. Jordan (Undergraduate Admissions); Iftheker A. Khan (Chemical Engineering); Jeffrey G. Konin (Physical Therapy); David W. Lavigne (Custodial Services); Katie L. Leahy (Kingston Library); Jennifer L. MacNab (University College); Joseph S. Mangiafico (Dean Environment & Life Sciences); Connie L. McGreavy (Research & Economic Development); Cheryl A. Mclarney (Health Services); Stefanie R. Metko (Graduate Library & Inform Studies); James Miceli (Men's Football); Brad M. Migliacci (Undergraduate Admissions); Jihan D. Minikon (Special Programs for Talent Development); Nicholas M. Minitier (Dean Environment & Life Sciences); Laurie A. Morehouse (W. Alton Jones); Katie Moulton (Undergraduate Admissions); Brian A. Nath (Research Office); Brian Quinn (Custodial Services); Marc Quintal (Custodial Services); Adam Smith (Natural Resources Science); Glenn Soderlund (Recycling); Gerald Sonnenfeld (Vice President Research & Economic Development); Cynthia A. Stanton (Asst. VP Business Services); David L. Sterling (GSO Marine Office); Tara E. Stevens (Undergraduate Admissions); Brian Terrana (Custodial Services); David B. Thomas, Jr. (Custodial Services); Nicolina A. Toler (Communications & Marketing); Christina L. Valentino (Vice President for Administration & Finance); Jennifer S. Visinho (Career Services & Employer Relations); Meng Wei (GSO Faculty); Maria A. White (Health Services); Rollin Whyte (Recreational Services); Amanda M. Wright (GSO Marine Office)

... and Say Goodbye to ...

Sandeep Abotula (Mech., Ind. & Sys. Engineering); Shad U. Ahmed (Emergency Management); Tania Aires (Biological Sciences); Marjorie L. Aubee (Postal Services); Louis W. Brill (Undergraduate Admissions); Steven C. Canter (Men's Football); Nicole M. Craig (Police); Richard Finnegan (EEC Summer Residential Camps); Richard M. Fleming (Central Receiving); Gerald W. Gent (Computer Science); Christina I. Gutierrez (W. Alton Jones); Zheping Huang (Biomedical & Pharmaceutical Sciences); Roy J. Istvan (Men's Football); Erin M. LaMountain (General Accounting); Xiaobo Li (Chemistry); Donna Mattera (Media & Technology Services); Ryan

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Personnel Script....continued from page 12

C. Mattison (Men's Football); David L. Miller (Natural Resources Science); Radha Narayanan (Chemistry); Richard V. Palumbo (Cancer Prevention Research Center); Christopher J. Parkins (Fisheries, Animal & Veterinary Science); Kathleen P. Ramcharran (International Education Office); Stephen M. Sniezak (GSO Marine Office); Rodrigue Spinette (Cellular & Molecular Biology); Malcolm E. Stone (Property & Space); Cynthia Taylor (Sociology & Anthropology); Robert J. Thibeault, Jr. (Budget & Financial Planning); Joseph P. Trainer (Men's Football); Brian J. Vaganek (Men's Football); Janice K. Ward (Kingston Library); John D. Wilder (GSO Marine Office); Glenn O. Woodford (GSO Marine Office)

... and Best Wishes To Those Who Retired

Cosmo A. Derosa (Media & Technology Services); Donald Dicristoforo (Research & Economic Development); Eileen D. Foxx (Sponsored & Cost Accounting); Joan M. Hernandez (Career Services & Employer Relations); Marjorie B. Keefe (Health Services); James L. Ladewig (Music); Thomas H. Mitchell (W. Alton Jones); Barbara M. Newman (Human Development & Family Studies); Calvin B. Peters (Sociology & Anthropology); Daniel P. Schumacher (Dining Central Operations); Marie J. Schwartz (History); Raymond A. Wilcox (Office of Capital Projects)

In Memoriam

- ❖ Dawn M. Cute, Administrative Assistant, English
- ❖ Lisa J. Mack, Security, Housing & Residential Life
- ❖ John T. Montgomery, Professor, Mathematics
- ❖ Kathryn Murray, Assistant Administrator, Catering Services Operations
- ❖ Norma Jean Schmieding, Professor Emerita, Nursing
- ❖ Elijah Swift, Professor Emeritus, GSO



Boxing Champ....continued from page 6

and found a coach, Brian Pennacchia.

The awards piled up: the New England Open Championships in 2012 and 2013; the New England Golden Gloves in 2013; and Outstanding Boxer award in 2013.

To get in shape for Spokane, she worked out twice a day, sometimes three. She ran three miles daily, and sparred a few times a week. She also watched her diet, eating vegetables and protein-packed food like eggs, tuna, and chicken. "It wasn't fun," she said. "But worth it."

The wins at the national championship are by far her biggest victories. Beating Aracil, the defending champ, was a personal best. "We had a history and mutual respect for each other, having fought two times before, where I came up short," she said. "Being able to overcome that loss, made the win in Spokane really rewarding."

James Agostinucci, a professor of physical therapy at URI who has known Chearino for more than a year, said he's dazzled by her accomplishments in and out of the boxing ring.

"It's just awesome," he said. "I'm so proud of her. She's done this while going to school full-time at the Physical Therapy Department. She's so modest. She's number one in the 141-pound class in the U.S. This is the big time. The biggest quote I can give you is, Wow."

Coach Pennacchia is thrilled too. "I am over-the-moon ecstatic," he said. "She did a great job. She went out there – with the odds against her – and beat the top women in the country. I couldn't be prouder of her."



Cook's Corner

Share your favorite recipes in the Cook's Corner

Easy Salmon Cakes

If buying a skin-on salmon fillet, purchase 1 1/3 pounds of fish. This will yield 1 1/4 pounds of fish after skinning. When processing the salmon it is OK to have some pieces that are larger than 1/4 inch. It is important to avoid over processing the fish. Serve the salmon cakes with lemon wedges and/or tartar sauce.

Serves 4.

Ingredients:

- 3 tablespoons plus 3/4 cup panko bread crumbs
- 2 tablespoons minced fresh parsley
- 2 tablespoons mayonnaise
- 4 teaspoons lemon juice
- 1 scallion, sliced thin
- 1 small shallot, minced
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- pinch cayenne pepper
- 1 (1 1/4 pound) skinless salmon fillet, cut into 1-inch pieces
- 1/2 cup vegetable oil

Directions:

1. Combine 3 tablespoons panko, parsley, mayonnaise, lemon juice, scallion, shallot, mustard, salt, pepper, and cayenne in bowl. Working in 3 batches, pulse salmon in food processor until coarsely chopped into 1/4-



inch pieces, about 2 pulses, transferring each batch to bowl with panko mixture. Gently mix until uniformly combined.

2. Place remaining 3/4 cup panko in pie plate. Using 1/3-cup measure, scoop level amount of salmon mixture and transfer to baking sheet; repeat to make 8 cakes. Carefully coat each cake in bread crumbs, gently patting into disk measuring 2 3/4 inches in diameter and 1 inch high. Return coated cakes to baking sheet.

Hint: You can use a large melon scoop and make the cakes smaller as an appetizer.

3. Heat oil in 12-inch skillet over medium-high heat until shimmering. Place salmon cakes in skillet and cook without moving until golden brown, about 2 minutes. Carefully flip cakes and cook until second side is golden brown, 2 to 3 minutes. Transfer cakes to paper towel-lined plate to drain 1 minute. Serve.



Healthy Baked Brown Rice

Ingredients:

- 1 1/2 cups brown rice
- 2 1/2 cups water
- 1 tablespoon unsalted butter
- 1 teaspoon salt
- 1/2 teaspoon onion or garlic powder
- 1 pinch cayenne

Directions:

Preheat the oven to 375 degrees F. Place the rice into an 8-inch square glass baking dish.

Bring the water, butter, and salt and seasonings just to a boil in a kettle or covered saucepan. Once the water boils, pour it over the rice, stir to combine, and cover the dish tightly with heavy-duty aluminum foil. Bake on the middle rack of the oven for 1 hour.

After 1 hour, remove cover and rake the rice with a fork. Serve immediately.

URInformed

THE URI EMPLOYEES' NEWSLETTER

URInformed
73 Upper College Road
Kingston Campus

THINK BIG  WE DO™

