Sullivan’s dedicated weekend warriors

The weekend Culinary Arts program at Sullivan University produces the foodservice professionals of tomorrow in a slightly different way than the regular week day program. Students need to be a bit more focused than day students to achieve the same education. Lab time is longer since they need to learn in one long day what day students can learn in four.

Stuart Wilson has more than 31 years of experience in the hotel and lodging industry and recently joined Sullivan University as a full-time Hotel/Restaurant Management instructor. He received his Bachelor of Arts degree in Business (HRT), Hotel, Restaurant and Tourism Administration/Management from Transylvania University in Lexington, KY.

Welcome new faculty

STUART WILSON

Wellness Fair

“Simple Menus and Recipes” to the rescue... “Beyond the Bland”…”Beyond the Bland” emphasized the use of healthful flavors from herbs and spices rather than from fat, sugar and salt to enhance food. A second pod, “Cardiovascular Effects of Good Food” displayed many samples and a lot of information around life-sized models of human organs. At a third pod spreading over three tables, “Simple Menus and Recipes,” a large collection of meal plans to cover an entire month was available for participants to pick up and use. Instructors Kathy Ballard and Cynthia Chandler coordinated and supervised the efforts.

Instructor Katie Payne led the way for the “Groceries Going Global” pod with the assistance of International Economics instructor Dr. Joan Duro.

Students to visit Costa Rica

Imagine seeing an entire country in seven days! That’s exactly what will happen when Sullivan’s Hotel Restaurant Management and Tourism & Event Management students travel to Costa Rica at the end of the Summer quarter. Students from these two departments enjoy two trips during their program included as part of their Sullivan tuition.

A week to remember

The eco-friendly tour will include all of the major sites including a live volcano, a waterfall in a lush forest, and the beach. The group is led by Chef Instructor Kimberly Jones, Associate Chair, Tourism & Event Management and Hotel-Restaurant Management Instructor Abdaljalil Sibblad Maamry. Students from the two programs will enjoy a seven day tour of Costa Rica including visiting a crocodile farm, an observatory and hotel pools that are warmed by volcanic hot springs. They will stay at their first few nights at the Los Lagos Hotel and have a choice of a horseback tour of Las Fortuna waterfalls or the tour of the Arenal Volcano.

The group will transfer to the Hotel Hacienda in the cloud and rain forest region of Costa Rica. During this part of the trip the student will experience a splendid tour though almost 2 miles of cloud forest.

Finally the group will transfer to the all-inclusive Allegro Papagayo Beach Resort. While each day of the trip will include an educational element, students will also have opportunities to shop, relax and enjoy their time in Central America.