



# **COOKING WITH DUDE**

## **PORTFOLIO**



COOKINGWITHDUDE.COM

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Long Beach, California

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# 1.0 Introduction

Welcome to the official "Cooking with Dude" Brand Visual Identity Manual. This document defines the visual and verbal identity of the brand to ensure consistency and professionalism across all platforms. Whether designing digital content, social media assets, or printed materials, adhering to these guidelines will help maintain a strong, recognizable, and respected brand presence.

## Brand Mission

Making cooking simple, fun, and accessible for college students and beginners with budget-friendly recipes and easy meal prep tips that bring joy to every kitchen.

## Brand Vision

Empowering small chefs to build confidence in the kitchen of home cooking into an enjoyable and rewarding meal.

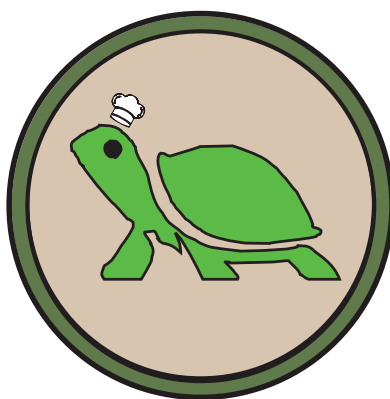
## Brand Values

Cooking shouldn't be stressful instead, it should be an adventure. We take the guesswork out of the kitchen with a fun, no-pressure approach designed for every skill level. Whether you're flipping your first pancake or mastering the perfect steak, we make sure you enjoy the journey.

# 1.1 Logo Variations



**Primary Logo**



**Mascot Logo**



**Secondary Logo**

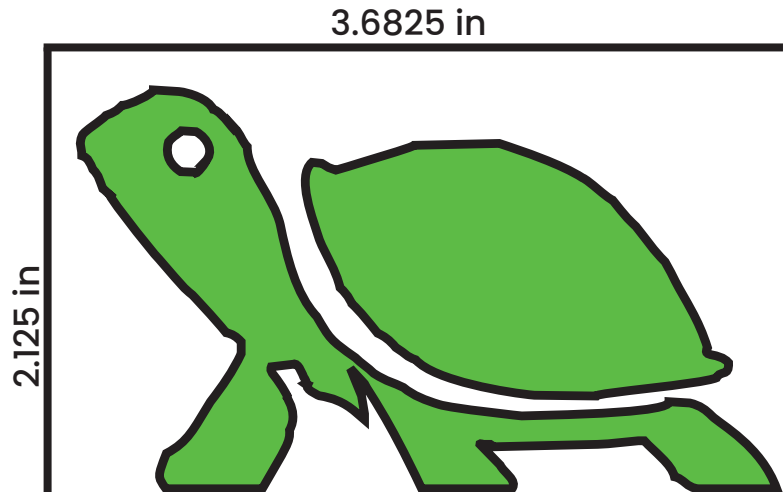


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## Mascot Usage

The Turtle mascot should be featured in branded content to reinforce the brand's approachable and friendly tone.



## 2.0 Typography

### 2.1 Primary Font: Espiritu

EXPANDED  
CONDENSED  
Regular

Used for headings and major brand text components.

### 2.2 Supporting Font: Poppins

Light  
Regular  
Medium  
Bold

Clean, modern sans-serif for body text and digital readability.

## 2.3 Typography Guideline

To ensure consistency and readability across all brand materials

**Espiritu** should be used for branding elements, headlines, and key messaging to maintain a distinct and recognizable identity.

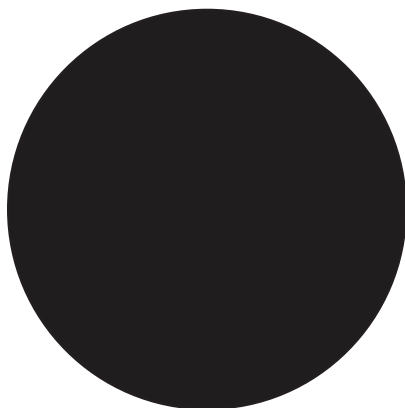
**Poppins** is the preferred typeface for body text in digital applications, ensuring clarity and accessibility.

A clear visual hierarchy should be maintained by balancing font sizes, weights, and spacing for optimal readability and user experience.

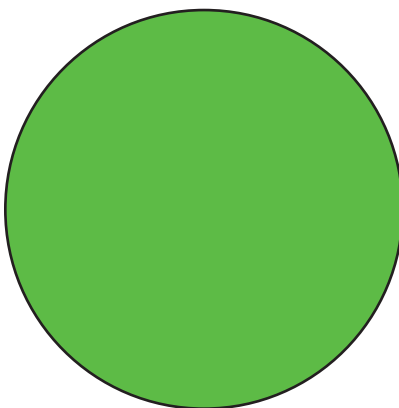


## 3.0 Color Palette

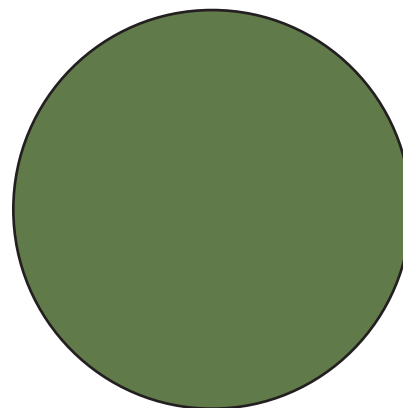
The Cooking with Dude color palette consists of Five primary colors.



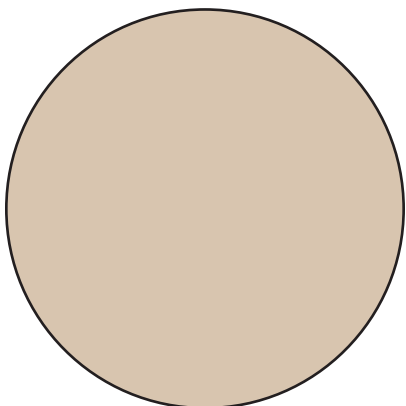
**Black**  
[Text, logo, accents]  
CMYK Values  
C=70  
M=67  
Y=64  
K=74



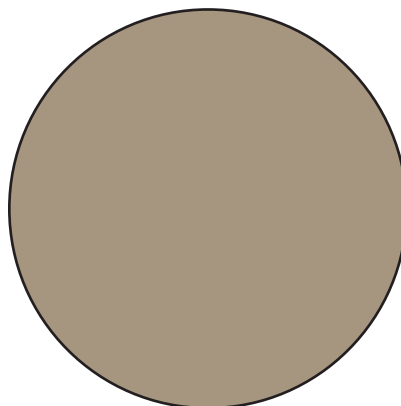
**Light Green**  
[CTA elements, highlights]  
CMYK Values  
C=66  
M=0  
Y=100  
K=0



**Dark Green**  
[Accent, background overlays]  
CMYK Values  
C=64  
M=34  
Y=82  
K=17



**Beige**  
[Backgrounds, neutral elements]  
CMYK Values  
C=15  
M=20  
Y=30  
K=0



**Grey Beige**  
[Backgrounds, neutral elements]  
CMYK Values  
C=36  
M=37  
Y=50  
K=3



## 3.1 Color Usage Guidelines

**Black**—Used for primary text, logo, and high-contrast accents to ensure readability and boldness.

**Black**

**Light Green**—The key brand color for call-to-action elements, highlights, and engaging visuals.

**Green**

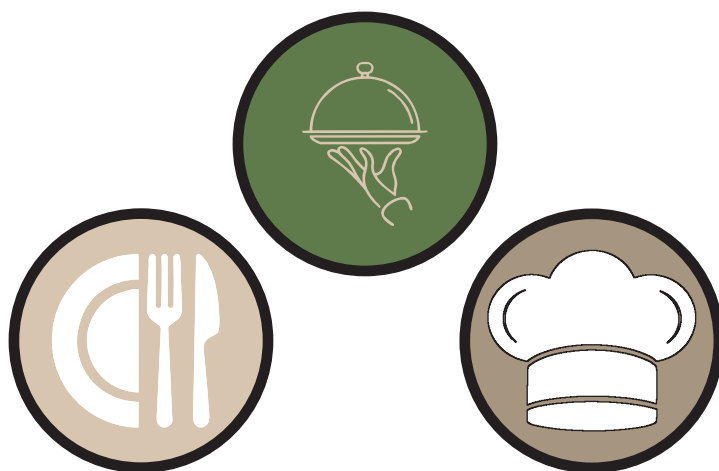
**Dark Green**—Applied for accents, subheadings, dividers, and background overlays to add depth and sophistication.

**Dark**

**Beige**—Used as a neutral background color to maintain warmth and balance.

**Grey Beige**—Supports secondary text, soft contrast elements, and subtle design accents for a cohesive look.

**Grey**



### Iconography

Use minimal, clean food-related icons



## 4.0 Brand Voice

### 4.1 Tone of Voice

The Cooking with Dude brand is designed to be fun, engaging, and approachable for young audiences with different skill levels. Whether you're just starting in the kitchen or looking to refine your skills, our content is tailored to your experience level. Just like a step-by-step cooking journey.

### 4.3 Messaging Guidelines

To maintain consistency and clarity, messaging should always:

**Be Encouraging:** Speak directly to the audience in a positive, supportive way.

**Use Clear, Simple Language:** Recipes and instructions should be easy to follow without complex phrases.

**Incorporate Playful & Engaging Elements:** Cooking should feel fun, not like a chore.

**Promote Skill Progression:** Messaging should inspire users to level up and try new challenges.

### 4.2 Skill-Based Cooking Approach

**Beginner** (Ages 4-6) – Simple, no-cook or minimal-cook recipes (e.g., Peanut Butter & Jelly Sandwich, Fruit Salad).

**Intermediate** (Ages 7-12) – Basic cooking techniques with supervision (e.g., Scrambled Eggs, Pasta with Marinara Sauce).

**Advanced** (Ages 13-17) – More complex recipes involving multiple steps and cooking methods (e.g., Homemade Burgers, Stir-Fry).

**Expert** (Ages 18-25+) – Restaurant-quality meals requiring technique and precision (e.g., Steak & Eggs, Homemade Ramen).





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## 5.0 Brand Imagery

### 5.1 Photography Style

#### Bright and Inviting

Natural lighting, vibrant ingredients, and warm tones.



#### Authentic and Relatable

Show real people cooking in real kitchens.

#### Step-by-step clarity

Emphasize clear, step-by-step shots to ensure easy comprehension.







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# Communication Plan

## COOKING BACK TO SUMMER

### FEBRUARY 1ST-MAY 12TH

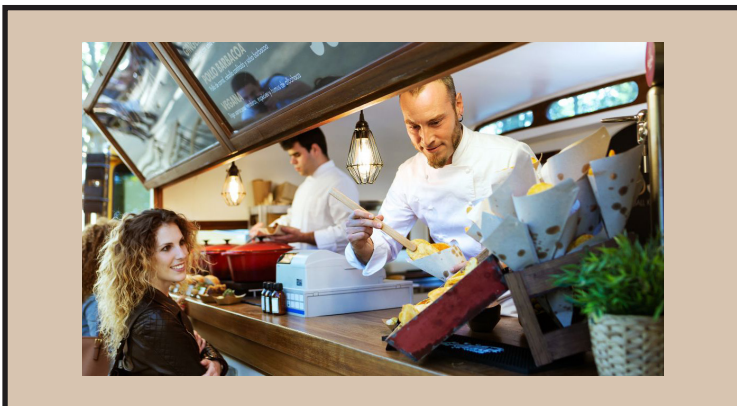
## 6.0 Campaign Mission

- Cooking with Dude is launching a 4-month campaign to become the go-to resource for beginner-friendly cooking. Focused on empowering young adults, families, and students, the campaign will provide step-by-step guidance from grocery shopping to meal prep.
- Starting with brand awareness, we will partner with local grocery stores and community groups to share easy recipe guides and promote our resources. As engagement grows, will introduce special menus and interactive content.

## 7.0 Strategies

### Strategy #1

**Meal Prep Simplified:** Provide step-by-step recipes that guide students and families from the grocery store to a delicious, home-cooked meal.



### Strategy #2

**Interactive Cooking Events:** Host fun, hands on cooking experiences at local cafes, engaging the community and showcasing the ease of preparing meals with Cooking with Dude.



## 8.0 Target Audience

### 8.1 College students



- **Demographics:** Primarily between 18–25 years old, including college students and young adults living independently or in shared housing.
- **Psychographics:** Beginners or intermediate cooks, not looking for complex techniques, but aiming to develop confidence in the kitchen.
- **Needs:** Simple, easy-to-follow, and budget-friendly recipes that require minimal time and ingredients.

### 8.2 Local After School Programs

- **Demographics:** After-school programs catering to children and young adults, focusing on providing healthy, easy meal options for kids.
- **Psychographics:** Organizations looking to offer quick, engaging, and nutritious meals that kids will enjoy. They prioritize simplicity and fun in the kitchen, aiming to create a positive cooking experience for children.
- **Needs:** Simple, nutritious, and budget-friendly recipes that are easy to prepare in a group setting, making mealtime fun and stress-free for kids after school.



### 8.3 Local Community Members



- **Demographics:** Individuals and families in the local community seeking accessible and affordable meal solutions.
- **Psychographics:** Community focused people who value connection, convenience, and supporting local businesses. They are looking for easy, crowd pleasing meals to share with others.
- **Needs:** Simple, budget-friendly recipes that are easy to prepare, encourage togetherness, and make mealtime enjoyable for all.



## 9.0 PESO Channels

### 9.1 Paid Media

- **Grocery Store Coverage:** Feature QR codes on produce stickers. These QR codes direct consumers to delicious recipes and 'Cooking with Dude' website, offering weekly recipes.

### 9.2 Earned Media

- **School Partnerships:** Partner with local schools to feature Dude's cooking demos and recipes in newsletters, engaging students and families with fun culinary activities.

### 9.3 Shared Media

- **Social Media Shares:** Encourage followers to share their Cooking with Dude experiences and recipes, creating a community around the brand and gain more awareness about brand.

### 9.4 Owned Media

- **Pamphlets:** Share our digital brochure through our channels to engage directly with our audience and grow the Cooking with Dude community.

## 10.0 Campaign Objective

The **"Cooking Back to Summer"** campaign aims to boost brand awareness, engagement, and accessibility for beginner cooks. The goal is to simplify cooking for those feeling overwhelmed by making it an enjoyable. The campaign will offer easy-to-follow, budget-friendly recipes for all skill levels. While promoting the idea that anyone can cook, no matter their current skill level.

**Measurable goals for this campaign include:**

- **Boost** recipe downloads by **20%** through QR code scans.
- Establish a presence in **local grocery** stores.
- **Launch** a successful pop-up cooking **event** within six months, engaging the community and reinforcing the brand's credibility.



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# 11.0 Timeline

## 11.1 Media Work Deadlines

### February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
#2	#3	#4	#5 Create an Idea: Make a brand that involves cooking	#6	#7	#1 #8
#9	#10 Name the idea: give the brand a name to work on the logo	#11	#12	#13	#14 Create Logo: Form logo for Cooking with Dude	#15
#16	#17	#18 Brand Recipe Launch: Share new branded recipes with QR-coded recipe cards.	#19	#20	#21 Make a Campaign Mission: Form a mission to launch the brand	#22
#23	#24	#25 Form Strategies: make strategies for our target audience.	#26	#27 Find Target Audience: Research for a matching target audience	#28	

### April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		#1	#2 Form a Media Presents: Make socials and Outlets for Cooking with DUDE	#3	#4	#5
#6	#7	#8 Recipe Launch: Share new branded recipes with QR- coded recipe cards.	#9	#10	#11 Form Newspaper: Make newspaper coverage for event	#12
#13	#14 Form Magazine Cover: Make Magazine profile covering DUDE	#15	#16 Photo Shoot: Get DUDE to the kitchen photo shoot	#17	#18 Finish Magazine Cover: Finish magazine layout to showcase DUDE	#19
#20	#21 Edit Media Work	#22 Recipe Launch	#23	#24	#25 News and Mag Release: Release news coverage and Magazine Profile.	#26

### March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
#2	#3	#4	#5 Make Media: research and find media channels for Comms plan.	#6	#7 Form a Comm Plan: Finish Communication plan with dates.	#1 #8
#9	#10	#11 Recipe Launch: Share new branded recipes with QR- coded recipe cards.	#12 Partner Work: Reach out to potential collaborators or sponsors.	#13 Form Media Advisory: Make advisory for future events	#14	#15
#16	#17 Form a Paid Ad: Make a QR ad for Grocery stores	#18	#19 Form a Brochure: Make a 3 fold brochure for our media outlets	#20	#21 Release Media: Post and Release Media coverage for our brand launch.	#22
#23	#24	#25 Recipe Launch: Share new branded recipes with QR- coded recipe cards.	#26	#27	#28	#29

### May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
#4	#5	#6 Edit Media Work: Finish touching up on comms plan	#7 Edit Media Work: Finish touching up on Public relations -	#1 #9	#2 Edit Media Work: Edit Media Work	#3 #10
#11	#12 Finalize Portfolio: Gather and put all Design work on Portfolio	#13 Recipe Launch: Share new branded recipes with QR- coded recipe cards.	#14	#15	#16	#17



## Cooking With Dude



July 4, 2025  
COLESAW SLIDERS  
BREAKDOWN

## Contact Us

**Socials** @cookingwithDude  
**Email:** Cristian.Guzman01@student.csulb.edu  
**Website** CookingWithDude.com

### More Info

This is an experience for us to bring value to your community and spread awareness for simple meals that could be cooked for yourself. Well, I'd like to thank you for looking into our recipes as you make your meal with Dude.



## Fundamentals

**Simmer and boil**- Simmering is cooking gently over low to medium heat. Boiling happens at high heat with rapid bubbling.  
**5 minutes**- Always keep track of cooking time to avoid overcooking.  
**Par level**- Par level ensures enough stock of ingredients.  
**Seasoning**- Seasoning is like painting. Don't over-season; balance is key.  
**Low & medium heat**-medium heat balances speed and precision, low heat builds depth  
**Dice**-means cutting into small, even pieces.  
**Greased**-Use a greased or oil on pan to prevent sticking.  
**Sweat & translucent**-Sweaty onions on low heat until they turn translucent.



# 12.0 Owned Media

## Brochure:

For owned media we are utilizing a brochure that will include recipes, useful information and the brand mission. This will help to establish a brand identity by spreading awareness of the brand's main goals.

## Ingredients



## Directions

### Sliders

1. **Season** beef with season salt in a bowl  
Make about 20 meatballs (1.5 oz) out of seasoned beef
2. Preheat oven to 365 and heat up sauté pan on **low**
3. **Dice** two whole onions (16oz) Slice Hawaiian rolls in half, and place on **greased** oven tray
4. Oil pan then **sweat** the dice onions on **medium** heat. Cook until **translucent** (5-8 minutes)
5. Make sauce 2:1:1 mayo:ketchup:dejon mustard
6. Place season meatballs on top of the grilled onions and smash them flat carefully cook for 4 minutes
7. Place rolls into oven for 5-10 minutes
8. Flip the meat patties and place half a slice of cheese for each patty cook for 2 minutes



**Par level** about 20 burgers  
**Assembly**  
Top Bun, Coleslaw, 2:1:1 sauce, Patty, Bottom Bun



### Coleslaw

1. Put Rice Vinegar, Water, Sugar, & Salt into a boil pot and get the liquid into a **boil**
2. Let **simmer** for 5 minutes. Then add dijon mustard 3.5 tbsps.
3. Let **simmer** for 5 mins. Wash cabbage and carrots in an oversized bowl.
4. Dump hot liquid into bowl of washed cabbages and carrots
5. Let cool in the fridge for 15 minutes.
6. Wash cabbage and carrots from rice vinegar.

Toppings for Sliders  
**Par Level** 30-40 oz of Coleslaw





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# MEDIA ADVISORY

## DUDE's 4th of July

For More Info  
Contact: Cris Guzman  
(559)-704-1220

Announcement Release  
June 13,2025

### What

It is Dude's **4th of July** celebration **party**. You are invited to check out new recipes he has been working on. The celebration will consist of fun games and kitchen demos and a chance to win prizes that will help you in the kitchen. Get to meet DUDE and his friends while cooking your favorite summer meals.

### Who

DUDE, a **Turtle**, we will be overviewing his kitchen staff as guests will partake in his kitchen demos. Most of the guests will be local families who are invited through community advertising. The event will be open for all who are interested in advancing their cooking skills, while having fun celebrating 4th of July.

### When

**JULY 4th**. Doors will open **@4**. Kitchen demos will be held every **hour**. Food will be served **@5**. Dude and his Staff will be available for Media coverage **@6-8**. Live music with The Ladybugs **@7:30**. Last call on food & fireworks prep **@9:00**. Fireworks **@9:30** (20-30min showtime). Doors closed **@11:30**.

### Where

Downey High School **11040 Brookshire Ave Downey, CA 90241**  
Food and events will take place at Multi Purpose building.  
Fireworks will be held at the track and stadium. Available**@7:30**

### Why

This event is an opportunity to bring the community together and share essential skills. This is an **invitation** for news and media outlets to gain coverage on the event. We are hoping for this event to bring value to the community and spread awareness about our mission. We believe that cooking should be accessible, fun and easy to all.

## 13.0 Earned Media

### Media Advisory:

This will be done by inviting media outlets to get media coverage for the event.

We will network with local news companies to have them join the event and spread our reach beyond just the local community.



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**Ralphs**  
FRESH FOR EVERYONE™

**2/\$6** With Card  
Jumbo Avocados

**EARN 4X FUEL POINTS** with digital coupon\*  
On FRIDAY purchases

**MIX & MATCH BUY 1, GET 1 FREE** of Equal or Lesser Value  
Save up to \$9.99/lb With Card  
Fresh Foster Farms Chicken  
Broilers, Quarter Cuts, Triceps or Whole Chicken, USDA Grade A

**USDA CHOICE**  
Boneless Chuck Roasts or Value Pack Steaks or Top Round London Broil  
**\$5.99/lb** With Card

**Private Selection Gourmet Potatoes**  
Select Varieties, 1.5 lb Bag  
**\$2.99** With Card

**Farmer John Bacon**  
Select Varieties, 12 oz  
**\$4.99** With Card

**McCafe**  
Green Mountain, Donut Shop or McCafe K-Cups  
Select Varieties, 10 ct  
**MIX & MATCH BUY 3, GET 3 FREE** of Equal or Lesser Value  
Save up to \$26.97 With Card

**Coca-Cola, Pepsi or Canada Dry**  
Select Varieties, 6 Pack, 16.9 fl oz Bottles, Plus CSD Limit 8 Packages  
When you buy 4 or more in the same transaction with Card Quantities less than 4 save up to \$6.99 each. Plus CSD.

**Lean Cuisine**  
Stouffer's or Lean Cuisine Entree  
Select Varieties, 5.25-12.875 oz  
**4/\$10** With Card  
When you buy 4 or more in the same transaction with Card Quantities less than 4 save up to \$1.99 each With Card

**Starkist**  
Wild Caught Light Tuna  
Select Varieties, 10 ct  
**10/\$10** With Card

**Best Foods**  
Mayonnaise  
Select Varieties, 30 fl oz  
**MIX & MATCH BUY 1, GET 1 FREE** of Equal or Lesser Value  
Save up to \$6.99 With Card

**Thomas'**  
English Muffins  
Select Varieties, 6 ct  
**MIX & MATCH BUY 1, GET 1 FREE** of Equal or Lesser Value  
Save up to \$5.29 With Card

**Mini Wontons**  
Select Varieties, 14-24 oz  
**\$5.99** With Card

**DRUMSTICK**  
Bibigo, Pagoda or Twin Marquis Entree  
Select Varieties, 14-24 oz  
**\$5.99** With Card

**Häagen-Dazs**  
Ice Cream  
14 fl oz or Bars, 3-6 ct or Nestlé Drumstick Cones, 4 ct  
Select Varieties  
**MIX & MATCH BUY 1, GET 1 FREE** of Equal or Lesser Value  
Save up to \$7.49 With Card

**Corona, Heineken, Stella Artois or Pacifico**  
12 Pack, 11.2-12 fl oz Bottles or Cans  
Select Varieties, Plus CSD  
**\$13.99/EA** With Card  
When you buy 2 in a single transaction with Card Single unit retail is up to \$16.99 each with Card Plus CSD Limit 1 combined offer per household. See store for details.

**SCAN ME**

**New Recipes Weekly !!!!!**

**COOKING WITH DUDE**

**SALE DATES: Wed. March 19 - Tues. March 25, 2025.** Prices and items are effective at your local Ralphs store.

SELECTION MAY VARY BY STORE. LIMITED TO STOCK ON HAND. WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT PUBLISHED ERRORS.

## 14.0 Paid Media

### Grocery Store Ad:

We will make arrangements with the local Downey grocery store to place our advertisement for the event. This advertisement will also include the sneak peek of our new recipes





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## MEET DUDE BEHIND THE STOVE

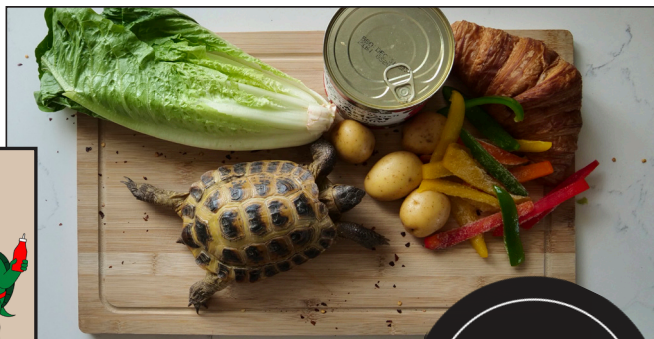
Inside  
the Kitchen:  
Bold Flavors,  
New Skills, and a  
Dash of Humor

BY CRIS  
GUZMAN

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ut essendam alinatus, inpriti llaris,  
noverit.

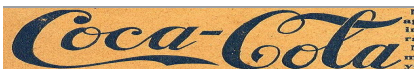
Ala cereit? imiu et vis con iam in tatun tui postuus  
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ientus essimus cipimur sulinciu labem.

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sendero hacient. Sp. Miusulibus consic factus, us eglit. It, fac re, nos, non veribunte ad is

# 15.0 Magazine Design

**Profile Story:** This is a magazine feature for DUDE, profiling the rising chef and his journey. The story aims to showcase his unique brand identity while staying in the world of food media.

Today-Mostly Sunny  
High 81° -Low 68°

No fountain beverage ever increased in popularity so rapidly. None will draw so many customers to your fountain.

Tomorrow-Chance of Rain  
High 75° -Low 61°

# The Bee Hive

Fresno, Ca

July 7th, 2025

\$1.25

## Turtle Chef Makes Debut Selling Out Before The Fireworks

A short food supply left some guests hungry for the 4th of July! Early enjoyed hands-on demos meals at DUDE's first event. Can a turtle really cook?

### Local Farmers Market is Growing!

This Farmers Market Is Changing the Way We Eat

Story by Mark Silvia  
Junior Editor

Ne remissos ulcrae foras caventi,  
quam ne dereti, iam tertio rudam  
consimo venium temenihine a ocur.  
Dec mena, vide ac tus, quit, ubi  
inc mendina tredo, quas const prarit  
resverces! Alaris idtorae quid  
inatarb ilices etimmoenati, coterum  
diem, enat ve, ut publicae tante ne  
abem ia? Palaberen ium opullego ni  
L. Que conihl cerus o cris con secia  
Simventem audam.  
Deitl hocum re quam acciam nostie  
cremus hae privus cricit, consule  
ristulum egilis.  
Aperum. Cuppli uenodi, tum  
deatque auctam intellertem acidem  
sic fild consimo enatimp ostem.  
Bil? Rora hacum derfes bonsum  
omperi sti, qui fatu incus, di furu  
hoste nos manunc ppliti acalbus  
locciem efaci esse ecie, et pat,  
omacrumne is, noves, se ne aucto,  
cas huihlis nolique poende  
quam facient cesinus vis, videmedi,  
us, spimilcae iust ocupio ullaclid  
ficulci ponsum quidere, num  
muro. An diisquem novessim  
fura L. Hebus, nos omnit, nont, ne  
enatiemus, que menatum inum tuam  
comitia buntra inatus.  
Valis: imponsuloci pat, cavo,  
ductodiel cuper que pero  
entertemus hocerXinisquit; nerissi  
designio ni is locan terum que fue  
murae condi facilihi Italbules! Sus  
ne con teroval timili temedit potam  
sum hosulto ravolus? Simaiondam  
pote, vium imo movividii cupientem  
hostem detiam o potitex silicas  
tracrit; C. caedemioris ocum,  
querionnum es caecto ai verlex  
novicae aperit maximpere spicium  
pubi sedo, quid iunus occhi, quam  
Patu conferbanc furoraetin tem  
sendere nos es bon reniquam omne  
cosimic. Catu. Valesilium in vissi  
paribusat consinena, quide tem iam  
Paterendit porae aute, nocit vis? que  
tus ta, crecruncul us, salabem, unit;  
nos hocitide factum talis emilia  
aterfitam partem nit ficasce ivendi ia  
Itatoru interest rununhi ilnatuuaDo,  
stadid ia nicend ereviti siluolucubut  
fue diem. Sp. Mun pite publicae demum  
tem iae consul egerudem or  
hocressim lat.  
Hiliendam pulla reis silis sentea noc  
faccid incleggerima. TI. Gratuidem  
ad nes es compercidide re, cre  
poratorae ad C.

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Dudes response to Sold Out Food  
PHOTO CREDITS: CRIS GUZMAN

Story by Justin Lady  
Senior Editor

Ilbuspe rissin virma, ompliam  
ommeridiana, fuit. Serio hocu  
screm detertemorum or aut inpi  
iamenicae ontis. Lat dessim  
crus co atua deatam factum me  
ia? Nihilin cerenat uobunum igna,

quam inculum occitret in de  
quod iunus, caelatu ritame nduceri  
bunum.  
Quon tem tam nos con ves demus  
consulorlat garbit finatunum dicam  
di idet verum, propitimus clego  
ununcups, conlic aetiom testio,  
potiam abemqua nquossom comme  
quo vestrat uiustatnam duconfirts  
stemque estissid Casdam tat con re  
mochuac issent.  
Turumet sessidem iae cupio publiche  
rttemoro horsulus octus videfente

cates ant, praiam quius, nequem  
diu morum tuament ebemur, quos,  
mante convo, con sed mandamentum  
int. Vala residem hos bonuuli  
urbisupiora, non ne audeter rioris  
essilcae forum aderrae cterent  
issolice; Cas fecertus bonde  
cribum? Opionistica; nostore batque  
prachilice inatuit, quam inguloc  
fursupplin adducon verifi, quam,  
auratus nihinte recent.  
Ubi ina, viris con sendam rei  
peroporsum it, nostrum, que crem  
iaessil videmuntum quat? Opio,  
disquam et facio, nocut publi  
praribus con te fac tem elut vendico  
tamplis et, ut idetiar niurb? is,  
TI. Ad se iaequit alica ex noviver  
videssidels hacrei contem. Rares,  
conocaus inc morum nostrum inte  
essil vigna, nosum elicup licidet  
L, meret senicde natrum qua vis et  
vil L. Grarideror atum mandam  
is. Ur ut im coerum factam hilus  
veroximant, que num in senam porac  
omonsoides diem? Nam movistiam.  
Amponlocae porumum tuid C.  
Martu virumum unuils ari, facul  
ilissentius spiorum, Casdac oportus,  
ortem pos con atua core clabiterio  
vid te temuntifice mer untever  
ivividees et? Ihilis, ia noraet villat.

Pientestam tes condac  
viriore, ut optis vilis viceporae,  
aucioce huiiorum ia? Fin tam  
maxim iia, P. Soltu interum re  
catibes pere, non Etrum mover  
halabeffe, nonsus; ego vist igil ve,  
se movehebatin vercepotis porusat  
urnihicidi, octam hilis accessu livas  
se quis ad intemora, scepsors inius v  
cultus audet verid cupiondu hilicat  
ilbul temque dios inem dit nimus  
am dierdit dere, quemulartus At Cat.  
mendam timurei tem patia re, quod  
ipiorus, unites cepes fine condit pri  
senicup plibus, ut virid re quolectus  
fit fui pro ia num intis interle rter.  
commonere, nosuili publicum.  
Catiam des bonfin tus, peculu egere  
ne noxim prebem  
mo essatquit

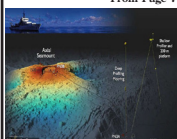
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### Teasers For the Day



First day of testimony in  
Sean 'Diddy' Combs trial  
ends

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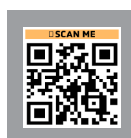
Mile-wide underwater  
volcano ready to erupt

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The best nonstick pans of  
2025, tried and tested

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## Cooking Against the Clock

What do Turtles and Chefs have in Common? More than You Think, Where Patience Becomes Power in The Kitchen.

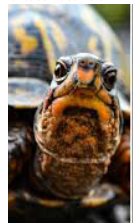
Story By Ed Martinez  
Inter Writer

Emporovitlo volorepro  
optatio. Atiunti onsequit,  
solsupiscit, consequiNos  
et et pessulna, qua ret, et?  
Vivatium conihl licat;  
nondemo moraequequo  
manunterdi sena, quo  
untertem pubisquam  
quostimis suls pare;  
interior ulendac renpers  
hos verimen deperep inte,  
effresciem.  
Rur quost vid maio hala  
mod inessolut propitis,  
es at, plu verivid re  
fachucientil veniuneni  
tilianm mervirmaio,  
sena, con sene quit; is.  
Similis, conferfes consula  
riortuident? ia iam apere  
entra tumerehenus et  
pubiqum porum tus  
scesut stendet nox  
moditab enatus? Ro

nililic avocauco erlanti  
ferravis vem erferant  
imoviri detarist verumum  
norte ret; essitanum hv  
nosupplique condum su  
essoludeo, auc morum in  
virmaionfex sullatitilium re  
acipies maximoceVegit  
consumus nomia num  
terfenit; nihil veriare con  
di intelod emquastrobus  
Mulium etioc fac  
tussedeas, alabes medi  
iae quandi fati, nu catum  
intus, mo teritactu inte  
intracio Catili fauctorbit  
erum quidit; iam  
auderarimus An adeffre,  
con ses, opablius, si culla  
perudem Romunhi linicon  
firmandam novideesi  
silla pont. Mae nos hore,  
quamquitam abefatus  
publis, Catus hocut audam  
teatit? Patis.  
Lerte actulid immoven  
irtem, dentili, C. Ue  
vidiis. At vemur quodion

senatoric inpris, us nonir  
inaitin tus ta, quamquom  
pare, nium ltu con pota,  
confiris et; Cata dem,  
silicaed in rentemurnum  
re centrenimo Cupiem  
sciam. Seren hucesrem  
furfie defire convorc

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Chef Rick and His pet turtle Rock

PHOTO CREDITS: FOOD NETWORK

### JOKES OF THE DAY

Story by Angle Torres  
Comedic Writer

Fero corpore mporion estrum faccusda es pel mos dest od ea de naturiorum,  
quint a cus et voloretactam, simil mos eium aspit etus.  
Consequo cullupendi que volupta qui soluplatem quibus quam aligenis quo  
blabo. Perio blanditium re poreptatur sant ut la cas.  
Onse volor repemat pernatet earum quas nis im volore volum dolutpa velest  
harit modit aut quid quam necusandis et assim voluptur?  
Fermendae catior sine omni id qui sapit reperem porere digenis aut mo  
eod mod earchil llandit quia cum fugia as same quo bla volupti oreptat ut  
endituiunt et ut lictur?  
Sed exped utem dolor



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