

# What's Cookin'?

Dec 2007  
Jan 2008



**"WE FEED THE BEARS!"**

**UNC DINING SERVICES IS COMMITTED TO PROVIDING QUALITY FOOD AND SERVICE IN A PROFESSIONAL MANNER TO THE UNC CAMPUS COMMUNITY AND GUESTS. WE SUPPORT THE MISSION OF THE UNIVERSITY BY PROMOTING NUTRITIONAL AWARENESS AND MEETING DIVERSE CULINARY NEEDS WHILE EMPHASIZING VALUE FOR ALL CUSTOMERS.**

## ATTITUDE IS EVERYTHING

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmm," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "Today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yea!" she exclaimed, "I don't have to fix my hair today!"



**Attitude is everything.**

## WE WANT YOUR INPUT!

### SILVER SPOONS? PRAISE OF PERFORMANCE?

We are still looking into changing the name of the Silver Spoons program, and we want to know what **you** think! Let your manager know what your vote is. Do you like the current name "Silver Spoons" or would you like to see it changed to "Praise of Performance"? Also, feel free to share any other thoughts or ideas you may have regarding this employee rewards program.

## HR Fast Facts

### Tuition Grants for Dependents

Dependents and Spouses of UNC Employees who are employed as .5 FTE or above are entitled to and eligible for Dependent Tuition Grants.

Dependent Tuition Grants will cover in-state tuition charges as long as Satisfactory Academic Progress is being made. Undergraduate students must register for the College Opportunity Fund to receive the grant. Further requirements may exist. For further details on requirements or forms for the grants, contact Sue Stone in Human Resource Services at 351-2621.

Answer to Food Smarts quiz on the back: kiwi

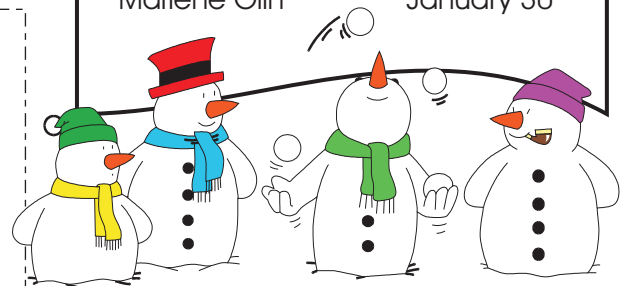


## December Birthdays!

Threasa White	December 3
Rosie Garcia	December 4
Jose Gonzales	December 4
Michele Rogers	December 13
Ann Rose	December 13
Georgia Savage	December 13
Ana Botelo	December 16
Angie DeLeon	December 16
Barb Conley	December 17
Virginia Morales	December 23
Samuel Kerr	December 30

## January Birthdays!

Hal Brown	January 11
Aran Essig	January 13
Fabiola Rios	January 13
Trent Satterthwait	January 22
Shawn Saito	January 28
Marlene Olin	January 30



Did we miss your birthday? Do you have comments, questions or ideas? Feel free to call the Dining Services Office at 351-2652 or email [diningservices@unco.edu](mailto:diningservices@unco.edu).

# MARK YOUR CALENDARS!

## STUDY BREAKS

We will be providing late night snacks for students Monday-Thursday, December 10th-13th from 9-10pm at TK and Holmes.

## LAST MEAL SERVED

The last meal we serve for Fall semester 2007 is lunch on Friday, December 14th. The UC Food Court will open for a New Student Orientation lunch on Friday, January 11th. Normal business hours for all locations will resume on Saturday, January 12th.

## MARTIN LUTHER KING, JR. DAY

On Monday, January 21st, TK and Holmes are both open for Brunch and Dinner instead of Breakfast, Lunch, and Dinner. The UC Food Court and all Gourmet to Go locations will be closed for MLK Day.

## "CLAIM YOUR SPACE" RETURN SIGN-UP DINNER

On Wednesday, February 6th, TK and Holmes will have a festive, carnival-themed special dinner to promote Housing & Residence Life's Return Sign-up event.

## ASH WEDNESDAY

Fish must be available on the menu Wednesday, February 6th for Ash Wednesday. Fish will also need to be on the menu every Friday from Ash Wednesday until Easter, which is Sunday, March 23rd.

*Have a fun and safe  
Holiday Break!*



# Welcome!

A warm welcome to **MaryAnn Cosper**, who recently started as a DSI at Holmes.

## Test your Food Smarts

I am everything and more. People have the nerve to call me just a berry, but you'd never see me that way. A cliché of 70's nouvelle cuisine, I originated in China over 700 years ago, but they only used me as a childhood tonic. The French call me "vegetable mouse," and I must admit that I'm a rampant climber, deciduous and attractive. When cut, I release actinic and bromic acids to curdle your milk, soften your meat, and keep your gelatin nervous. Caress my skin if you want to eat it; on a picnic enjoy my fruit, then use my skin to patch your bicycle tires; or after dessert save my skins to make pillowcases. See, I told you I'm everything and more. On the culinary side, it took an inventive marketing mom to really make me famous in the U.S.

While of few of my plants are hermaphrodites, we usually work as a harem, one male for every four or five females producing 100 lbs. of fruit on one vine. You'll find me year-round, since my two main producers have complementary seasons. I'm also a handler's delight, since I have a resilient skin and can last 3-4 weeks in your refrigerator or 6 months in cold, humid storage. Even after 6 months, I retain 90% of my Vitamin C. I need room temperature to really ripen. I get sweeter and mushier as I ripen, despite losing some vitamin content. Scoop, peel, slice, chunk, juice, or just bite in; use me like a strawberry or melon. Even with all my attributes, it just isn't enough; they're marketing my smooth-skin baby cousins and my new gold variety. I have ten times more Vitamin C than lemons and lots of potassium, and I'm diuretic and laxative. One oval berry can have as many as 1400 seeds, containing essential fatty acids.

**What am I?** (Answer is on the other side of newsletter)  
**Strawberry      Raspberry      Kumquat      Kiwi**  
*(This Food Quiz is from Foodservice.com. Look for more in future months!)*

## FEATURED EMPLOYEES OF THE MONTH

Featured Employees are picked at random every month and displayed in each dining room so both you and our customers can learn more about our wonderful employees! The Featured Employees of the month for December are:

**Sherri Camilli (UC)**  
**Barb Conley (Holmes)**  
**Sandy Warner (TK)**

The Featured Employees of the month for January are:

**Ana Casas (TK)**  
**Kayleigh Glaspie (UC)**  
**Deena McBain (Holmes)**

# CAPTAIN GRAVITY'S SAFETY TIP OF THE MONTH

## STAYING SAFE IN COLD WEATHER



Adapted from the American Red Cross Health & Safety Tips

### Recognize hypothermia symptoms:

Confusion, dizziness, exhaustion, and severe shivering.

### Recognize frostbite warning signs:

Gray, white, or yellow skin discoloration, numbness, and waxy feeling skin.

**If you have these symptoms, seek medical attention immediately.**

### Dress appropriately before going outdoors:

- Dress in layers so you can adjust to changing conditions
- Wear a hat as most body heat is lost through the head
- Wear mittens as they provide more warmth than gloves
- Avoid being outside when it is the coldest
- Wear shoes that will keep your feet dry and warm
- Get out of wet clothes immediately
- Take frequent breaks and stay hydrated

