

What's Cookin'?

April
2009



"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.

Women's Walk 2009

Dining Services is developing a team to be part of the Women's Walk 2009 on April 18th. This is a 30 minute walk to raise money for Women's Athletic Scholarships. Each walker on the team is encouraged to raise at least \$50. The walk is happening on Saturday morning, April 18th. Registration begins at 9:00am, the walk begins at 10:00am, and there will be refreshments and prize drawings at 10:30am. You can stick around afterwards for the Spring Football Scrimmage and the Soccer Alumni game. If you are interested in being on the team, contact Bob Baxley at 351-2646 or bob.baxley@unco.edu.



ADD SOME STRETCHES IN YOUR DAY

Stretching is a great way to reduce pain, strain, and stress, help posture, and increase flexibility. Consider adding a few of these into your day at work:

- **Neck Stretch.** While sitting, grab the right side of your chair with your right hand and pull gently while bending your head to the left. Hold for 30 seconds, then repeat on the other side.
- **Shoulder Shrugs.** Lift your shoulders up to your ears and squeeze them hard. Hold this for two seconds, and then roll your shoulders down into a relaxed position. Do 10 repetitions. You can do this while seated or standing.
- **Hip Stretch.** While seated and sitting up straight, cross your right ankle over your left knee. Then, lean forward slightly, keeping your back straight, until you feel a stretch in your hip. Press your right knee gently toward the floor to increase the stretch. Hold this stretch for 30 seconds for each leg.
- **Low Back Stretch.** Sit with your feet flat on the floor, flex your abs, and twist your torso gently to one side. Hold on to the side of the chair to increase the stretch, making sure to keep your back straight and hips square. Twist only as far as you are comfortable. Hold this for 20 seconds, and repeat on the other side.

Courtesy of Express Personnel Services' Exchange January 2009 newsletter. These guidelines do not constitute expert medical advice. If you have back, neck, spine, or other health problems, please consult with your physician before beginning any exercise routine. Look for more stretches in the May 2009 newsletter!

Featured Employee 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 Employee of the Month for March is:
Hal Brown (Director)

**APRIL SHOWERS
BRING
MAY FLOWERS!**



Upcoming Birthdays!

Patricia Olson	April 4th
Debbie Gutierrez	April 8th
Vaughna Martinez	April 10th
Lisa Poppe	April 10th
Bev Hundertmark	April 16th
Ron Bennett	April 21st
Bob Baxley	April 24th
Zackery Ryden	April 27th
Carmen Vasquez	April 30th

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.

Congratulations!



Derek Rice competed in the ACF competition at Johnson and Wales in Denver, in the mystery basket competition. Derek's teammate was Suttipan Ngamtipakon (Pae), formerly of UNC, who is currently the Sous Chef at Sushi 1 in Greeley. There were 8 teams that competed and Derek and Pae recieved a **bronze medal!**

They had to prepare a 4 course meal for 6 people. They had 30 minutes to prepare the menu, 3 hours to cook, and 30 minutes to serve. The mystery proteins were shrimp, trout, pork skin, caul fat, Cornish hens and veal tongue.

Derek and Pae's menu was:

- ~ **Appetizer:** Marinated, Grilled Shrimp and Trout Salad with Chiang Mai Dressing served in a spear of Belgian enEive
- ~ **Soup:** Wild Mushroom Soup with Toasted Garlic and Shallots
- ~ **Entrée:** Breast of Cornish Hen stuffed with Braised Veal Tongue, served with Confetti Rice Pilaf and Roasted Turnips
- ~ **Dessert:** Deconstructed Banana Creme Brulee with an Almond Tuile

Great job! We're proud of you!

MARK YOUR CALENDARS!

PASSOVER

Passover begins at sundown on April 8th and ends on April 15th. Passover-appropriate items will be featured at the Dash at TK and Holmes, and we will have Kosher matzo crackers available as well.

INTERNATIONAL WEEK

April 3rd - April 10th is International Week on campus. We will be featuring a Saudi Arabian lunch at TK on Monday, April 6th, and a Javanese lunch at Holmes on Tuesday, April 7th as part of the event.

EASTER BRUNCH

TK and Holmes will serve an Easter Brunch on Sunday, April 12th.

BLUE AND GOLD WEEK

April 20th - 25th is Blue & Gold Week and our Customer Appreciation Week in the Dining Rooms. We will feature a fun food item each day during the week, and then have a Cheeseburger in Paradise brunch at TK and Holmes on Saturday, April 25th.

UPCOMING PREVIEW DAYS

- Friday, April 17th
- Friday, April 24th (Junior Day)
- Tuesday, April 28th (Poudre School District)

COMING NEXT MONTH...

- ~ Finals Week is May 4th - 8th
- ~ There will be a study break at the UC on Sunday night, May 3rd
- ~ TK and Holmes will have study breaks May 4th - 7th from 9-10pm
- ~ May Training Week will be Monday - Friday, May 11th - 15th



Test your Food Smarts

Simply put, I am the most disgusting smelling fruit in the world! Originating in Malaysia or Borneo I made it to Southeast Asia in the prehistoric age. As one of the longest established inhabitants of the Southeast Asia rain forests, I have been stinking for millions of years. In Hong Kong and Singapore my odor is so bad I am banned from being eaten in public, and banned from carriage on public transport. If I'm in town, you'll know! We become suicidal when ripe, up to 11 pounds of smelly spiked fruit plummeting to earth from our tree that can be anywhere from 65 to 130 feet tall, so step aside when we are overhead. My spiked hard shell attracts tigers when split, and yes we have been known to kill. Once opened I reveal 5 to six sections of fruit separated by an inedible white membrane. If you can get past my perfume, I offer rich butter-like



custard, flavored with almonds. In each section of our pulp you will discover 4 to 6 shiny edible seeds that can be roasted or baked and eaten like nuts. In some cultures I am buried and allowed to ferment before consumption. I am often mixed with rice and sugar as "lempog", or made into sugar or salted preserves. You can sometimes find me in ice creams or milkshakes. We are starchy fruits that contain a limited amount of fat and provide good sources of potassium and vitamin C. Despite our unspeakable sewage-like smell we are considered an aphrodisiac.

What am I? (Answer is on the other side of newsletter)

- a) Achee b) Durian c) Black Sapote d) Rambutan

(This Food Quiz is from Foodservice.com. Look for more in future months!)

Green tip:



"Green" your laundry room

Avoid releasing unnecessary pollutants by using a fragrance-free laundry detergent. Also, try washing your clothes in cold or warm water instead of hot, and line drying some items to conserve energy.

This month's Green Tip is from "How to Go Green on a College Budget" bulletin board, including, with information from www.care2.com.

