

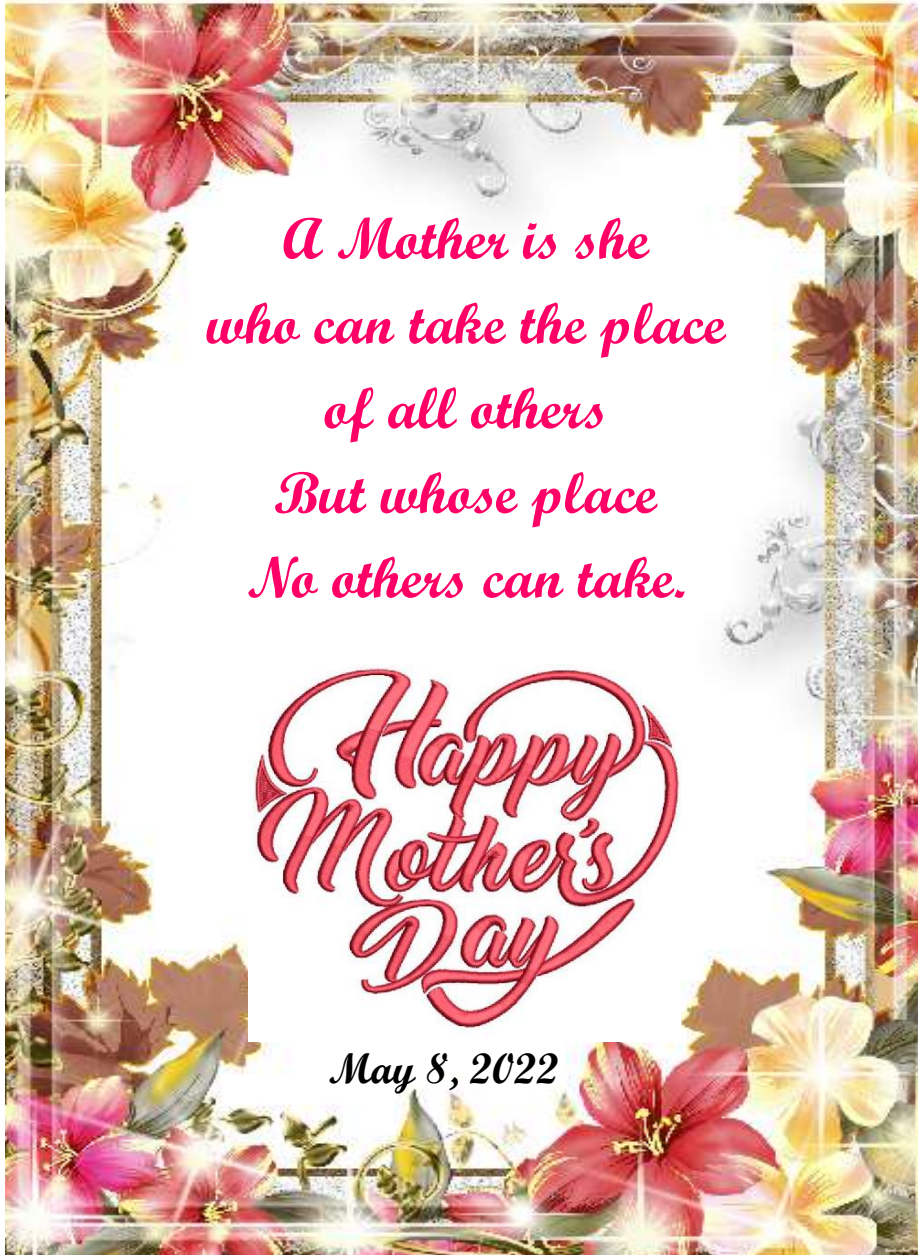


IFSEA
INTERNATIONAL FOOD SERVICE
EXECUTIVES ASSOCIATION
— EST. 1901 —

IFSEA NEWS

Fresh and Bold!

"We enhance the careers of our members through professional and personal growth"



May 2022

IN THIS ISSUE

Did You Know	7
Flash Back	14
From the Vine	10
Gravy Bouquet	4
Life on the Weill Side	2,3
Looking Ahead/w Manley	5
Mind of a Millennial	6
Mother's Day	16
Officers and Directors	12
Random Stuff	11
Recipe Box	8,9
National Salsa Month	15
Who Knew	13



SOMETHING TO THINK ABOUT

People will come and go in your life, but the person in the mirror will be there forever. So be good to yourself.



Life on the Weil Side!

Richard F. Weil, MCFE, MCFP Chairman of the Board

Take time to read!

This month's article I am focusing on various topics that have come across my desk this past many weeks. I am not trying to be too lazy but a bit behind on my monthly article for our association. Please forgive me but believe many of these paragraphs or article snippets are worthy of your time to consider and hopefully you find useful. I like this first quote as it reminds me why I read 2-3 industry articles every day. Inspires me and enlightens me, also keeps me up on what is going on. Take time to read.

"I am not where I want to be, but I'm product that I'm not where I used to be".

Customer Retention: It is important to retain your restaurant customers because they are the lifeblood of any successful business. With a good client base that you can communicate with easily, you won't need as many new clients and competition will no longer be a worry.

Inflation woes. Inflation has crept to more than double digits this year, with forecasts for further rising due to multiple national and international concerns. Several weeks ago, [we discussed the toll this is taking on consumers who might opt out of restaurant dining to compensate for an increased cost-of-living](#). Now, restaurants must focus on their own business models and expenses and determine how to adjust for price hikes.

Many restaurant owner-operators are opting to raise their menu prices to accommodate increased costs and supply chain issues. [Nation's Restaurant News reported that Shake Shack would raise prices by as much as 3.5%](#) this spring, and that [Bloomin' Brands, parent company to Outback Steakhouse, would jump as much as 5%](#). Cracker Barrel reported as much as 6% increases before the end of the fiscal year. "The Lebanon, Tenn.-based casual dining chain raised menu prices roughly 5.3% during the Jan. 28th, 2022-ended second quarter, which reflected more than 2% in pricing from fiscal 2021 and more than 3% from a price increase in August. The increases helped offset the impact of 8.5% commodity inflation and a 10.8% increase in hourly wage inflation during the quarter," [reported Nation's Restaurant News](#).

Labor Crisis: For months now, business conversations have hovered over a few topics, with one particular leading concern: the labor crisis. Many industries have been hit hard by a labor shortage, and the restaurant and hospitality industry is no exception to this. Restaurants need people—good people—to stay open and serve guests as well as to be profitable and successful. Some restaurants are going so far as to reduce hours or even days their business is open in an effort to preserve quality service and not run their employees and in particular managers ragged.

There are a lot of perceptions (and misconceptions!) about current low labor participation, a lot of them centered around the pandemic and politics. According to [an article from Nation's Restaurant News](#) (NRN), the root cause is relatively clear. "[A recent study released by the Boston Fed](#) found that the underlying cause of a decline in labor force participation is pretty straightforward: Baby Boomers are aging out of the workforce," the article stated. It goes on: "In 2021, Baby Boomers were between the ages of 57 and 75. The average Baby Boomer was 66. When a generation that makes up one-fifth of the U.S. population and one-third of the working-age population retires, the

(Continued on page 3)



Life on the Weil Side!

Richard F. Weil, MCFE, MCFP Chairman of the Board

Take time to read!

(Continued from page 2)

labor force feels it. Statistically, the older an individual is, the less likely he or she is to work. Labor force participation rates peak around 75% in the 25-54 age cohort, while 55-64 drops to around 60%; 65-69 drops to around 30%; 70-74 drops to around 15%; and above 70 is half that again.”

Regardless of the motivations or issues driving the connectivity between age and the labor force, what is clear at the macro level is that work, for Americans, is shifting. There is a large generation gap between new and old workers, and with digital changes and new regulations, there is also a large learning curve within that age gap. “What’s a business to do when faced with these macro trends beyond their control,” asks NRN. “Accept them.”

This particular article goes on to analyze some possible solutions to the current labor shortage, including increasing productivity, cutting costs and waste, and employee retention. Our restaurant consultants particularly believe in building up your current staff and making sure they feel seen and supported—employee care is always reflected in the customer experience and, ultimately, your restaurant’s bottom line. In order to keep employees happy, owner-operators must consider how to bridge the age gap, ensuring work is still attractive to the Boomer generation while also appealing to the fresh, community-minded GenZ.

“Consider how to make your workplace attractive enough to keep Baby Boomers working,” urges NRN. “It may be as simple as adding stools to stationary jobs so that employees (of all ages) don’t have to stand for 8 hours straight. Or it may be more complex — creating paths to ownership that will create a stable retirement for them 10 years from now.” As a digital landscape is changing job descriptions anyway, now is the time to rewrite the rules for all positions, utilizing the manpower of a generation which has loved to work and knows about customer interaction.

Then, keep in mind, “for every 10 Boomers there are only nine Gen Zers... While this is not enough to fill the gap, there are new workers coming into the labor force constantly. To make your restaurant attractive to these new workers, get to know them and what they want out of work. Odds are high the answers will be people, culture, community, contribution (that’s why we call them Gen We) and learning.” “Gen We” will be digitally savvy, care about the people they work with, and will be deeply invested in a give-back mentality. All of these new interests and ideas can be harnessed to attract younger customers as well.

These above articles are reprinted from my company’s weekly blogs from National Restaurant Consultants <https://restaurantconsulting.us/blog/> that we publish nationally. Hopefully you have found this information useful and enjoyable.



ENHANCE YOUR COLOR

Gravy Bouquet SEASONING

The perfect browning agent to darken gravies and sauces. Add to stews for that rich cooked-all-day-look. Brush onto roasted poultry to create a golden rotisserie glaze. Great for baking too!

- **VEGAN**
- **GLUTEN FREE**
- **NO MSG**
- **NONE OF THE BIG 8 ALLERGENS**

AVAILABLE IN A 32 OZ. QUART

From our culinary family to yours.



**CONTACT YOUR LOCAL INDEPENDENT PURVEYOR OR CALL 800.624.8777
WWW.RLSCHREIBER.COM**

LOOKING AHEAD WITH MANLEY

Ed Manley, MCFBD, MCFE, CHP President Emeritus



TO GO OR NOT TO GO—TO COLLEGE

Let me start by saying that I graduated from an Ivy League school (Cornell) and have a Master's Degree, but, at 17 I was NOT college ready. It was only when I realized I was NOT going to get a Navy commission without a degree, that I started my 12 years of college. Today, our government and many others are saying that not everyone needs to go to college. They are promoting vocational education – a certified plumber probably makes as much as the average lawyer and has a whole lot lower tuition loan to pay off. Absolutely, the fortune you spend on culinary school has a seriously long payback time. Many say you are better off to work for an excellent chef – no one cares about your education if you are an outstanding cook. If that's your passion, go because having a degree in anything gets you in a lot of doors. Further, I tell anyone willing to listen, keep going, get a Master's, everyone going for a good job has a degree.

What's wrong with putting all your eggs in the college basket?

*2022 Report: 6-year completion rate rises to 62.2%. It says those starting at community colleges have the highest rate of completion, followed closely by those who started at a public 4-year college. So, you have a 6 in 10 chance of getting a degree, and no one cares how many semester hours you earned. You didn't finish a task. Community colleges had the lowest completion rate, 42% and for-profit schools rate was 46%. Students 24 and older had a 50% graduation rate, but only represented 9% of all students studied.

What's my advice, having been educating people for 40 years? Get an Associate Degree, often the question is do you have a degree. Then keep going for your Bachelors. While you are going, or right after graduation, get some certifications to beef up your specific career path knowledge and your resume. Your job is to find a career path you love, because then you don't have a J-O-B. And find one that offers advancement opportunities within the company and the industry. If you are not advancing, say good-bye to your current employer. Finally, the best way to make money and keep it today, is to have your own business – so you are making money for YOU rather than for someone else.

From the Mind of a Millennial

Alysha Brooks, MCFBD, MCFE, CHP
Director of Development



“The Nature of Leadership”

“The business of business is relationships; the business of life is human connection.”

- Robin S. Sharma

This quote speaks volumes. It pretty much says - people connecting with people - is the point of business and of life.

A business can't succeed if the people within the business aren't making connections. Whether it's the owner making connections with other businesses, or the employees making connections with one another to make the team stronger; and in turn, they connect more sincerely with your guests.

If you, as a leader, don't have the ability to connect with your employees, you must hire someone who can. You must have someone in the operation that can bring some softness and understanding. There needs to be a balance of “work hard” and “connect with sincerity.”

I am not encouraging people to walk into work every day and spend all day on their phone fighting with their boyfriend or girlfriend, or the same people constantly coming in with a million reasons they can't work the shifts they were assigned. Even though, I would question what is going on with them personally, that is causing these problems professionally.

What I am saying is that we as humans are going to have human-like days. Some days are going to be hard. Some days we can't jump out of bed with a smile on our face. It's not possible because we have lives and life is hard. I'm saying that if you are someone who constantly yells at employees for having feelings, you aren't going to have a long-lasting business.

If life is about human connection and business is about building relationships, then hospitality should be one of the most rewarding careers out there. That's literally what we do in our industry. Unfortunately, it

doesn't often feel that way.

Why?

Leadership.

If you see an issue with an establishment, I can almost guarantee that the top leader, has no empathy and doesn't care about anything but the numbers shown in the bank account. I totally get that, that's the point of starting a business, to make money but, if you are building a business in hospitality, you MUST have a hospitable heart.

Can you imagine if every hospitality leader started off every day showing hospitality to their own team?

Just think about the last time someone was friendly and generous to you... how did it make you feel? Angry? Sad? Or did you feel happy? Did you feel seen and heard?

I'm telling you that most of the people reading this will say they felt happy.

So, why do leaders show their own team anger? All that does is spread anger.

You're angry, your team is now angry, and now they are going to serve people with that same anger. And then - the leader will turn around and yell at their team for begin angry...?

Please explain how this logic works. I'm lost.

If business is about relationships and life is about connections, then leaders, our first step in creating a business is building relationships and connections with the people, the people that you will pay to interact with other humans who will spend money at your establishment.

Do you agree? Or do you feel that being the hard rock of a leader is more effective? I say no, and remember the soft touch of leadership is truly the “Nature of Leadership”.

? Did ? You ? Know ?

M i n t

Fresh mint is available all year-round but it is most abundant in the warm summer months. Make the most of this versatile herb's cooling and refreshing properties.

Mint is as tasty as it is healthy. Its essential oil is widely used in manufactured products such as toothpaste, shower gel and medicines for its naturally antibacterial and cooling qualities. In cooking, mint sprigs can be added to cooking water or the chopped leaves incorporated into a dish to make the most of this herb's aromatic, flavoursome and digestive abilities.



Originally taken as a medicinal herb to treat stomach ache and chest pains, it is to this day the most called upon herb for soothing a great deal of ailments from indigestion to heartburn and the common cold to bad breath. That's not all; mint can also provide a cooling sensation to the skin helping to treat minor burns and skin irritations due to its anti-inflammatory properties and it can ease and unblock the breathing and respiratory passages as well as relieve headaches; cup of mint tea anyone?

Known to have originated in Asia and the Mediterranean region, mint has been known for its many benefits throughout history. Greeks used to clean their banqueting tables with the herb and added it to their baths to stimulate their bodies, whilst Romans used it in sauces, as an aid to digestion and as a mouth freshener. Medieval monks drew on the herb for its culinary and medicinal properties. In many cultures, mint symbolised hospitality and was offered as a sign of welcome and friendship to guests.

Mint derives its name from the ancient Greek mythical character Minthe. According to Greek myth, Minthe was a river nymph. Hades, the God of the Underworld, fell in love with Minthe and when Persephone, Hades's wife, found out, she turned Minthe into a plant, so that everyone would walk all over her and crush her. Unable to undo the spell, Hades gave Minthe a magnificent aroma so that he could smell her and be near her when people trod on her.

Away from this mythical world, we know that mint gets its tell tale enticing aroma from menthol, an essential oil present in its leaves. Mint contains a number of vitamins and minerals which are vital to maintain good health. Rich in Vitamins A and C it also contains smaller amounts of Vitamin B2 and minerals including calcium, zinc, copper and magnesium. And even though mint is mostly consumed in small quantities, the vital nutrients obtained are still beneficial and shouldn't be underestimated.

Recipe Box

Turkish Red Lentil Soup with Mint serves 6



Thyme Mint Chicken Pasta serves 4



2 tablespoons olive oil
1/2 onion, diced
1 clove garlic, minced
1/4 cup diced tomatoes, drained
5 cups chicken stock
1/2 cup red lentils
1/4 cup fine bulgur
1/4 cup rice
2 tablespoons tomato paste
1 teaspoon paprika
1/2 teaspoon cayenne pepper (optional)
1 tablespoon dried mint
salt and ground black pepper to taste

Heat the olive oil in a large pot over high heat. Cook and stir the onion in the hot oil until it begins to soften, about 2 minutes. Stir the garlic into the onion and cook another 2 minutes. Add the diced tomatoes to the onion mixture; continue to cook and stir another 10 minutes.

Pour in the chicken stock, red lentils, bulgur, rice, tomato paste, paprika, cayenne pepper, and mint to the tomato mixture; season with salt and black pepper. Bring the soup to a boil, reduce heat to medium-low, and cook at a simmer until the the lentils and rice are cooked through, about 30 minutes.

Pour the soup into a blender to no more than half full. Firmly hold the lid in place and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth; pour into your serving dish. Alternately, you can use a stick blender and puree the soup in cooking pot.

1 (16 ounce) package thin whole-wheat spaghetti
1 tablespoon olive oil
2 tablespoons olive oil
1 1/4 pounds skinless, boneless chicken thighs, cut into strips
1 pinch salt and freshly ground pepper to taste
1/2 cup dry white wine
1/2 cup chicken stock
1 1/2 cups heavy cream
2 tablespoons chopped fresh mint
1 1/2 tablespoons chopped fresh thyme
2 teaspoons honey
1 teaspoon lemon zest
1 teaspoon sherry vinegar
1/2 teaspoon salt

Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until cooked through but firm to the bite, about 12 minutes; drain. Toss spaghetti with 1 tablespoon olive oil to keep from sticking together. Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium-high heat. Season chicken generously with salt and pepper. Cook the chicken in hot oil until lightly browned and just cooked through, 3 to 5 minutes per side. Drain on a paper towel-lined plate.

Pour white wine into the skillet; bring to a boil while scraping the browned bits off of the bottom of the pan with a wooden spoon. Add chicken stock; continue cooking until the volume of liquid reduces by about half. Stir cream, mint, thyme, honey, lemon zest, sherry vinegar, and 1/2 teaspoon salt into the liquid; cook until the volume of the liquid reduces again by about half. Stir cooked pasta into the sauce to coat. Return chicken to the skillet and cook until hot, about 5 minutes. Season with salt and pepper to serve.

Recipe Box

Zucchini Casserole with Mint and Parsley- serves 8



4 zucchini, halved lengthwise
1/4 cup olive oil
3 sweet onions, chopped
1/2 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste
1 cup short-grain white rice
1 (16 ounce) can diced tomatoes, drained and juice reserved
1 cup water, or more as needed
2 tablespoons chopped fresh mint, or more to taste
1 cup chopped fresh parsley
3 tablespoons Chardonnay wine
1/2 (14 ounce) package little smoked sausages, diced

Preheat oven to 350 degrees F (175 degrees C).
Grease the inside of a casserole dish.

Scoop pulp from the center of each zucchini half, leaving a 1/2-inch deep shell. Chop pulp and reserve. Place zucchini shells in a pot of lightly salted water; bring to a boil. Cook until zucchini are slightly tender, about 5 minutes. Drain and arrange zucchini in bottom of prepared casserole dish.

Heat olive oil in a skillet over medium heat; cook and stir onions and zucchini pulp until onions are softened, 5 to 7 minutes. Season with salt and black pepper. Add rice and reserved juice from canned tomatoes; cook until liquid is nearly evaporated, stirring regularly, about 5 minutes. Add tomatoes and stir to combine.

Stir water in 1/2 cup increments into rice mixture until rice has absorbed all the water and is almost tender, 10 to 15 more minutes. Add mint, parsley, wine, and sausages; cook until heated through and rice is tender, adding additional water if needed, 5 to 10 minutes. Spoon rice mixture over zucchini halves in casserole dish.

Chocolate Mint Cheesecake serves 16



1 (9 ounce) package thin chocolate wafers
3 (1 ounce) squares bittersweet chocolate
3 tablespoons white sugar
7 tablespoons butter
12 (1 ounce) squares bittersweet chocolate
4 (8 ounce) packages cream cheese
1 3/4 cups white sugar
4 eggs
1/2 cup heavy whipping cream
1/2 cup unsweetened cocoa powder
1 tablespoon vanilla extract
1 1/2 cups sour cream
1/4 cup white sugar
1/2 cup heavy whipping cream
1 tablespoon butter
6 (1 ounce) squares bittersweet chocolate
1 teaspoon peppermint extract

Grind the chocolate wafers and 3 ounces of chocolate in a food processor; the crumbs should be small. Mix in 3 tablespoons of sugar. Melt 7 tablespoons of butter or margarine, and add it to the chocolate crumbs. Press into the bottom of a 9 inch spring form pan.

Melt 12 ounces of chocolate, and cool slightly. Blend in cream cheese, 1 3/4 cups sugar, eggs, 1/2 cup cream, cocoa, vanilla, and peppermint extract. Pour this in crust. Bake for one hour at 350 degrees F (175 degrees C). **Cool overnight.**

In a small bowl, mix together the sour cream and 1/4 cup sugar. Pour on top of cooled cheesecake. Bake for 20 minutes at 350 degrees F (175 degrees C). **Chill for 6 to 8 hours.**

To decorate the cheesecake make a chocolate icing. In a small saucepan, simmer 1/2 cup whipping cream and 1 tablespoon butter. Add to this 6 ounces of chocolate, and stir until melted. Remove from heat. Freeze until the mixture is piping consistency (stir occasionally). Using a pastry bag, pipe a lattice on the top.



From the Vine

Gewurztraminer

Actual pronunciation of the word Gewurztraminer is ‘ga-VERTZ-trah-MEE-ner’. It is a German word which can be split in half as Gewürz, which means ‘spice’, and traminer, which means ‘coming from Tramin’, which is a small city in Germany. It is one of the most popular Alsatian wines since its first production in the Alsace region of Germany in the 19th century.

Today, more than 20% of the vineyards of Alsace region grow the grapes for making this wine. These grapes have a light-pink to red skin, which makes them apt for preparing white wine. Their high sugar content makes this wine an off-dry variety of white wine. The original Traminer wine was different in color and taste from the Gewurztraminer, and it was mutated for centuries in various regions. For instance, in Germany, it was known as roter traminer, in Italy, it was known as traminer rosé or termener aromatico, while in France, it was known as raminer musqué.

This wine is typically spicy and very aromatic. It varies greatly on accounts of aroma, sweetness, and dryness. Along with these traits, it also differs in flavor, taste, and color. Unlike other white wines, the Gewurztraminer is a heavy-bodied German wine. Characteristics of both, the grapes as well as the wine, are also dependent on the region in which the grapes are grown. The main wine producing regions are Germany, Austria, Hungary, Czechoslovakia, Romania, and Ukraine. The thin skin and unique taste of these grapes, make this wine distinctly sweet and high in alcohol levels.

Gewurztraminer is a popular choice as a pairing with various types of cuisines. When it comes to cheese, several types like Boursin, Pont l’Eveque, Langres, Roquefort, Munster Chevre and Maroilles (French cheese), Garrotxa (Spanish cheese), Wensleydale (English cheese), Swiss cheese (US), and many types of German cheese are some popular pairings. This wine is often served as an aperitif, which means an alcoholic beverage which is served as an appetizer before the meal. However, it is also consumed as a dessert wine.

Similar to Pinot Noir food pairing, the Gewurztraminer can be paired with smoked salmon recipes, smoked trout, smoked chicken, oyster stew, various fish recipes like mahi mahi, grilled, shrimp, grilled scallops, seafood brochette, and other seafoods.

It can also be paired with prosciutto with fruits, pancetta, bacon, French onion soup, chef’s salad, Waldorf salad, teriyaki chicken, baked ham, pork chops, and other dishes. It is also paired with Chinese food recipes, rice recipes, beef, moussaka, Thai food, and Japanese food.

RANDom STuff

**When a Pharmacist
gets Sick
Does the Doctor give
him a taste of his
own Medicine?**

**REMEMBER
THE FIRST ORIGINAL SEATBELT**



Which Generation are you?

Generation Name	Births Start	Births End	Youngest Age Today*	Oldest Age Today*
The Lost Generation The Generation of 1914	1890	1915	104	129
The Interbellum Generation	1901	1913	106	118
The Greatest Generation	1910	1924	95	109
The Silent Generation	1925	1945	74	94
Baby Boomer Generation	1946	1964	55	73
Generation X (Baby Bust)	1965	1979	40	54
Xennials	1975	1985	34	44
Millennials Generation Y, Gen Next	1980	1994	25	39
iGen / Gen Z	1995	2012	7	24
Gen Alpha	2013	2025	1	6

(*age if still alive today)



2022 IFSEA OFFICERS AND DIRECTORS

Board	Position	Email
Richard Weil	Chairman	richard@nrcadvice.com
Ed Manley	President Emeritus	ed@ehmanley.com
David Kinney	Treasurer	daveearlkinney@gmail.com
Alysha Brooks	Chair Elect	albrooks.491@gmail.com
Brian Kunihiro	Director	brianifsea@gmail.com
CSC (Chief) David Zander	Director	dazsr66@gmail.com
Dave Orosz	Director	dave@orosz.us
Donna Foster	Director	drfhealth2@gmail.com
Dr. Ernest Boger	Director	epboger@umes.edu
Grant Thompson	Director	attgrant@rogers.com
Jack Kleckner	Director	jack.kleckner@ecolab.com
Jaynee Peterson	Director	jpeterson@rlsinc.com
Jesus Guillen	Director	jrguillen01@yahoo.com
John Chapman	Director	puravida94@msn.com
Julius Harrison	Director	jlshrrsn@aol.com
Larry Brown	Director	larry.brown@affinitysales.com
Laurel Schutter	Director	laurelschutter@iammorrison.com
Matt Trupiano	Director	mattifsea@gmail.com
Michelle Hackman	Director	michelle@its-go-time.com
MSG Anica Long	Director	anicalong900@gmail.com
Richard "Dick" Hynes	Director	dickhynes.dbassociates@gmail.com
Robert Mathews	Director	robertifsea@gmail.com
MSG Curtis Ladue	Director	Curt.LaDue@gmail.com
SFC Kathleen Willis	Director	chefbigkat22@gmail.com
Shawn McGregor	Director	smcgregor1@cfl.rr.com
Stan Gibson	Director	scgibson32@gmail.com



Daylight Saving Time (DST) begins Sunday, March 13. Ends November 6

Did you know these DST facts?

Shout out to Port Arthur, Ontario! The first city in the WORLD to enact Daylight Saving Time on July 1, 1908! Port Arthur is now known as Thunder Bay.

On a country-wide scale, Germany was the first to do so on April 30, 1916, in an effort to conserve energy during WWI.

Equatorial and tropical countries don't observe DST since the daylight hours are so similar every season.

Benjamin Franklin actually presented an idea for DST way back in 1784. But his idea was a satirical essay on a way to save candle wax!

THE LAWS OF ULTIMATE REALITY

Law of Mechanical Repair

After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity

Any tool, when dropped, will roll to the least accessible corner.

Law of Random Numbers

If you dial a wrong number, you never get a busy signal and someone always answers.

Law of the Alibi

If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire.

Variation Law

If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now. (works every time).

Law of the Bath

When the body is fully immersed in water, the telephone rings.

Law of the Result

When you try to prove to someone that a machine won't work, it will.

Law of the Theater

At any event, the people whose seats are furthest from the aisle arrive last.

Murphy's Law of Lockers

If there are only two people in a locker room, they will have adjacent lockers.

Law of Physical Surfaces

The chances of an open-faced jelly sandwich landing face down on a floor covering are directly correlated to the newness and cost of the carpet/rug.

Law of Logical Argument

Anything is possible if you don't know what you are talking about

Wilson's Law of Commercial Marketing Strategy

As soon as you find a product that you really like, they will stop making it.

Doctor' Law

If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. Don't make an appointment and you'll stay sick.

FLASH BACK

? If you can identify these people, please send names to ?
Matt Trupiano at mattifsea@gmail.com



Judith Manle, Ed Manley, ?, ?, Debbie De Sousa



?, ?, ?, ?, ?



?, Ed Manley



?, ?, ?



May is National Salsa month

Here's the spicy truth behind salsa. It's no ordinary condiment. It's an ancient Aztec recipe that was revealed to the world through the written word of a Franciscan missionary. One who had lived with the Aztecs and learned their ways. So let's treat National Salsa Month, in May, with reverence. Bow to this ancient recipe and give in to our taste buds. Try out as many different types of salsa as you can. Trust us, the month will end but you will not run out of new and tasty reci-

National Salsa Month - History

2003

Lone Star salsa
Tortilla chips and salsa became the official state snack of Texas.

1998

Officially a Vegetable
The U.S. Department of Agriculture designated salsa as a vegetable in order to get more and more schools to serve it

to children.

1997

The First National Salsa Month
National Salsa Month was created to celebrate the 50th Anniversary of Pace Salsa .

1991

Salsa Beats Ketchup
Move over ketchup — salsa became the

Salsa Variations

There are a variety of different kinds of salsas. Some of the more popular ones include:

Salsa roja (red sauce) – used in Mexican and Southwestern foods. Made with tomatoes, chilies, onions, garlic, peppers and cilantro.

Salsa cruda (raw sauce) – also known as pico de gallo. Made with raw tomatoes, lime juice, chili peppers, onions, cilantro leaves, and other coarsely chopped raw ingredients.

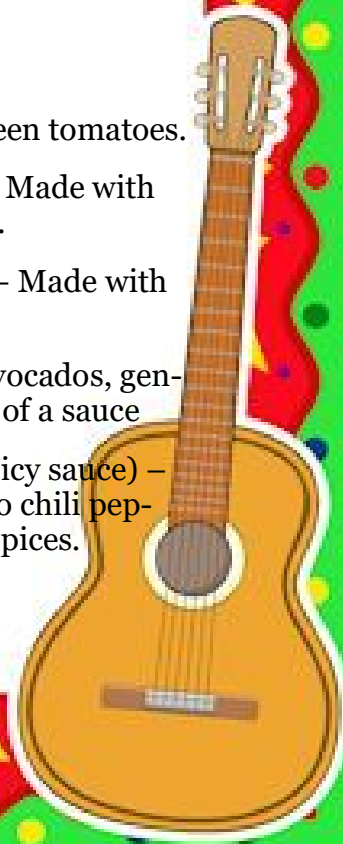
Salsa verde (green sauce) –
Made with tomatillos or green tomatoes.

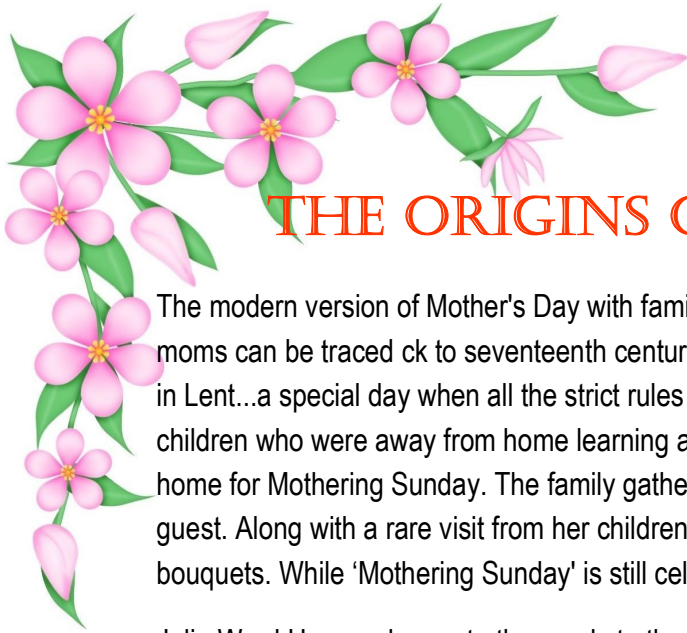
Salsa negra (black sauce) – Made with dried chilies, oil, and garlic.

Salsa taquera (taco sauce) – Made with tomato paste

Guacamole – Made from avocados, generally used as a dip instead of a sauce

Chipotle Salsa (a smoky, spicy sauce) – Made with smoked jalapeno chili peppers, tomatoes, garlic and spices.





THE ORIGINS OF MOTHER'S DAY

The modern version of Mother's Day with families bringing Mother's Day flowers and gifts to their moms can be traced back to seventeenth century England. Mothering Sunday was the fourth Sunday in Lent...a special day when all the strict rules about fasting and penance were put aside. Older children who were away from home learning a trade or working as servants were allowed to return home for Mothering Sunday. The family gathered for a mid-Lenten feast with Mother as the special guest. Along with a rare visit from her children, mothers were given treats of cakes and wildflower bouquets. While 'Mothering Sunday' is still celebrated, most now know it as Mother's Day.

Julia Ward Howe, who wrote the words to the Battle Hymn of the Republic, suggested the idea of an International Mother's day to celebrate peace and motherhood in 1872. There were many other women who were active with local groups holding annual Mother's Day remembrances, but most were more religious gatherings and not the holiday that we know today.

One of the women, who was working on establishing Mother's Day as a national celebration was the mother of Anna Jarvis. Mrs. Jarvis held an annual gathering, Mother's Friendship Day, to heal the pain of the Civil War. After she died in 1905, Anna campaigned for the establishment of an official Mother's Day to commemorate her mother.

"Miss Anna Jarvis was as good as her word. She devoted her entire life to the struggle to have Mother's Day declared a national holiday. In the spring of 1908, Anna wrote to the Superintendent of Andrew's Methodist Church in Grafton, West Virginia, where her mother had taught Sunday School classes for over 20 years. She requested that a Mother's Day service be held in honor of her mother.

Thus, the first official Mother's Day celebration was held at Andrew's Methodist Church on May 10, 1908, with 407 persons in attendance. Anna Jarvis sent 500 white carnations to the church in Grafton. One was to be worn by each son and daughter and two by each mother in attendance. Another service was held in Philadelphia later that afternoon where Anna resided with her brother.

Anna Jarvis' campaign is the reason we have a formal holiday. In 1914 President Woodrow Wilson declared that Mother's Day should be celebrated as a national holiday on the second Sunday in May.

Once every year, the world stops being busy and says thank you. Flowers, cards and gifts are just the outward signs. What mothers love most is the fact that their families really do notice all that they do and for one day every mom is queen for a day...

Happy Mother's Day!

