

What's Cookin'?

Dec 2008

Jan 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.

A WARM WELCOME TO:

Marina Alcazar, Administrative Assistant at TK
Monique Meza, DSII .83 at the UC
Kevin Negrini, DSI 1.0 at Holmes
Zackery Ryden, DSI .42 at Holmes
Erik Simpson, General Laborer I at the UC
Welcome to Dining Services!

CONGRATULATIONS TO:

Lisa Poppe, who was promoted from a DSI to a DSII position at Holmes!

Green tip: don't wash the dishes

Let your dishwasher handle the dirty work! If you run your dishwasher only when it is full, it actually uses 1/3 of the water you would be using if you washed those same dishes all by hand. And although you should scrape excess food off the dishes, don't worry about rinsing them. A good dishwasher should handle it just fine.

Green Tip from Conserve Your Energy in the April 2008 Reader's Digest.

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 December is:

Maria Perez (Holmes)

And the Featured Employee of the Month for January is:

Mike O'Hare (TK)

Hal Brown - our very own Chili Cook-off winner!



Congratulations to Hal Brown, who won **Spiciest Chili** at UNC's Colorado Combined Campaign Chili Cook-off! The November event was a huge hit, with 22 different chilis and about 200 attendees.

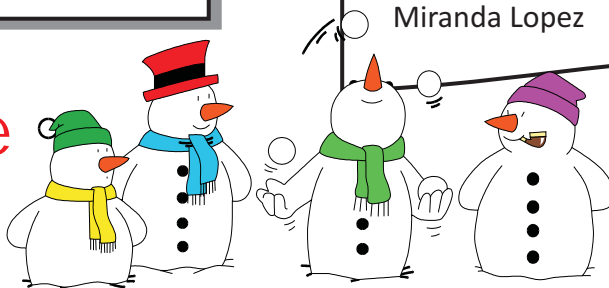
The winners from the campus-wide competition are:

- ~ **Best Green Chili:** Information Technology Group
(Brad Sharp, Ryan Rose, and Sam Penn)
- ~ **Spiciest Chili:** Dining Services - Hal Brown
- ~ **Most Unique Chili:** SPEEC - Kim Gray
- ~ **BEST OVERALL Chili:** Information Technology Group
(Brad Sharp, Ryan Rose, and Sam Penn)

Upcoming Birthdays!

Ann Rose	December 13th
Ana Botelo	Decmeber 16th
Angie DeLeon	December 16th
Barb Conley	December 17th
Liz Betz	December 19th
Virginia Morales	December 23rd
Hal Brown	January 11th
Aran Essig	January 13th
Ed Easley	January 17th
Trent Satterthwait	January 22nd
Shawn Saito	January 28th
Marlene Olin	January 30th
Miranda Lopez	February 2nd

Have a fun & safe Holiday Break!



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.



LIFESTEPS

UNC Wellness Education program will begin its Lifesteps® weight management program in February 2009. Lifesteps® is a 12-week group weight management program,

providing step by step guidance toward healthy eating and physical activity, to help you achieve your healthy weight. Meetings take place once a week to learn basic fitness and nutrition information, as well as review behavior plans and weekly goals and objectives.

This program requires significant commitment by its participants. A program orientation has already passed, but there may still be room for people interested in the program! Please contact Tricia Tort at or 351-2068 or tricia.tort@unco.edu to register or for more information.

MARK YOUR CALENDARS!

STUDY BREAKS

We will be providing late night snacks for students Monday-Thursday, December 8th-11th from 9-10pm at TK & Holmes.

LAST MEAL SERVED

The last meal we serve for Fall 2008 is lunch on Friday, December 12th. The UC Food Court will tentatively open for a New Student Orientation lunch on Friday, January 9th. Normal business hours for all locations will resume on Saturday, January 10th.

MOCK EMERGENCY DRILL

On Thursday, January 8th, from 4:30-7:00, Dining Services will be holding a mock emergency drill for classified staff at TK and Holmes. This is a great opportunity for you to become prepared for your role during an emergency. Your supervisor will be giving you more information soon!



Did you know?

You can read this newsletter and previous ones on the web! Visit www.unco.edu/dining/QuickLinks/forms.html.

MARTIN LUTHER KING, JR. DAY

On Monday, January 19th, TK and Holmes are open for Brunch and Dinner instead of Breakfast, Lunch, and Dinner. The UC Food Court and Gourmet to Go will be closed.

"CLAIM YOUR SPACE" RETURN SIGN-UP DINNER

In early February (date TBA), TK and Holmes will have a festive, carnival-themed special dinner to promote Housing & Residence Life's Return Sign-up event.

Want to be involved in the 2009 Relay for Life?

Dining Services will be forming a team once again for the 2009 Relay for Life. If you are interested being involved this year, please come to an informative meeting at 3:00pm on Friday, December 12th at Zachariah's in the UC. Please see Deena McBain or Hal Brown for more information.

Seasons Greetings



Captain Gravity's

ADAPTED FROM THE AMERICAN RED CROSS HEALTH & SAFETY TIPS



SAFETY TIP: STAYING SAFE IN COLD WEATHER

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

