



# WHATS COOKING

February  
2008

brought to you by the RestRock Restaurant Group: Tortilla Marissa's, and Windsor's Main Street Grill



## 2008 is Off to a Great Start Remember to Acknowledge Your Friends this Month

We all know that February 14 is a day designed for friends – romantic and otherwise. Can you remember the anticipation you felt in grade school and many even high school when that special valentine was sent to you by a school friend?. Those acknowledgements made us bask in the feeling of extra love and attention. We felt that special glow and perhaps even a little embarrassment too. But, wasn't it something to anticipate?

"Make a  
friendship  
grow  
today!"

Today does not have to be any different. You can email a friend, send a card, pick up the phone, write a short handwritten note, record a greeting, send a gift or flowers, and just make someone's day extra special. You receive by giving. Make a friendship grow today!

What's new with us?

January seemed to fly by, with the restaurants being so busy and lots happening on the personal front as well..

I've just started running again in spite of some nagging injuries. It feels so good to get outdoors and cover some ground. Oh, what a pleasure it will be to run pain-free, whenever that may be.

Our daughter, Marissa, moved to San Francisco at the beginning of January. She is working as a manager for Starbuck's and trying to adjust to the rainy season in the city by the bay.

Nate has accepted a job as a brand ambassador for "CROCS", the shoe company out of Boulder. He is traveling to running and

cycling races around the country working the race expos and post race exhibits. This month he will be at marathons in Huntington Beach(CA), Austin (TX), and Los Angeles, and cycling events in Palm Springs and Pasadena.

Connie has been busy organizing the inagural "Leap Day 5k and Par-tay" to be held in Fort Collins on February 29th beginning at 5pm. The event will benefit Project Self Sufficiency. The "partay" will be catered by Running Chef Catering (that's us!). For more info contact Connie at 970-635-5902 or go to [www.ps-s.org](http://www.ps-s.org). We'd love to see you there.

There are many other events occurring this month, from Groundhog Day to Valentine's Day and, of course, the Superbowl

Remember to keep us in mind for any of your entertainment plans this year. We are here to make your life easier. Whether it's take-home meals or a night out instead of cooking at home, a party you need catered, a banquet you need to schedule, or even appetizer platters to take to a potluck. Just give us a call. We're here to help.

Party On, *Doug*

## Did You Know?

February is -

American Heart Month - Black History Month -  
Canned Food Month - Creative Romance Month -  
Great American Pie Month - National Cherry  
Month - National Grapefruit Month - An Affair to  
Remember Month - National Weddings Month -  
National Children's Dental Health Month

Special Days

2 Ground Hog Day/Candlemas - 8 Boy Scout Day -  
14 Valentine's Day - 17 Random Acts of Kindness  
Day - 18 President's Day - 24 National Tortilla Chip  
Day - 29 Leap Day (once every four ears)



Visit both of our award winning restaurants! Open daily for lunch and dinner from 11 a.m.

**Windsor's Main Street Grill**  
1294 Main Street, Windsor  
970-674-0810

[www.windsorgrill.com](http://www.windsorgrill.com)

**Tortilla Marissa's - North of the Border Cafe**  
2635 South College, Fort Collins  
970-225-9222

[www.tortillamarissas.com](http://www.tortillamarissas.com)

# Would You Like to Become A Celebrity Chef?

*And Help Out Your Favorite Charity*

What is your all time favorite meal?  
- from appetizer to dessert -  
And who is your favorite charity?

If your recipes and charity are selected, we will dedicate one night at our restaurant featuring your special menu with the proceeds of sales from that night going to your favorite charity, and we'll feature you as our special **Celebrity Chef.**

But don't worry, we'll do all the cooking. All you have to do is look good in your personalized chef coat.

Interested? Call Doug at 226-6577 or email to [doug@windsorgrill.com](mailto:doug@windsorgrill.com)

## Conversation Starters...

- If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.
- If you blink one eye you move over 200 muscles.
- There are more chickens than people in the world.
- Al Capone's business card said he was a used furniture dealer.
- The average person falls asleep in seven minutes.
- The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "It's a Wonderful Life."
- If you are an average American, in your whole life, you will spend an average of 6 months waiting at a red light.



**Are You Being Rewarded?**  
*You are if you belong to our RestRock Rewards Program.*

To check your point balance or verify your contact information, you can access your account information by going to:  
[www.myrepeatrewards.com](http://www.myrepeatrewards.com).

**And Remember -  
Double Points Every Tuesday!**

- ♥ While women make 75% of chocolate purchases all year long, during the days and minutes before Valentine's Day, 75% of the chocolate purchases are made by men. Over \$1 billion of chocolate is bought for Valentine's Day.
- ♥ About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- ♥ The red rose was the favorite flower of Venus, the Roman goddess of love. Red stands for strong feelings, which is why a red rose is a flower of love.

## Keep Your Car and Save \$30,000

You can save \$30,000 or more if you hold on to a car once you get it paid off, say the folks at *Consumer Reports* ([www.consumerreports.org](http://www.consumerreports.org)). So maybe it's not such a great idea to trade your car in every three to five years like some people believe. Here's how you can reap savings by keeping your car around for a long time:

- Take proper care of your car including regular maintenance and replacement of parts. Just about any vehicle can reach 200,000 miles these days, *Consumer Reports* says.
- When you buy a car that you're planning to keep for a long time, go for one that has a good track record.
- Choose a car that has done well in government and insurance industry safety tests.
- Make sure the car you choose is equipped with the latest safety equipment.

## Thanks for All Your Great Comments

- "Greay service and atmosphere. Delicious Food " — Karen Dailey, Windsor, CO  
"The best service in years." — George and Cathy Olson, Eugene, OR  
"Great food! Cute decor, good prices." — Andrea Caine, Fort Collins, CO

## When NOT To Exercise

When you're catching cold, should you continue to exercise? Personal trainer Lisa Willacker offers this rule of thumb: If you have no fever and your symptoms are above the neck — a runny nose, sneezing, or a sore throat — you can engage in moderate exercise. Keep the intensity low, and if you feel that you are getting worse, stop. If you have below-the-neck symptoms — exhaustion, muscle aches, vomiting, diarrhea, chills, swollen lymph glands, or a hacking cough — wait at least two weeks after you recover before returning to serious training.



Romance Month Gift to You

1/2 Price on Any

Bottle of Wine

at Windsor's Main Street Grill  
with the purchase of any two entrees.

*Not valid with any other offer, discount,  
price special, certificate, or coupon.*

**Valid from February 15-29, 2008 only.**



Don't miss this  
special offer  
just for you.



"I don't suppose you're just  
writing me a Valentine?"

## How To Win at Office Politics

Ever had a situation at work that you weren't quite expecting? Well, that happened to Kendra Nelson ("Wanted: Workers who play well with others," an Associated Press story on CNN.com, [www.cnn.com](http://www.cnn.com)) when she was working construction. Male workers were sauntering over and helping themselves to her tools whenever they pleased.

Did she fight with them, dress them down or just plain give up? Not a chance. Nelson let her creativity reign and painted all her tools *hot pink*. Problem solved.

Later at a job interview when she was asked to tell about an experience at work she hadn't expected, she told her "pink story." It was enough to land her a job as a deck hand at an adventure cruise company.

What's she doing today? She's just been named assistant expedition leader in Antarctica.

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, "I'm sending out one thousand Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer," the man replies.



## 4 Tips To Save Time

Need to run a tighter ship so you can have a little more leisure time? These days that's a pretty common problem and goal. People work more hours and are spread pretty thin. But don't despair. Here are a few time management tips from Worklifebalance.com's ([www.worklifebalance.com](http://www.worklifebalance.com)) CEO Jim Bird:

1. **Use a daily planner.** Electronic or paper, it doesn't matter. Choose one that gives you at least one page per day, and then make sure you always keep it with you. Jot down your commitments as you go.
2. **Get rid of your to-do list.** Why? To-do lists often end up being frustrating and futile, something you never quite get to. Instead, take your to-do list before you toss it out and transfer the items to a particular time and day in your daily planner. You'll be amazed at how much your stress level goes down and how much you accomplish when you do this.
3. **Set aside a block of time to return phone calls and answer e-mails.** Choosing early morning to do this is often best since the other person will have the rest of the day to respond. Of course, urgent messages and phone calls should be returned in a timely manner.

**When talking on the phone or in face-to-face conversations, give the other person your full attention.** Don't page through your e-mail in-box or fill out your daily planner when you're talking to someone. Make sure that your communication is clear and focused, which will reduce the need for clarification and other time-wasters in the future. Don't multitask when you deal with people. It never pays off.