



# WHATS COOKING

October  
2007

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

## Here Come the Holidays !

Ready or not the holiday season is here. I just love this time of year.

If you know me, I love to run and I love to eat. And this time of year is so great for doing both.

The temperatures have cooled down and the colors are changing, so running is both scenic and comfortable.

Connie will be running the Denver half marathon this month and will also be going to San Francisco to run the Nike Women's Marathon. And Marissa is planning to move to San Francisco in January, so they'll be scouting the area for a place for her to live as well.

As for eating, there are so many great holiday recipes that it becomes difficult to prepare them all before the season is over.

We've started off this season with some great end-of-summer specials at Tortilla Marissa's, and Oktoberfest is happening at the Main Street Grill. You can visit our websites to get all the details.

Make sure you enjoy the great fall weather this month. Until next time...

Party On, *Doug*

## Win a FREE DINNER

We want your favorite  
**THANKSGIVING RECIPE.**

Will you share it with us?

E-mail your entry to  
**restrock@aol.com**  
by **OCTOBER 23<sup>rd</sup>**.

If your recipe is selected,  
we'll reward you with a **FREE Dinner** to  
**Tortilla Marissa's** or  
**Windsor's Main Street Grill.**

Congratulations to our  
**CORN RECIPE Contest Winner**

**Judy Hergert** for her  
**"Fresh Corn Saute"**

Want the recipe?

Go to our websites:

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

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

## DID YOU KNOW?



Every year Tortilla Marissa's sponsors a storefront along with candy and prizes at the annual Treatsylvania Kids Event at Lee Martinez Farm.

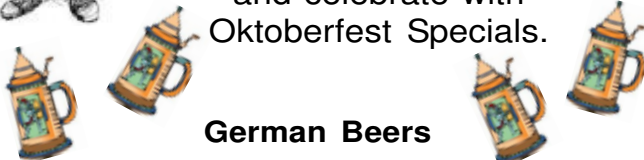
This year it will be held from  
October 28th - 31st.

Make sure you bring the kids for a safe and fun trick-or-treating experience.

## Oktoberfest at the Grill



Join us in Windsor during October and celebrate with Oktoberfest Specials.



**German Beers**

**Weinerschnitzel - German Sausage**

**Munich Chicken - Apple Strudel**



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)



## How To Keep Your Kids Safe At Halloween

Halloween will be upon us soon, and while this celebration can be lots of fun, parents and children need to keep in mind that safety is also a concern. Here are a few tips to help you get through Halloween safe and sound:

- Make sure your child picks out or makes a safe costume. It needs to be fireproof and the eyeholes should be big enough for good peripheral vision.
- If you set jack-o-lanterns out on your porch, make sure that they are far enough away from where children will be walking so that a costume will not catch on fire.
- Make sure that if your child is carrying a prop, such as a fake scythe or knife, that the ends are smooth and it is flexible enough not to cause injury if your child falls on it.
- Don't let small children carve pumpkins. You can let them scoop out the seeds and draw a face on the pumpkin, but an adult should do the carving.
- Have a fun, spooky dinner before you take your kids trick-or-treating—that way they won't eat as much of the candy they get later.
- Make sure you review basic safety rules with your kids before they set out, remind them not to talk to strangers, to look both ways before crossing a street or to only cross when they have a walk sign.
- Parents should know the route their children plan to take if they will not be accompanied by an adult.
- It's probably best that an adult accompany all children.
- Give your child a specific time to be home.
- Explain the difference between "tricks" and vandalism
- Explain to your child that cruelty to animals is not acceptable.

—adapted from [www.halloween-safety.com](http://www.halloween-safety.com)

## Pumpkin Carving Secret Revealed



Whether you're making a pie or a jack-o-lantern don't bend your serving spoons — or sprain your wrist — scooping out pumpkin seeds. Instead, use a sturdy one-piece ice cream scoop.

## Simple Secret to Weight Loss

Judith Beck, author of *The Beck Diet Solution*, says a simple weight loss trick is not to eat standing up. "We fill up on snacks at parties, take free samples in the grocery store, nibble as we prepare meals, sneak bites of food as we clear the dinner dishes," she says. "Food that we eat standing up is usually food that we didn't plan to eat. We consume more calories than we realize this way."



"Remember when we gave the same thing to every trick or treater?..."



**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!**

*Find out how you can get FREE Food  
Ask about RestRock Rewards today.*

## Thanks for All Your Great Comments

"It is a comfortable atmosphere, nice people, good food!

**Keep doing what you're doing."**

— Jim & Janee Ahlersr, Fort Collins, CO

"Great variety of food that tastes awesome.  
**Open another location in our town."**

— Charmaine & Chris Bisceglia, Wellington, CO

**This Month is Doug's 1/2 Birthday!!**  
**So He's giving you 1/2 off any dessert or appetizer\*!!**  
*(\*with the purchase of any two entrees)*



**Regular Coupon Rules Still Apply**

**Only one coupon may be used per table or carryout order, and coupons cannot be combined with any other discount, coupon or special offer.**

**Valid during October 2007 only**

## **No Tricks Just Treats**



**Come into Tortilla Marissa's or Windsor's Main Street Grill anytime during October and draw a prize card from our Trick or Treat Cauldron.**

**Every one is a winner!**

**"Treats" you could win include**

- Free Appetizers -
- Free Desserts-
  - 10% off -
  - 25% off -
  - 50% off -
- Free Entrees -
- & More

**Dine with us today to get your "treat"!**



## **Halloween Coloring Contest**



**Bring in your kids (ages 3 - 12) during October to enter our Halloween Coloring Contest.**

**We'll proudly display their work of art and, they could win a great prize. Prizes in 3 age categories. Bring your little artist in today.**

## **What Do Your Bad Habits Say About You?**

According to a study by North Dakota University, people own up to an average of seven bad habits—and the report could not find any one person with no bad habits.

Bad habits, such as nail biting, hair twirling and foot or finger tapping are actually anxiety-reducing behaviors, says Dr. Stephen Palmer, director of the Centre for Stress Management in London. "Bad habits help ease our anxiety when we find ourselves in frustrating situations that are difficult to tolerate," he says.

Generally, bad habits fall into the categories of nervous habits or boredom habits. Habits born of boredom are participated in to help pass time. Nervous habits are people's way of trying to distance themselves from a situation that makes them uncomfortable.

Nervous habits are often associated with nail biting, hair twirling and throat clearing. They are usually body based.

Boredom habits usually involve an object, for instance pencil tapping, doodling with a pen and even smoking. Generally these habits are participated in when a person is wanting to get something over with or is feeling impatient.

Here are what some of your bad habits might be saying about you:

- **Foot jiggling:** You are impatient. You just wish that people would get to the point. You want the other person to stop talking so that you can put your 2 cents in on the subject.
- **Jaw clenching:** You're experience stress, but you're denying it.
- **Teeth grinding:** Also a sign of stress and often indicates a fear of failure.
- **Doodling:** You are probably very bored and feel like you are better than other people. You need new challenges in your life.
- **Throat clearing:** You want to say something and you want people to listen to you, but you're not sure exactly what it is that you want to say.
- **Hair twirling:** You need attention or you're flirting with someone and you don't know how he or she is going to react.

—adapted from *Hello* magazine