



Food For Thought



February-March 2007

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



2007 is Off to a Great Start Let's Improve our Community This Year It's People, Not Things, That Are Really Important

Well, 2007 is well underway. How does the time go by so quickly. It's almost time to set our clocks ahead for daylight savings time.

January and February were very busy for us, both at the restaurants and personally.

Early in January, I had an opportunity to travel to Orlando and meet with a number of key people in the Disney hospitality and foodservice departments.



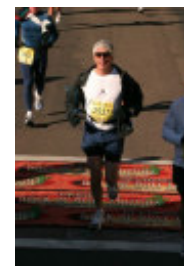
Wow! What an experience. No one does customer service better than the Disney organization. As you can see from the photo on the left, I was also able to meet Disney's most famous ambassador.

My visit there just reinforced our commitment to providing all of you with the best customer service possible.

The following week, Connie and I were in Phoenix for the Rock'N'Roll Marathon. I am happy to say that the conditions were ideal for running (although cool for being a spectator or

tourist), and I was able to run fast enough to qualify for the Boston Marathon this year.

Connie had already qualified for Boston when she ran the NY marathon in November, so we'll both be going to Boston in April.



To make the best of this great opportunity, we are going to raise donations and dedicate running the Boston Marathon to two great children's causes; Windsor's Special Olympics program and Project Self Sufficiency's "Cool Kids" clothing fund.



And we very proudly congratulate Mike and the Tortilla Marissa's staff for winning 1st prize for their "Tagalong Mole" recipe at the Girl Scouts

Madcap Cookie Competition. All the competing restaurants created a dish using Girl Scout cookies in their recipe. This has developed into a great event and raises funds for the Girls Scouts of Northern Colorado. Make sure to mark your calendar for next year. *Side note: we also catered the appetizers for the event under our newest business branch - "Running Chef Catering".*

Remember to keep us in mind for any of your entertainment plans this year. Let us make your life easier. Just give us a call. We're here to help.

Until next month -

Party On, *Doug*

.....
• Mark Twain said it best:

• **"Let someone else blow your horn and
the sound will travel twice as far".**

• *Look what others are saying about us.....*
.....

• "Service, Service, Service!"

• The food was fantastic, but the service and presentation was above and beyond!" —

• *Maggie Metzler, Windsor, CO*
.....

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

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1294 Main Street, Windsor
970-674-0810
www.windsorgrill.com

Tortilla Marissa's - North of the Border Cafe
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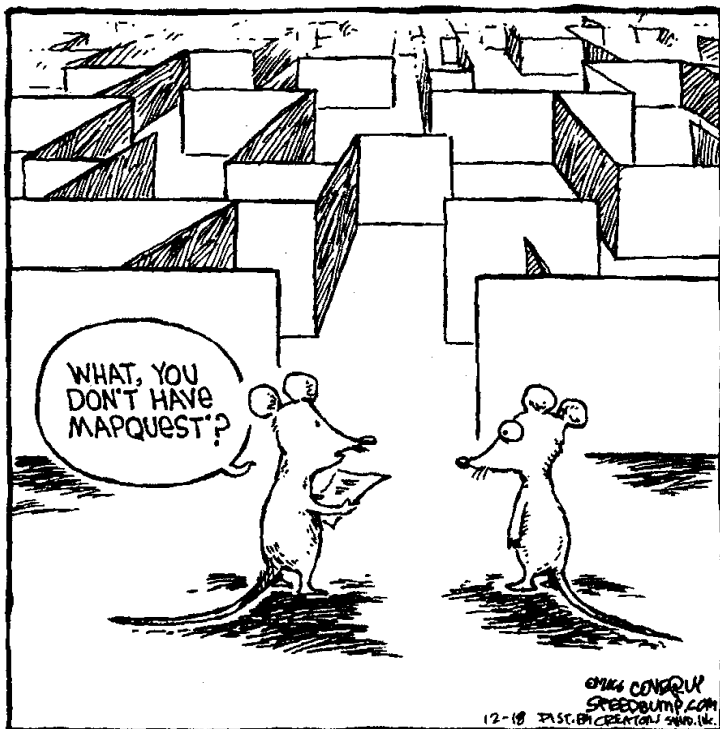
No Peeking Giveaway Results

Thanks for playing with us in our No Peeking Giveaway. We honored thousands of dollars in discounts and prizes. **Congratulations to Mary Boehm and to Lolly Clarke.** They were winners of mini-digital cameras in the contest. Isn't it ironic that Lolly would win one of the cameras? (Her husband is John Clarke- the professional photographer.)

How To Lose Weight By Laughing

According to research by Vanderbilt University, laughing for 15 minutes a day - roughly a laugh once an hour - burns up to 50 calories. "A healthy laugh a day could burn two to four pounds of fat a year, even without changing your dietary habits," says Mac Buchowski, Ph.D.

*"May you have all the happiness and luck that life can hold—
And at the end of all your rainbows
may you find a pot of gold."*



Give Us Your Best St. Patrick's Day Recipe and you could win a FREE Dinner.

We're looking for your favorite St. Patrick's Day recipe.

Will you share with us?

E-mail your entry to restrock@aol.com by March 15th.

If your recipe is selected, we'll reward you with a FREE Dinner .

Congratulations to our Valentine's Day Contest Winners:



Drink Category - Elixir of Love"

- Whitney Bell

Appetizer - "Heart Winning Bruschetta"

- Bud & Edna

Entree - "Shrimp in Champagne Sauce"

- Cinda Heisel

Dessert - "Chocolate Raspberry Tart"

- Brenda Nicholson

Story - "Most Wonderful Man"

- Vonda Knackstedt

When French is Best.

With all the hoopla about red wine going around, you have to wonder if there's something to it, or whether some wily French scientists have gotten carried away after a night of sipping a bottle of cabernet.

Researchers already knew that procyanidins, compounds commonly found in red wine, are good for your blood vessels and probably contribute to the long life spans found in southwestern France and Sardinia. But according to a study published in the journal, Nature, by the William Harvey Research Institute, University of London, what the researchers didn't previously know was that levels of procyanidins varied in wines. Those produced in southwestern France and Sardinia, places where wine is still made in the traditional way and allowed to ferment for up to three weeks (as opposed to the modern way of one week) tended to have much higher levels of the compounds—sometimes up to 10 times more. This is because the process allows for the full extraction of procyanidins from the skin and seed of the grape. Scientists believe this in turn promotes artery health and longer life spans.

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7 Simple Ways to Create Your Own Luck

By Susan RoAne

My first book, *How to Work a Room*, was rejected by more than 20 publishers. Then a friend suggested that I attend the American Library Association's convention. I had the flu that day and didn't want to go. I went anyway — and wound up meeting the publisher who said yes to my book. It went on to sell well over a million copies. Was I lucky? Yes — but only because I took an active step toward good fortune, rather than waiting for fortune to find me.

Lucky people always are on the lookout for “you never know” moments; chance encounters that open doors to all sorts of possibilities. Here's how to find and maximize those opportunities...

1. **Talk to strangers.** It's the people you don't know who bring new opportunities to your doorstep. Ex: A couple went to the opera and started a conversation with the couple seated next to them. During intermission, the second couple decided to leave early - and asked the first couple if they would like to have their tickets to the postopera gala ball. It never would have happened without the chitchat.
2. **Focus on what you have in common.** When you're in the same place with a stranger — a charity fundraiser, or your child's school — you have something in common just by being there.
3. **Wear something that invites people to talk to you.** Madeleine Albright, the former US ambassador to the United Nations, often wore a large brooch because it was a conversation starter. Men can wear ties that reflect their interests, such as one from an art museum or a boater's club.
4. **Smile and say hello.** Make eye contact. Show that you're approachable, even if you're nervous.
5. **Eavesdrop.** People who create their own luck pay attention to what's going on around them, which gives them an edge. Ex: Bonnie overheard Sharon, the owner of an aerobics studio, talking about losing a subrenter and the substantial income the tenant paid. Bonnie approached Sharon and said that she had a colleague who was looking to rent a space for dance classes.
6. **Stray from the path.** Many very successful people follow their passions, even if the detour — from school or an established career — seems risky. Ex: Renee Unger, a second-grade teacher and mother of three young girls in Canada, started making her own salad dressing because she was allergic to food additives. She gave jars of the dressing to friends, who kept asking for more. She realized that her product was as good as anything in the supermarkets and took the plunge. Today, Renee's Gourmet is the number-one refrigerated dressing in Canada.
7. **Say yes when you want to say no.** Time-management consultants often advise saying no to anything that encroaches on valuable time, but “lucky” people often say yes. They're the ones who join committees... run for office... and volunteer for local charities. Every time they say yes, they expand their professional networks and expose themselves to new ideas.



Wear Green on St. Patrick's Day and Get DOUBLE POINTS

Royalty Rewards Members Who Shows us their Green on March 17th will receive DOUBLE POINTS!

Wear your green shirt, green socks, green hat...get creative.

If you haven't become a Royalty Rewards Member, ask your server for a sign up form the next time you are in an start earning points for FREE FOOD!

Promo Code: 10468

Famous Last Words...

Are you sure the power is off?

Don't be so superstitious.

Double dare me!

Help!

He's probably just hibernating.

Hey, watch this!

I'll get a world record for this.

I'm making a citizen's arrest.

I've seen this done on TV.

I wonder where the mother bear is.

That's odd.

That stuff only happens in the movies.

The odds of that happening have to be a million to one.

These are the good kind of mushrooms.

This doesn't taste right.

Well, we've made it this far.

What does this button do?

What duck?

I think it's dead.

It's only a little one.

Does this go any faster?

No, Tony, I don't have your money.

I built it myself.

I don't need a helmet.

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Spring Forward

Remember
This year the date for setting our
clocks ahead has been moved
forward.



**This year daylight savings time begins on
Sunday March, 11th.**

Mark your calendar so you don't end up being late.



IS Your Car Clean Yet?

**From now through March 15th, any time you dine
at the Main Street Grill you can have your car
washed for FREE!**

It's this simple

- 1- Go to Bob's Car Wash in Windsor (just west of King Soopers)
- 2- Enter the code number 07022, and you will get \$3.00 off the price of your car wash.
A basic car wash is only \$6.
- 3- Make sure you enter yes to get a receipt
- 4- Bring your car wash receipt to the Main Street Grill any time before March 15th .
- 5- We will give you an additional \$3 off toward the purchase of any entree.

**That's \$3 off your car wash AND \$3 off your meal.
Just like getting your car washed for FREE!**



Everyone Is A Winner During Our Lucky Egg Giveaway

We got a call recently from the Easter Bunny asking if we could help him out. He reminded us what a challenge it is hiding eggs at all the various Easter Egg Hunts around town. It is becoming such a huge challenge for him that he asked for our help again. Last year, he said, our lucky egg giveaway really helped to lighten his load. So he would like us to do it again this year. He's going to bring us enough Easter Eggs for everyone dining at our restaurants from March 18th thru Easter (April 8th). So, when you get your bill during that time, you'll get an Easter Egg. Crack it open and it'll reveal your treasure – there are gifts to be had from us, and other local businesses. Every single egg has a treasure inside.

So hop on in. We're giving the Easter Bunny a little break and you won't have to go scrounging around at Easter Egg hunts for your Easter Eggs, they'll arrive at your table! But, You **HAVE** to **come and see us between March 18th and April 8th**, that's when he's coming to pick up any leftover eggs!



**Irish toast:
May you be in heaven
half an hour before the
devil knows you're gone...**



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