



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

May 2013

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David Orosz, International Chairman of the Board

I want to start out by thanking all of the members for entrusting the stewardship of IFSEA for the next year to me. As we all know the past few months have been about change for the association, some of it by design and some of it from outside forces but at the end of the day IFSEA will continue to grow stronger each and every year.

In the past few weeks we've seen the successful launch of our new certification program and unfortunately we've also seen our close partners in the military change how they participate in conference due to sequestration and as a result we had to change not only the program of our annual conference but the location as well but I have to say I believe this was the best conference I can remember in a long time and I've heard similar comments from our members and believe we all owe a big thank you to the conference committee for working so hard to pull this year's conference off despite all of the last minute challenges.

All I can say about this year's bistro teams is wow! All of them were highly prepared and ready to go – watching all of the skill in the room that day was inspiring although the past chair's bistro team did seem to be a little concerned once they saw who they were up against but everyone who participated should be proud of their accomplishments and a big thank you to the Past Chair's Team for providing the prize money for the bistro challenge.

For me, one of the highlights of this year's conference was the planning session hosted by the executive committee. Wow what a turnout! It was truly inspiring to see how many individuals from students, to active members, to industry advisors, to retired members not only offered terrific ideas but also stepped up to help move IFSEA forward by volunteering their time and expertise. I would encourage anyone who was not able to attend the conference or planning session but wants to become a part of moving IFSEA forward to reach out, we would welcome your involvement – together we're going to make IFSEA stronger for tomorrow!

WISELY SPOKEN

The world hates change,
yet it is the only thing that has brought progress.

INTERNATIONAL BOARD OF DIRECTORS

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David Orosz, CFM
dave@orosz.us

CHAIR ELECT
Gina Vance, MCFE
gvance@adadc.com

TREASURER
Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

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pstarowi@mvnhealth.com

BOARD MEMBER 2012-2015
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tstory@arvadacenter.org

BOARD MEMBER 2012-2015
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fosterd@ahca.myflorida.com

BOARD MEMBER 2012-2016
Tom Dailey, CFE
tom@simplyfinefood.com

BOARD MEMBER 2013-2016
Robin Keyes
rcacoffee@hotmail.com

BOARD MEMBER 2013-2016
John DeJong, DODG, CFE
jococenterprises1@msn.com

BOARD MEMBER 2013-2016
Bev Demanovich
bdemanovich@sbcglobal.net

BOARD MEMBER 2013-2016
Rob Lawrence, CFM
robrlawrence@mac.com

**BOARD MEMBER
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Kwesi Stephen
kwesi.stephen@gmail.com

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richard.hynes@hobartcorp.com

**BOARD MEMBER thru 2014
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jack.kleckner@ecolab.net

**BOARD MEMBER
INDUSTRY ADVISOR**
OPEN

**BOARD MEMBER
JUNIOR EXECUTIVE**
Kristen Offringa
offrin613@morrisville.edu

**BOARD MEMBER
JUNIOR EXECUTIVE**

**SPECIAL ADVISOR
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wrightchef@gmail.com

**BRANCH PRESIDENT'S
COUNCIL CHAIR**
Donna Foster, DODG, CFE
fosterd@ahca.myflorida.com

**COMMITTEE CHAIRS
NON-BOARD MEMBERS**

MEMBERSHIP
Gina Vance, MCFE
ginavance1962@gmail.com

MENTORING
Kwesi Stephen
kwesi.stephen@gmail.com

AWARDS
Virginia Schroeder, DODG, CFE
virginiaprebros@qwestoffice.net

MARKETING & COMMUNICATIONS
Robin Keyes
rcacoffee@hotmail.com

CERTIFICATION
Dave Mitchell, MCFE
cw4mitch@comcast.net

MILITARY
Rick Diaz
rick-d@arvadacenter.org

CERTIFICATION CREDENTIALING
Fred Wright, MCFE
wrightchef@gmail.com

CONFERENCE
Barbara Sadler, DODG, CFE
bsadler.ifsea@gmail.com

IFSEA HEADQUARTERS

4955 Miller St. Suite 107
Wheat Ridge, CO 80033
Phone: 800-893-5499
Fax (303) 420-9579
HQ@IFSEA.com
Web: www.IFSEA.com

Follow IFSEA on Facebook
at



www.Facebook.com/IFSEA.HQ

Add Some Arugula

Breakfast

Add a handful of fresh arugula to an egg white omelet made sautéed red onion, garlic, red bell peppers, asparagus and low fat cheese.

Lunch

What better way to enjoy arugula's peppery taste than in a salad? Toss fresh arugula with chickpeas, chopped tomato, chopped fresh chives, orange segments with balsamic vinaigrette.

Make a wrap with grilled chicken breast, mango slices and equal parts arugula, cilantro and mint. Season with freshly ground pepper and a touch of sea salt.

Dinner

Next time you're at a pizzeria order arugula on your pizza. It pairs especially well with prosciutto, tomatoes and black olives.

Add four cups (1 litre) of arugula to your favourite tomato-based pasta sauce just before serving. Toss with whole grain pasta and sprinkle with Parmesan cheese.

Did you know?

Arugula was once believed to have aphrodisiac properties and was forbidden from being planted in convent gardens.

Arugula used to be grown for its leaves and its seeds, which were used to flavour cooking oils. In some Mediterranean countries, a digestive alcohol called rucolino is made from arugula and is often enjoyed after a meal.

Peter Gust Economou Award

AWARDED FOR THE MOST OUTSTANDING CONTRIBUTION TO THE INTERNATIONAL FOODSERVICE EXECUTIVES ASSOCIATION.



Rob Lawrence, CFM



Dick Hynes



John Williams, MCFE

Brian Kunihiro accepted the
Peter Gust Economou Award
for
Peter Pao, MCFE
who was unable to attend.

Distinguished Order of the Dinner Gong

AN HONORARY LEADERSHIP SOCIETY ESTABLISHED IN 1957 TO RECOGNIZE OUTSTANDING CONTRIBUTIONS IN THE FOODSERVICE INDUSTRY AND PROFESSIONALISM AT THE HIGHEST LEVEL WITHIN THE INTERNATIONAL FOOD SERVICE EXECUTIVES ASSOCIATION, PRESENTED BY ORDER OF THE PAST CHAIRMAN'S COUNCIL.



2013 DODG HONOR GUARD

L to R Jack Kleckner, Dr. Joan Johnson, Donna Foster, Jeanne Brown, Dick Weil at the podium, Matt Trupiano, John DeJong, Colin Sendal, Brian Kunihiro, Bill SOB Leonard, Dave Kinney, Pat Beach, Barbara Sadler, Rick Diaz



2013 DODG inductee Virginia Schroeder, CFE

I.F.S.E.A. Culinary Challenge 2013

PAST CHAIRMAN'S BISTRO TEAM

In the spirit of the Challenge, the Past Chairman's Team gave the other teams a run, put on good show, worked feverishly, prepared a great meal, broke a few rules and paid dearly and ultimately finishing last.

L to R - Bill SOB Leonard, Brian Kunihiro, Dave Kinney, Barbara Sadler, Pat Beach, Dick Weil, John DeJong



1st. PLACE WINNER

University of Maryland Eastern Shore

2nd. PLACE WINNER

SUNY Morrisville State College



3rd. PLACE WINNER

Johnson & Wales University, Charlotte

? Did ? You ? Know ?

Arugula

Arugula is used as a leafy vegetable in salad and is a member of the mustard (and cabbage) family, *Eruca sativa*. Salad arugula has a pleasant nutty odor and flavor, sometimes merging on bitter or peppery.

Native to the Mediterranean region, this little plant was used by the Romans and made its way to Germany by the Middle Ages. Arugula has been rediscovered in recent years and is popular in Germany in salads, pesto, herb butters or added at the end of the cooking time as an herb.

Arugula makes a great addition to salads in small quantities because of its nutty flavor. It is easy to grow in a garden and reseeds readily, making it a good addition to store bought lettuce.

To grow arugula, sow it just under the soil surface and keep moist until it sprouts. Use the young leaves by cutting or picking before they become hirsute for best flavor. The arugula plant will keep growing and you can pick leaves every few days. When arugula starts to bolt, the leaves become bitter. It can then be left to go to seed or removed.

In traditional folk medicine it is believed to stimulate the appetite and act as a diuretic.

Arugula is a cruciferous vegetable. Cruciferous vegetables are associated with reduced risk of cancer in many studies. Arugula is rich with valuable antioxidants, considered essential in preventing free radical activity in the body.

Arugula is dense with the natural antioxidants vitamin C, vitamin K and vitamin A. In addition to fighting free radical activity, these vitamins offer great immune system support.

Arugula is high In Vitamin C which is a well known as a powerful antioxidant that helps prevent cancer, boosts the immune system and fights the common cold.

Arugula is high In Vitamin A which is a powerful antioxidant, boosts immunity and is great for the eyes, skin, bones and teeth.

Three cups of arugula provide over 100% of your daily vitamin K needs. Vitamin K is known to promote bone health and brain function while acting as an anti-inflammatory and antioxidant.

Arugula is a good source of carotenoids, fat-soluble pigments that are known to help prevent macular degeneration.

Arugula is also a good source of calcium, iron, potassium, manganese and phosphorous, all essential minerals that offer their own unique health benefits.

Low levels of oxalates combined with a great variety of vitamins and minerals found in arugula make it great for bone health.



Recipe Box

PROSCIUTTO ARUGULA SALAD ROLLS

maks 8 rolls



Prosciutto Arugula Salad Rolls are simply slices of prosciutto wrapped around a bit of lightly dressed arugula salad - an easy and tempting appetizer.

Ingredients:

- 8 slices prosciutto or other thinly sliced cured ham
- 1 clove shallot
- 1 Tbsp. white wine or champagne vinegar
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 3 Tbsp. extra virgin olive oil
- 4 cups small leaf arugula (or larger leaf arugula torn into bite-size pieces)

Preparation:

1. Separate the still-cold prosciutto slices and set them aside to come to room temperature.
 2. Mince the shallot and put it in a large salad bowl. Add vinegar, salt, and pepper and let sit a few minutes.
 3. Whisk in oil. Add arugula to dressing and toss gently until leaves are evenly coated.
 4. Working with one slice of prosciutto at a time, place a handful (about 3/4 cup) of the salad on a slice of prosciutto, and roll it up. Repeat with remaining prosciutto and salad.
- Serve Prosciutto Salad Rolls immediately.

LINGUINE WITH ASPARAGUS, BACON AND ARUGULA

servings: 6



1-1/4 pounds linguine, uncooked

6 ounces sliced bacon, cut in half

1/3 cup and 1 tablespoon extra virgin olive oil

2-1/2 cloves garlic, thinly sliced

10 ounces fresh asparagus, trimmed and cut into 1/2 inch pieces

1-1/4 (5 ounce) packages baby arugula leaves

1/4 cup and 2 teaspoons fresh lemon juice

Check All Add to Shopping List .Directions

NOTE: Recipe directions are for the original serving size of 5.1. Bring a large pot of salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

2. Cook bacon in a large skillet over medium heat until browned and crisp. Remove to paper towels. Pour olive oil into skillet, and stir in garlic and asparagus. Cook, stirring, until fragrant, about 1 minute.

3. Add pasta to skillet. Turn flame off. Toss with arugula, lemon juice, and bacon

Recipe Box

GRILLED, ARUGULA STUFFED SWORDFISH

Serves: 6



- 1 1/2 pounds swordfish steaks
- 1/4 cup dry white wine
- 1/4 cup soy sauce
- 1 tablespoon prepared Dijon-style mustard
- 1 teaspoon grated fresh ginger root
- 2 cloves garlic, minced
- 1 teaspoon sesame oil
- 3 tablespoons olive oil
- 1/4 cup fresh lemon juice
- 4 cups coarsely chopped arugula
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 cup chopped fresh tomato

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1. Rinse and pat dry swordfish. Place fish in a glass baking dish. In a large mixing bowl, whisk together white wine, soy sauce, mustard, ginger, garlic, sesame oil, olive oil and 1/4 cup lemon juice. Pour sauce over fish, cover and refrigerate for several hours or overnight.
2. Remove swordfish from marinade; reserve marinade. Use a sharp knife to cut pockets into the sides of the swordfish steaks.
3. In a large bowl, toss together arugula, tomato, 3 tablespoons olive oil and 3 tablespoons lemon juice. Stuff swordfish with arugula mixture and seal with toothpicks.
4. Place marinade in a small saucepan and cook over high heat until reduced by half.
5. Heat a grill or broiler to high heat. Grill swordfish for 5 minutes on each side. Spoon reduced marinade over swordfish and serve.

MANGO, AVOCADO AND ARUGULA SALAD

servings: 4 to 6



DRESSING:

- 1 tablespoon champagne vinegar
- 4 tablespoons orange juice, about 1/2 orange
- 2 tablespoons lime juice, about 1/2 lime
- 4 tablespoons olive oil
- 1/2 teaspoon cumin
- 2 tablespoons finely chopped cilantro
- 1 red chili peppers or 1 hot pepper, sliced
- salt and pepper

SALAD:

- 1/2 red onion, sliced
- 6 cups arugula leaves
- 1 mango, peeled and cut into long slices
- 1 avocado, peeled and sliced
- 1 tablespoon lime juice

DIRECTIONS:

1. Combine all the ingredients for the salad dressing in a jar, close it tight and shake until the ingredients are well mixed.
2. Soak the onion slices in warm water with a dash of salt and 1 tbs lime juice for about 10 minutes.
3. Rinse and drain the onions slices.
4. Toss the arugula leaves with half of the vinaigrette.
5. Add the avocado slices, mango slices and onion slices to the arugula mix, drizzle the remaining vinaigrette on top.
6. Serve immediately.



From the Vine

Roussanne

(ROO-sahn or roo-SAHN)

Roussanne is a white wine grape variety grown originally in the Rhone region of France. Other names of Roussanne are Barbin, Rebelot, Bergeron, Greffou, and Picotin Blanc. Today, Roussanne is an important component in the wines of Crozes-Hermitage, Hermitage, and Saint-Joseph. It can also be found in the white wines of Chateauneuf-du-Pape and in some white wines from the Cotes du Rhone AOC. There are plantings of Roussanne in a few other French regions besides Rhone, as well as in Italy, Australia, California and some experimental plantings can be found in Washington State.

The Roussanne grapes require a long growing season and ripen late. In case the grapes are picked too early, the wine produced from them can turn out to be very acidic. Roussanne is best suited for warm sunny climates with sufficient sunlight. The Roussanne vine is characterized by irregular yields. It is a difficult variety to grow, since it is vulnerable to mildew and rot, and has poor resistance to wind and drought. Besides, oxidation can affect the quality of the resulting wine.

Due to the unique combination of richness, minerality and balancing acids, Roussanne tends to age very well and benefits from barrel fermentation and aging in oak. Many Roussanne wines and blends can be enjoyed after over a decade after bottling.

The wine can be aged in oak barrels or stainless steel tanks, and depending on the method used for aging the wine, the qualities of wine, its aroma and taste, will be different. Oak aging makes the wine rich, and enhances excellent texture of the wine. Stainless steel tanks tend to bring out the floral tones and minerals of the wine.

Good examples of Roussanne wines as stand-alone varietals are elegant, complex, displaying good acidic balance. The characteristic flavors are those of melon, pears, sweet white fruit, tree blossoms and herbs. Roussanne wines are not as fruity as other white wines. The aroma of Roussanne suggests a flowery herbal tea.

As such wines age, they may also develop the flavors of honey, coffee, and almonds. However, Roussanne is not often bottled as a stand-alone varietal in Europe, as on its own it can sometimes be rather tart and not very rich.

If you want to drink the Roussanne wine young, the best time may be when the wine has aged for 3 to 5 years. The thing is that after 5 years, Roussanne seems to be in a dormant stage, which means that it doesn't taste very well. The wine will take on the characteristics typical of an aged wine only after about 7 years. So, it is worth waiting if you are after aged Roussanne.

Roussanne wine pairs well with many types of seafood: shellfish dishes, oysters. It also goes well with cheeses, bacon, chicken, smoked fish, potato salad, Caesar salad, etc. The recommended serving temperature for Roussanne wines is 50°-55° F.

Student Reflections

From SUNY Morrisville State College

Enrique Robinson

This was my first IFSEA conference and I had a great time. The experience was like no other because I was a part of the bistro Team and we took second place in the challenge. I met many different people and I cannot wait to go back next year. Some of the seminars that I attended awhile on conference such as "So you want to own your own restaurant" influenced me to strive to become a restaurateur. Overall this conference was a great experience and I can't wait to return next year.

Devin Schott

My experience with the Bistro Team was a great one, cooking is my passion and what I want to do for the rest of my life it was cool meeting high-end people and getting my mentor. The Bistro challenge was a good experience because I got to see what the competition is like and how competitive it really is. Taking second place was a huge deal for our team, school, and the club because we aren't a culinary school we just have good cooks who love what they do and when it comes down to it we just wanted the victory more.

Brittany Mortensen

Making the decision to join IFSEA was a great one. During conference in Dallas Texas, I learned how to network, carve fruit into flowers, and what it takes to become an entrepreneur. I gained a mentor, Barbara Sadler, former international IFSEA chair and director of the AVADA Convention Center in Denver. She planned and executed the IFSEA conference. In addition, I learned speaking at a seminar is more nerve wracking than one may think. At the conference, I gained new friends and became closer to the friends, I already had. Thank you IFSEA!

Amanda Cherry

My experience on the Bistro Team was amazing! It was my first time on the team, it was a very different experience because we had to work like a team and listen to our Bistro Team Captain. Our team practices were every

Monday at 3:00pm at the campus restaurant, The Copper Turret. We worked very hard and we would test ourselves by setting the timer to see if we could prepare all courses in 90 minutes.

Our coaches were Professor Beadle and Professor Lupino. Professor Lupino attended the conference in Dallas, Texas where the Bistro Challenge was held. There were many schools that competed in the Bistro Challenge. Among the teams were: Morrisville, University of Maryland Eastern Shores, Johnson and Wales, Missouri, and the surprise team which consisted of the IFSEA Past international chairs.

Morrisville did really well at the Bistro challenge in Texas. For not being a culinary school we placed second and won the silver medal. Members on the Morrisville Bistro team were Kenny Brown (the Captain), Enrique Robinson, Devin Schott, Channel Encarnacion and myself Amanda Cherry. This experience and attending the conference was amazing I definitely will be returning again next year.

Sarah Angerer

As a new member of IFSEA and given the opportunity to go to conference this year in Dallas was a great experience. I was able to meet new people, and my mentor; David Mitchell who is the IFSEA international certification chair.

The Conference was a new experience as well as a learning one. I attended seminars such as; fruit and vegetable carving class, the evolving world of marketing for restaurants from word of mouth to interactive social media, inside the food truck craze, pesticides, herbicides, and hormones; where are the profits?, "So you think you want to open your own restaurant", and the Morrisville seminar; how to plan a successful community service off site event.

Each of those seminars provided great useful information to be successful in the hospitality industry. I enjoyed my time attending this year's IFSEA conference and I will be continuing my membership, and look forward to what is to come!

Student Reflections

From SUNY Morrisville State College

Subhash S. Modasra, SUNY Delhi Student President
Being part of IFSEA always meant I was part of a very special organization. Partnering with SUNY Morrisville we held events, participated in fundraisers and of course received scholarships. However, I never understood the true extent of this organization until I attended the National IFSEA Conference in Dallas, Texas this year. Getting to know the members of the organization along with drawing from their considerable knowledge and contacts showed what makes the hospitality industry so rewarding. The reason I was able to attend the conference this year was due primarily to the generous scholarship I received in April of 2012. With this scholarship I was able to accompany the SUNY Morrisville student branch and the Syracuse branch to the conference. Although I did not know very many members initially both branches made me feel like I was included every step of the way. From the Ice breakers to the informational breakout sessions the conference proved to be a lot more than what I was expecting.

My favorite break out session was that held by Chef Adam West owner and operator of a food truck specializing in gourmet creations. He spoke about the emerging trends in food service and mobile kitchens along with his experiences as a chef and entrepreneur. Some other favorite segments of mine during the conference were the mentor breakfast, the scholarship luncheon and the bistro challenge. The mentor breakfast was an opportunity for networking and communication between senior members and student members. I was paired with Jeanne E. Brown President of the Reno-Tahoe Branch, throughout her life Jeanne has been President 2 other times as well as one of the first female supervisors in Reno, Nevada. We were able to trade information so we can stay connected after the conference and I look forward to keeping her as a strong connection.

The scholarship luncheon was held by the Worthy Goal Foundation and awarded three members from the SUNY Delhi Branch \$1000 scholarships, Steven McGinley, Jason Cowitt and Dave Higham were all recipients. The bistro challenge was particularly interesting to me because it encouraged friendly competition between the different schools at the conference. This also inspired me

to ensure a bistro team from SUNY Delhi competes at next year's conference. Being that I am a senior at SUNY Delhi I thought I had experienced it all. I can proudly say I was wrong and I look forward to IFSEA being a part of my life for years to come.

Special thanks goes out to Dr. Joan Johnson, Michael LaCroce, Kristen Offringa, the Syracuse branch and the Morrisville branch for making this an experience of a life time.

Editor's note: Subby will be going to work for the Albany Convention and Visitors Bureau upon graduation. He will be responsible for groups of visitors, fraternal, educational, etc. Best of luck SUBBY !!!

Channel Encarnacion

My experience on the bistro team was awesome. I learned a lot and worked very well with my teammates. We practiced every Monday at 3:00pm and we would set the timer to an hour and a half to make sure we got all the food together and presented on time. I loved it so much and it is my passion to cook and I learned a lot from my teammates and coaches. I will be attending that conference next year and will be on the bistro team again next year.

Thank you Morrisville State College and the Syracuse Branch of The International Food Service Executives Association, for preparing us and supporting us!

Kenny Brown

This is my third year on the Bistro Team and my first year as the Captain. My experience was great, I had a lot of fun working with my teammates, it took a lot to get to the conference, but it all worked out in the end. Personally, I didn't expect to win anything. Did not think we compared to the other teams, but winning silver was a huge surprise and accomplishment. I couldn't be more proud of my teammates, and would happily do it all over again!!

IFSEA SCHOLARSHIP AWARDS FOR THE FALL, 2013

Last year the Worthy Goal Scholarship program had 127 applications and awarded \$20,750.00. This year we had 46 applications and awarded 18 scholarships totaling \$20,000.00. Those are great odds! 1 of every 2.5 applications actually won \$1000.00!!!!

AND THE WINNERS ARE:

SCHOLARSHIP NAME	AMOUNT	RECIPEINT NAME	COLLEGE ATTENDING
SOUTH CAROLINA PALMETTO	\$2000.00	KELLI SHINDO	KAPIOLANI COMMUNITY COLLEGE
ALOHA HAWAII BRANCH	\$2000.00	KRISTEN OFFRINGA	MORRISVILLE STATE COLLEGE
GUAM BRANCH	\$1000.00	VANESSA CONNALLY	MORRISVILLE STATE COLLEGE
RENO TAHOE BRANCH	\$1000.00	JASON COWITT	SUNY DELHI
FAULSTITCH FAMILY	\$1000.00	KYLE FULLER	MORRISVILLE STATE COLLEGE
DUNSMOOR FAMILY	\$1000.00	XELYNA RODRIGUEZ	COLLEGE OF SOUTHERN NEVADA
LOWE FAMILY	\$1000.00	DAVID LAWRENCE HIGHMAN	SUNY DELHI
WORTHY GOAL	\$1000.00	STEVEN RYAN MCGINLEY	SUNY DELHI
WORTHY GOAL	\$1000.00	KELSEY OLIVER	JOHNSON & WALES UNIVERSITY
WORTHY GOAL	\$1000.00	DARCY PREDIERI	JOHNSON & WALES UNIVERSITY
WORTHY GOAL	\$1000.00	AVID BRESLER	UNIVERSITY OF MASSECHUSETTS
WORTHY GOAL	\$1000.00	JOSE C. MARINEZ	JOHNSON & WALES
WORTHY GOAL	\$1000.00	LEAH MARIE MILLER	L.A TRADE & TECHNICAL COLLEGE
WORTHY GOAL	\$1000.00	SARAH SANCHEZ	L A MISSION COLLEGE
WORTHY GOAL	\$1000.00	CARLOS CAMACHO	COLLEGE OF SOUTHERN NEVADA
WORTHY GOAL	\$1000.00	KRISTEN ELIZABETH KAWECKI	JOHNSON & WALES UNIVERSITY
WORTHY GOAL	\$1000.00	FISHER LEE SUTTERFIELD	CULINARY INS OF AMERICA, HYDE PARKK
WORTHY GOAL	\$1000.00	KAMRYN TANNER DUDLEY	CULINARY INS OF AMERICA, HYDE PARK