



# Food For Thought



April 2007

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



## Running Chef Grills World Champion George Foreman for His Secrets to Success

In mid-March I had the rare pleasure of meeting with George Foreman, the former world heavyweight boxing champion.

George is one of the nicest celebrities I have ever met, His example of sincerity and humility are traits that we could all learn from."

Here are some of Mr. Foreman's words of wisdom:

"There's nothing wrong with being knocked down, but there is something wrong with not getting up.

"You may not be the tallest, the prettiest, or the smartest person in the room, but you can always be the nicest."

When asked what made him so successful, George's reply was, "You gotta dig in – Make what you have the best there is."

When asked about his tremendous wealth, he responded, "I never count my money. I just count my friends."

## Boston or Bust.



As you probably already know, Connie and I will be traveling to Boston this month to run the Boston Marathon. What you may not know is that we also went to Athens, Ohio to run a marathon on April 1st. We ran the Athens marathon as our last long training run before Boston. The timing was right and our son, Nate, is going to grad school at Ohio University there.

**To make the best of this great opportunity, we are dedicating our run to raise donations for two great children's causes; Windsor's Special Olympics program and Project Self Sufficiency's "Cool Kids" clothing fund.**

We've come up with a variety of ways that you can contribute and be rewarded at the same time.

If you would like to donate \$1 per mile (that's 26) we'll reward you with two \$10 certificates redeemable at either of our two restaurants. \$2 per mile will get you four \$10 certificates.

If you've ever seen the look of joy on the faces of kids when they feel important, you understand why we so strongly want to support these programs.

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. Dine in, take-home, or catering - 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.

**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  
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## How To Overcome The Jitters

Do you suffer from stage fright or performance anxiety? Do you “choke” when you’re in the spotlight? Do you suffer from shaking, blushing, nausea or shortness of breath when you’re on stage? In the article “Scare stage fright away,” by Karen Haywood Queen in *Better Homes and Garden*, pianist Miriam Elfstrom suffered the jitters so bad that she had to wear mittens all day the days of her performances because her hands shook and became cold. Eventually, her piano instructor taught her how to control her anxiety. Here are Victoria Wyatt’s (Miriam’s piano teacher) recommendations:

- **Think positively.** Practice making positive statements about what you are doing and avoid using negative words or self-talk. For instance, say “I am confident,” not “I don’t feel nervous.”
- **Practice performing through the inevitable slips.** It’s a performance. If you mess up the world won’t come to an end. Get comfortable recovering from slips and memory lapses.
- **Practice in front of smaller groups first.** Don’t perform for the first time for a crowd of 500. It’s too much pressure.
- **Reduce muscle tension to reduce mental tension.** It’s all connected, so if you’re body is relaxed, there’s a good chance your mind will be relaxed as well.
- **Adopt a ritual.** Carry a lucky charm. Wear your lucky shoes. Touch your nose before you begin. Dribble the ball three times before the game starts, like Michael Jordan. Whatever works for you is OK.

**Don’t be a perfectionist.** Don’t visualize a perfect performance, because then you will feel like you’ve failed if you make even a small mistake. Instead, picture a performance where you do well by overcoming small obstacles along the way.



**“The Business Lunch Special comes with soup, salad, beverage, a pat on the back, and recognition for all the good things you do.”**



**Give Us Your Best Birthday Cake Recipe and you could win a FREE Dinner.**

**We’re looking for your favorite “Birthday Cake” recipe. Will you share with us? E-mail your entry to [restrock@aol.com](mailto:restrock@aol.com) by April 30th.**

**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 St. Patrick’s Day Recipe Winner**

**Janis Sneider  
“Emerald Isle Punch”**

You can view some of the best recipes on our websites  
[www.tortillamarissas.com](http://www.tortillamarissas.com)  
[www.windsorgrill.com](http://www.windsorgrill.com)

## Go ahead—Take a Nap



It’s unhealthy and exhausting to be connected to the world 24 hours a day, says Pat McHenry Sullivan in *Work with Meaning, Work with Joy*. These days, with e-mail, instant messaging, cell phones and PDAs, the idea of never being away from work can be exhausting and demoralizing, not to mention inefficient, he says. Some stress management experts say a nap can refresh the mind and body so we can get going again. Naps can also prevent that after-lunch sluggishness that can sap the rest of the day’s energy if not attended to. So if you feel the need for renewal it might be time for a good old-fashioned nap.



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## It's Time to Redeem Your Lucky Egg Certificates

During the last month we'd been handing out lucky eggs to every group that dined with us. Inside those lucky eggs were certificates with a secret code number printed on them.

That code number could be good for any number of great prizes:

Free entrees, free desserts, free appetizers, \$ off your bill, extra royalty points, or even a grand prize gift basket filled with Starbucks's coffee, coffee mugs, Ghirardelli chocolate, bottle of wine, gift certificates, and more.

Bring in your lucky Egg certificate in today and find out what you've won. Compare your secret code number to the prize code list to discover your prize.

But, You **HAVE** to **come and see us before April 30th**, that's when the codes expire!

### How a Simple Idea Makes You "Boss Of the Year"

It's a simple plan, and we think you'll agree, no one succeeds alone. Take the time this month to thank the people that help you do your job so well.



Administrative Professionals Week is April 22-28th, but we know it might be tough to get out on that particular week, so think about rewarding your hard-working assistant with a RestRock restaurant gift certificate. Our certificates can be redeemed at both Tortilla Marissa's and the Main Street Grill.



### Celebrate the End of Tax Season with Triple Rewards Points

**Royalty Rewards Members who dine with us on Tuesday, April 17th will receive TRIPLE POINTS!**

**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: 10700**

## OOPS!

Actual excerpts from classified sections of newspapers...

- Illiterate? Write today for free help.
- Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.
- Our experienced Mom will care for your child. Fenced yard, meals, and smacks included.
- Dog for sale: Eats anything and is fond of children.
- Man wanted to work in dynamite factory. Must be willing to travel.
- Stock up and save. Limit: One.
- Mixing bowl set designed to please a cook with round bottom for efficient beating.
- For sale: Antique desk suitable for lady with thick legs and large drawers.
- Now is your chance to have your ears pierced and get an extra pair to take home, too.
- We do not tear your clothing with machinery. We do it carefully by hand.
- Great Dames for sale.
- Tired of cleaning yourself. Let me do it.
- Vacation Special: Have your home exterminated.
- Used Cars: Why go elsewhere to be cheated. Come here first.
- Wanted. Man to take care of cow that does not smoke or drink.
- Our bikinis are exciting. They are simply the tops.

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