



WHATS COOKING



July 2007

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

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What Do You Appreciate?

July is such a great month. It's the heart of summertime. And the 4th of July is such a special day to all of us that live in the United States.

Did you know the Fourth of July did not become a legal holiday until 1941. Since then, every year the celebration of the American ideal that—"all men are created equal" — continues.

July is a month for all of us to appreciate the many freedoms we have.

July 4th is one of the few days of the year that our restaurants are closed. We like to give our staff a day to spend with their families and friends, and let them know how much we appreciate them.

How did you celebrate Independence Day?

A lot has happened in the last month, and we have plenty in store for you this month as well.

We have been busy sprucing up our restaurant patios. Come on down and see what we've done. I know you'll like the improvements. We are also in the process of adding outdoor seating on the front (east) side of both restaurants. Look for that to be completed soon.

Whether you are traveling or staying home this summer, take time to appreciate your family and friends. I hope you all enjoy a wonderful summer.

Party On, *Doug*

July is a month for all of us to appreciate the many freedoms we have.

DID YOU KNOW?

July is

American Beer Month, Baked Beans Month,
National Blueberry Month, National Hot Dog Month,
National Ice Cream Month,
Hitchhiking Month, and Read an Almanac Month.

Win a FREE DINNER Give Us Your Favorite Summer BBQ Recipe

We're looking for your favorite Summer BBQ recipe

Will you share it with us?

E-mail your entry to restrock@aol.com by July 23rd.

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

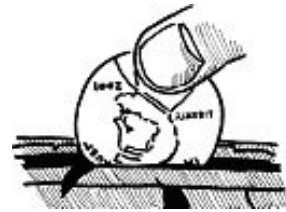
Congratulations to our
Dad's Day Recipe Winner

Ruth Campos
Ed's Fav' - "Iberian Chicken"

Want to get the recipe?

Go to our websites:
www.tortillamarissas.com
www.windsorgrill.com

Test Your Tires for a Penny



Do you know when it's time to replace worn tires? Here's a quick test from Bridgestone Firestone: Take a penny and put it into one of the grooves on the tread with the top of Lincoln's head facing the tire. Chose several points on the tire. If you can see the very top of Lincoln's head or the words "In God We Trust" at any of the points, you need a new tire.



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

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

www.tortillamarissas.com



Rewards Program Upgraded

You will notice that we have changed the name of our rewards program from Royalty Rewards to RestRock Rewards.

What does this mean for you?

At this point, you should notice nothing different. You don't need to do anything. Your current cards will work just the same with the new system. Your points balance has been transferred and you will continue to receive points with every purchase just as before.

So why change?

We have found a new company that makes our rewards handling much simpler, and may provide some exciting new services in the future.

You can now access your account information by going to www.myrepeatrewards.com.

Preventing the Afternoon Slump

Dr. Jerry Teplitz — author of *Managing Your Stress: How To Relax and Enjoy* — offers these suggestions on how to avoid the dreaded afternoon slump:

- Drink water. Drink at least eight glasses a day, and keep a water bottle at your desk so that you can sip throughout the day.
- Avoid sugar and simple carbohydrates. You might get a quick boost from a candy bar but, over time, it will make things worse. Instead, choose lunch and snacks with whole grains, fruits, and protein.
- Eat small meals. Your body has to work hard to digest food. Instead of three meals, spread out six small meals over the course of the day.
- Avoid standard fluorescent lights. If you can replace the bulb in your office with a full-spectrum fluorescent tube, you may find yourself feeling less tired in the afternoon.
- Move around. Take a walk outside for 5 or 10 minutes a day to get your blood circulating, or at least run up and down the stairs for two minutes.

Earn Double Rewards Points on FLITCH DAY Thursday, July 19th

What's Flicht Day?

An old custom from yesteryear developed into the holiday of Flicht Day.

Bacon was given to any married couple who could prove they had lived in harmony and fidelity for one year.

Very few "took home the bacon".

Don't worry about the bacon, just come in and get double points.

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

Product Code: 002

"I always enjoy the Main Street Grill. It was nice to see you added wraps to the lunch menu."

— Cindy Roper, Windsor, CO



"Our American values are not luxuries but necessities, not the salt in our bread, but the bread itself. Our common vision of a free and just society is our greatest source of cohesion at home and strength abroad, greater than the bounty of our material blessings." Jimmy Carter



**Main Street Grill Hosts
Best Independent Chefs
of North America
Invitational Dining Extravaganza**

**Event Raises Over \$700
for Weld Food Bank**

Participating chefs came from all across North America, including California, Pennsylvania, Kentucky, Minnesota, Colorado, South Dakota, and Illinois.

Guests were able to sample some unique dishes from various regions of our great country and also had an opportunity to meet the personalities behind the food.

The event featured dishes from each participating chef and each course was paired with wines from Concannon Wineries suited to the particular items being served.

Three RestRock chefs received recognition at the event: Doug DeMercurio took top honors for Best Vegetarian Entrée for his Spinach Mushroom Strudel, Mike Piotraschke of Tortilla Marissa's won Best Poultry Entrée award for his Chicken Mole recipe, and Zach Morris of Windsor's Main Street Grill won the Best Pork Entrée award for his famous BBQ pork ribs

The proceeds from the event were targeted for the Food Bank in Weld County, CO.

**Do You Have The
Right Sunglasses?**



When you choose sunglasses, you want something that will help you see well and look good. Here are some tips from B. R. Chou, associate professor of the School of Optometry at the University of Waterloo in Ontario.

- Look for lenses that block both UVA and UVB rays.
- Grey, green, or brown lenses reduce glare with minimal distortion of colors.
- Polarized lenses cut reflected glare and are good for driving and water sports.
- Hold up the sunglasses and look for distorted reflections on the lens surfaces. These have not been ground or molded properly and will cause headaches.
- Lenses should fit snugly in the frame, with no visible gaps. The frame should be smooth and the hinges sturdy.
- Choose sunglasses that sit close to the eyes to block light from the sides.

WARNING.

Is Your Teenager Driving?

According to the Insurance Information Institute, recent research showed that almost 80 percent of car crashes involved some type of driver inattention. Combine this with a study by the Monash University Accident Research Centre in Australia showing that drivers quadruple the time spent with their eyes off the road when text messaging, and you have a recipe for disaster. The Monash University study showed that text-messaging drivers were significantly less able to maintain their lateral position on the road and to detect and respond appropriately to traffic signs. There are no specific statistics for accidents caused by text messaging, but the practice is on the rise, especially among young drivers. According to the Allstate Foundation, 13 percent of teenagers admit to texting while driving. Stay safe: don't use cell phones for talking or texting while driving.

**Try Our New Petite Sweets
at the Main Street Grill**

**Really want dessert,
but don't have room?
Our Petite sweets
are just the thing.**