

February 2022

FSC

Who's hungry?

SLUH's Chris Brooks, Jr. Rides Football and Academic Success to Yale with Parents as His Anchor

On March 16th, 17 years ago, a baby was born. His name was Chris Brooks Junior.

His parents were just teenagers. They decided to make the best of a difficult situation. Brittany Winston and her husband Chris Sr. decided to throw their lives into raising their little boy.

Brittany went to school for 10 years and got three degrees. Chris Sr. was a star high school football player at Hazelwood East. He worked at Denny's, went to class and became a high school football star. He later played at Nebraska and the NFL. However, no matter what they did, raising their son was the number one priority.

It worked out pretty well. Chris Brooks Jr. just had one of the most scintillating high school football seasons in the area at SLUH. He scored 21 touchdowns and was virtually unstoppable down the stretch for the Junior Billikens.

He also excels in the classroom. He will be attending Yale next year. He knows exactly that his parents love and dedication to him had a big role in the success he is now living.

"I was with my mom every day of the year. She is someone I could come to about anything. My dad is responsible for all my athletic career and my mom is responsible for the academics. Academics are her thing. Any time I get a B, she's all over me. My dad would push me at all times. He would wake me up at

5:00 to make sure I was going on a run or a lifting. Without him, I wouldn't have done it," Brooks Jr. said.

For the parents, it was a labor of love.

"We are best friends. It's an honor being his mom. God doesn't make any mistakes. I just enjoy being his mom. He is a great kid. He is so humble," Brittany said.

"It wasn't that difficult. We would be going to a movie and he would be in the back seat reading a book. I would tell him it was ok to take a break," Brooks Sr. said.

Remember the name Chris Books Jr. Next year, he will play his games on Saturdays. Maybe in four years, he will be playing his games on Sunday.





FSC Family Features



Terrie Newlon, our Manager at St. Pius and her late husband Tom Newlon welcomed their 3rd grandchild on November 21st. Her name is Nyla Raylynn Watters-Newlon. She weighed 5 pounds 8 oz. This is their son Philip's first child.



On October 26th, Theodore Edward Sallwasser entered the world weighing 8 pounds 1 ounce and measuring 21 1/4" long. He is the grandchild of Cindy Sallwasser, Manager at Messiah Lutheran and her husband Gregg.



FSC Family Features



Big brothers Nathan and Henry are enjoying their new baby brother James Theodore who was born on Jan 6, 2022. They are the grandkids of Donna Puetz, our Manager at Mary Queen of Peace. They are the sons of her son Thomas and his wife Kelly.



Ben Belding, our District Supervisor and fiancé Kim welcomed Morgan Jerome Belding on November 1st. He weighed 7 pounds 8 ounces and was 21 inches long. He really enjoys bath time!



FSC Family Features



Lee Gustin, our Food Service Director at Villa Duchesne/ Oak Hill School traveled to South Carolina to celebrate his daughter's marriage. The happy couple, Lauren and Josh Ragsdale were wed on November 6th.

Michael Bono, our Manager at St. Louis Priory and his wife Tabitha, welcomed their third child Luca Vito Bono, on October 17th. He weighed 7 pounds 3 ounces and was 19 inches long. Luca is also on the jumbotron at all of the St. Louis Blues hockey games!



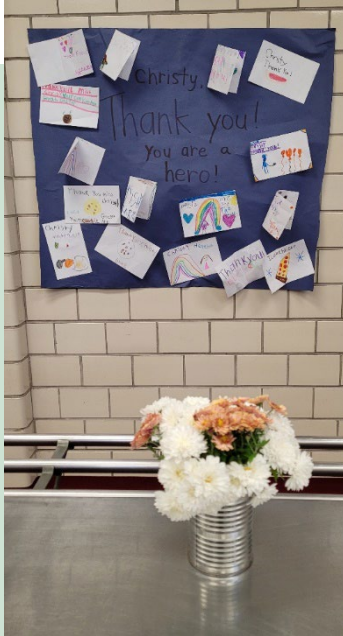
WELCOME
LUCA

THE NEWEST MEMBER OF THE
#MoBapBabyBlueNotes



Missouri Baptist
MEDICAL CENTER
BJC HealthCare

Café Highlights



The students at Immacolata showed their appreciation for Cafeteria Manager Christy Brutcher with cards and flowers.



The students, faculty and staff at Lutheran South look forward to the Thanksgiving Feast offered by Lynn Boischel and her Cafeteria staff every year.

The cafeteria staff at St. Margaret Mary Alacogue had a fun time in December for Spirit Day. Ruth made Carol's apron. She embroidered the shirts and made the mask. Ruth is a seamstress.

Ruth, Carol, Mary



We Serve *Great People!*

Baptized at Last!

Sophomores Finally Experience Running of The Bills

Jack Figge and Charles Turnell, Editor in Chief, Reporter

On September 3, 2021, two hundred and fifty shirtless sophomores, 30 gallons of blue paint, and a one way street was the perfect equation for the first-ever sophomore Running of the Bills.

Last year, the Class of 2024 could not run in the annual freshman initiation tradition—Running of the Bills—due to Covid restrictions at the time, yet they were promised that one day they would be able to descend upon Oakland Avenue in a sea of blue. Since then, the Class of 2024 has been eagerly awaiting its chance to complete the ultimate testament of school spirit.

“I mean the school spirit was really really intense, but in a fun way,” said sophomore class moderator Frank Corley. “At some point I stood out there, put some blue paint on my own cheeks, and I even got into it.”

Corley and others were initially concerned that the class of 2024 would not have been enthusiastic after the long wait, or that sophomores would believe that they were too mature for what is usually a freshman initiation ritual.

“On one hand, you know that they missed that experience, but you don’t know if a year later, trying to do the same thing can work. I didn’t want to do another Freshman Fun Day,” said Corley. “Freshman Running of the Bills follows Freshman Fun Day. It’s

kind of an essential climax to that event. So I wanted something a little more mature.”

However, these concerns were quickly dispersed, as Corley and the other teachers quickly realized that little work was needed on their part to inspire enthusiasm among the sophomores. From drenching themselves in gallons of blue paint, to maniacal sprinting into the bleachers, the sophomore class did not let up a moment to show their spirit.

The night started off with the sophomores being enthusiastically greeted by members of Blue Crew decked out in white tank tops. They then gathered in their homerooms to compete in a rock-paper-scissors tournament amongst themselves. After the homeroom tournament, the entire class *cont.*





We Serve Great People!

gathered together in the Field House, where the homeroom rock-paper-scissor champions competed to determine whose homeroom would get to lead the charge into the football stadium.

After the tournament, STUCO, accompanied by the Blue Crew, began teaching the sophomores beloved, classic SLUH cheers and some new ones such as “SLUH Jacks.”

“I think teaching the sophomores chants was great because it’s passing off a tradition that I was taught and that we were all taught as freshmen,” said senior STUCO spirit leader Matthew Kluba. “It’s like we all say, tradition never graduates whether it’s on the fields or in the classroom or in this case in the stands.”

Finally, with many of their voices already hoarse, and excitement running high, it was time to release the sophomore horde onto the south field. The sophomores eagerly crowded around the seniors so that they could be doused in blue paint as the parents watched from the margins.



*One of the participants was
Nick Sanders, son of our District
Supervisor Al Sanders!*

“Putting on the paint with all the Blue Crew guys was awesome. Lathering ourselves up in the paint was really great, we couldn’t wait to rush the field,” said sophomore Keegan Kesterson. “And when we went down to the Drury Plaza, the teachers had us held back, because we just wanted to get out there and we were supposed to go around kickoff and they were taking too long to start the game, it was crazy.”

With their bodies lathered in blue paint, and adrenaline rushing through their veins, the sophomores took off from Drury Plaza and raced up Oakland Avenue and into the football stadium, roaring with school spirit.

“It was really cool to see. I was out on the field but I could see through the fence, I could see them getting ready, and it was great,” said sophomore football player Archie Curruthers. “It was a great experience for them. Then they finally got to sprint into the bleachers and fulfill this very important milestone in their SLUH career. It’s an experience, storming *cont.*



We Serve *Great People!*

the bleachers, like everybody was having so much fun, it was really sick.”

The sophomores quickly filed into the bleachers and immediately were led in numerous cheers, hoping to provide encouragement to the SLUH football team. And encouragement they did provide, with the Jr. Bills scoring a touchdown on the very first drive, and then adding two later in the first quarter, all the while holding the MICDS scoreless.

“Yeah, it’s always great to have a huge crowd. It’s great to have a crowd like that in the atmosphere,” said associate head coach Adam Cruz. “It was really exciting for the guys after playing in front of empty stadiums last year, to have a huge crowd. Even when things weren’t going so well it was really great having the sophomore class, their parents and their enthusiasm.”

Despite their best efforts, the horde of blue sophomores and the rowdy Blue Crew weren’t enough to help SLUH secure the victory over MICDS, with SLUH falling 42-28.

While many were disappointed with the game’s outcome, the sophomores enjoyed the experience and were grateful that despite it being a year overdue, they were still able to participate in the Running of the Bills tradition.

“Being able to finally, after a year of waiting, go through that initiation process of SLUH was very great,” said sophomore Vincent Weinbauer. “It was a great feeling running down Oakland, it was surreal in a sense.”

Catholic Girls Schools Unite for Justice

Representatives from nine all-girls Catholic schools in St. Louis participated in the first St. Louis Catholic Girls Schools Unite for Justice event, held in November at St. Joseph’s Academy. The two-day event was based on the Ignatian Family Teach-In for Justice Virtual High School Track, which engages students in current social justice issues and a connection between faith and justice through speakers, workshops, prayer and more. Students participated in Mass at St. Matthew the Apostle Parish, followed by a walking tour of the Ville, a historic Black neighborhood in St. Louis. They also participated in a service project at Annie Malone Children & Family Services, assembling 65

Thanksgiving dinner baskets for families. The schools intend to make it an annual event.





We Serve *Great People!*



Bishop DuBourg Roaring 20's Auction Dinner

Bishop DuBourg High School held a "Roaring 20's" theme for this year's auction dinner on November 20th. This lady here looked exactly the part!! Most of you may know her as Dr. Maureen DePriest, Superintendent for Catholic Elementary Schools!!!



Linda Crist Celebrating Her 70th Birthday!!

Linda works at Sacred Heart in Troy, MO. She retired 3 years ago as the manager, however, she wanted to continue to work for FSC. She works 2-3 days a week. A 5th grade teacher, Mrs Hemmer told Linda the kids in her class were shocked when they heard she was 70.

Fabulous Seventies here she comes!!!

Kudos!



Each year Bishop DuBourg's Juniors participate in the Annual Catholic Appeal essay contest with the other high schools in St. Louis. Kaden, Jenna, and Mary are three of the scholarship recipients this year! Congratulations, Cavaliers!

Way to go!!



Congratulations to St. Joseph's Academy student Jenna R. '23! She was chosen as a semi-finalist in the St. Louis Teen Talent Competition. Good luck in the competition finals, which will be held at the Fox Theater in February 2022.

Two Rosati-Kain High School students participated in Youth in Government in Jefferson City. Over four hundred students from all over the state attend this conference, where they assume the roles of the judicial, legislative, and executive branches in mock cases. Our students Maritza and Sanai visited the capitol building and represented the judicial side, skillfully arguing a mock case about the 4th Amendment. It was an honor for our students to have the opportunity learn and grow from this experience!





Kudos!



Congratulations to Our St. Dominic Students Who Participated in the Knights of Columbus Essay Contest!

Sophomore Winner: Brennan R.

Honorable Mentions: Anna D., Lucas E. and Connor B.

Freshmen Winner: Ashley G.

Honorable Mentions: Gabby O., Lexi R. and Grace I.

Thank you to Ken Thornhill for presenting, and well done by all!



Kudos!

Seventh Class Rising Stars

Congratulations to Seventh Class students at Academy of the Sacred Heart Devin Christopher and Hannah Westerson whose poems “HUNT” and “Fearless Feline” will be included in the Appelley Publishing 2022 Rising Stars Collection this spring! Ms. Catherine Whiter, Seventh and Eighth Class Language Arts teacher, shares, “They met the challenge of writing from the perspective of an animal with a focused central idea, a variety of poetic devices, interesting word choices and effective line breaks.” We are proud of you, Devin and Hannah!



HUNT

Prowling through Forest
Scenting Air

Prey reaches me
Under Tree
Tail poking out
A gray stalk of Grass

Crouching low
Whiskers twitching
Silent as the Breeze
Not crunching on
Crackling Leaves
Ready, go!

Sprinting
Pouncing
Biting
CRACK!

Now I feast



Fearless Feline

Sleek, black, scattered spots
Slinking silently through the night
Blink
And you will miss me

Killer teeth and talons
Definitively deadly daggers sinking into soft skin
Dash
I am the Flash

Be light on your toes or I will know
Make a sound and I will track you down
Bolt
Before you become my prey

Kudos!

Peyton Clemons Class of 23 at St Joseph's Academy competed in the Mid-America Oireachtas in Schaumburg, IL. Peyton has traveled overseas several times to compete in Ireland and Scotland, and she is currently a World Medal Holder. In November, for the 7th consecutive time, she qualified for Worlds (Oireachtas Rince Na Cruinne) which will be held in Belfast in April 2022.

Congratulations Peyton!



St. Joseph's Academy student Jenny N. is a 2022 recipient of the MLK Model of Justice Award. She was recognized for her commitment to serving humanity.

The Martin Luther King, Jr. Model of Justice Award

"It will give you a rare sense of nobility that can only spring from love and selflessly helping your fellow person. Make a career of humanity."

-- Martin Luther King, Jr.

To All High Schools and DREs of the Archdiocese:

The Martin Luther King, Jr. Model of Justice Award is an annual presentation for a noble cause. This award is presented to high school students who have demonstrated through their attitude and their work, a commitment to serving humanity in the broader community. These students have made justice a central part of their life and have committed themselves "to the noble struggle for equal



sjadiversitycultureclimate



sjadiversitycultureclimate

Kudos!



The St. Dominic High School Community recognized two award recipients. Olivia Knobbe '22 is the recipient of the Archbishop John L. May Service Award and Alina Kohout '22 is the recipient of the Dr. Martin Luther King Jr. Model of Justice Award.

Sports



Congrats to SLUH Esports for finishing 5th in State in their first season together in MOSEF (Missouri Scholastic Esports Federation)!



Bishop DuBourg High School was very proud of Ashley G. '23 for competing at State for Cross Country! Ashley placed 50th out of 168 and set a PR! Congratulations, Ashley and Coach McCoy!

Sports

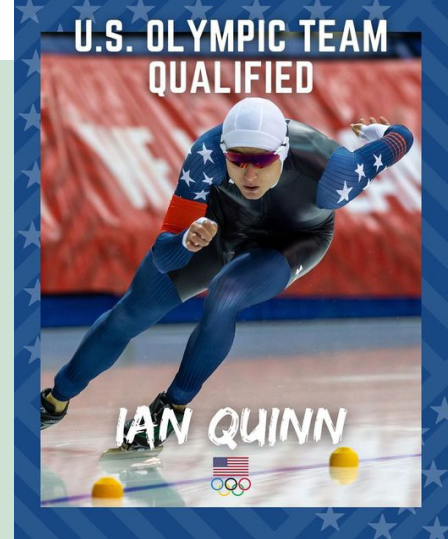


Congratulations to these St. Joseph's Academy Athletes who made All-State for their Fall Sports! Great job!

- Claire M '24 - Volleyball
- Rylie A '23 - Golf
- Izzy A '22 - Golf
- Ellie D '22 - Golf
- KC L '25 - Golf
- Mia R '22 - Golf



Congrats to Cooper Scharff of SLUH the All-Metro boys swimmer of the year!



Lutheran South grad Ian Quinn qualified for the Winter Olympics! He won the men's mass start speed skating event at the U.S. Olympic Team Trials, earning him a spot in Beijing. The 2022 Winter Olympics begins February 4. We will be cheering for you, Ian! #TeamUSA



Congrats to SLUH's basketball team on winning the 2021 Legends of Winter Roundball Classic!



We Serve *Great People!*

Lee Gustin at Villa Duchesne/Oak Hill School featured Ramen Noodle Bowls on his menu and everyone really enjoyed it!





Service Awards

Food Service Consultants is proud to have numerous employees that have been with the company for many years. The employees below received awards for their years of service at our annual managers meeting in July. The Class of 2020-2021 was not able to have their photos taken at the meeting in 2020, so we were happy to capture the moment at this year's meeting!

2021-2022

5 Years

Autumn L. Burr Seton Regional
Barbara Clare Mennemeyer..... Sacred Heart Troy
Alfred D. Sanders..... FSC Office
Thomas Herides Alberici
Gretchen S. Poag St. Stephen Protomartyr
Rodney Dotson..... Villa Duchesne

10 Years

Brenda Hatton De Smet Jesuit
Matthew S. Gilliam Priory
Norma Jean Whiteside..... Rosati-Kain

15 Years

Jan Peyton Wilferd St. Joseph's Academy
John T. Watson St. Pius
Denise Karen Miner Rosati-Kain

20 Years

Michael G. Kumpf..... FSC Office
Denise C. Simmons SLUH
Marlon Merrill Lutheran North
Debbie Hill FSC Office



Service Awards



Denise Miner, Michael Kumpf, Jan Wilferd



Michael Kumpf, Denise Simmons, Debbie Hill, Marlon Merrill



Service Awards

2020-2021

5 Years

Christina Chilton..... Holy Infant
Theresa Dilworth..... St. Louis Catholic Academy
Tara Dutton SLUH
Mary Miller St. Joe Cottleville
Teri Powell Holy Infant
Donna Puetz..... Mary Queen Of Peace
Carol Smith Our Lady School
Billie Ann Thompson Clayton Early Childhood Center
Terry Uding..... St. Catherine Laboure

10 Years

Dominici Bolden De Smet Jesuit
Dee Gilliam..... St. Monica
Elois Ivory St. Gerard
Charles McGrew St. Joe Cottleville
Kim Parker St. Cletus

15 Years

Margaret Aubuchon St. Joe Cottleville
Diane Foote..... Academy of the Sacred Heart
Denise Schmidt St. James Millstadt

20 Years

Ann Herides..... FSC Office
Susan Parisi FSC Office
Patricia Timmermann.... De Smet Jesuit

30 Years

Kathleen Hylla..... SLUH

35 Years

Maureen O'Donnell FSC Office-Retired Now!
Felicie Vanderiet..... De Smet Jesuit



Service Awards



Dee Gilliam, Michael Kumpf, Kim Parker



Susan Parisi, Michael Kumpf, Ann Herides



Kathy Hylla, Michael Kumpf



Felicie VandeRiet, Michael Kumpf



Service Awards

Annual Kick-Off Meeting

This year our kick-off meeting was again held at St. Louis University High School. Our day started early with an informal breakfast gathering. This is a great way to start the new school year and allows a little time for everyone to catch up with each other and share summer vacation stories.

- Michael Kumpf, our President, began the meeting by welcoming everyone and introducing the new managers and announcing the new accounts and management changes that may have occurred over the summer.
- Our Dietitian, Joann Augsburger-Jana presented a Food Sanitation workshop.
- Ann Herides, Director of Purchasing, went over important bid, pricing and purchasing information for our managers to use throughout the year.
- Reta Thro, our U.S. Foods representative, gave us all updates about their company.
- We discussed menus for the upcoming year.
- Susan Parisi discussed general office information and procedures.
- Service awards were given to our employees that have given from ten to thirty-five years of service to our company. We applaud their longevity and thank them for their dedication.
- Bill Sawalich from Barlow Productions photographed our group of managers and service award recipients. They always do a wonderful job.

Our meeting concluded by sharing a meal to celebrate the beginning of a new school year. New menu items were sampled and enjoyed by all.



Food Talk



By: Joann Augsburger-Jana

Nutrition For Your Heart

February is Heart Month. In 2021, the American Heart Association released lifestyle guidelines to reduce the risk of cardiovascular disease such as heart attack, stroke, and arrhythmia; and improve cardiovascular health. These replace the 2006 guidelines and reflect the most recent scientific research.



1. Balance food and calorie intake with physical activity to maintain a healthy weight.

- Focus on a lifelong healthy body weight which can be achieved with good food choices, portion control and 150 minutes of exercise each week.
- Energy needs decrease by 70-100 calories with each decade of life during adulthood.
- Example: If you maintain your weight at 20 years old with 1800 calories, in your 60's you will only need 1400 calories.

Why? Overeating leads to overweight. Overweight leads to increased risk of chronic disease.

2. Eat plenty of fruits and vegetables.

- Choose fresh, frozen or canned or dried vegetables without added sugar or salt.
- Limit fruit or vegetable juices because they are lower in fiber.

Why? Increased fruit and vegetable consumption leads to decreased risk of cardiovascular disease, cancer and diabetes by limiting sodium and fat and increasing fiber intake.

3. Choose foods made mostly with whole grains rather than refined grains.

- Look for the word “whole” as the first ingredient in bread, crackers, and cereals.

Why? Increased intake of whole grains reduces the risk of cardiovascular disease, coronary heart disease, stroke and metabolic syndrome (the combination of Type 2 diabetes, high blood pressure and elevated cholesterol).

4. Choose healthy sources of protein.

- Plant foods that are high in protein include soy, nuts, seeds, legumes (such as chickpeas, lentils and black beans).
- Fish and seafood.
- Low fat or fat free dairy products.
- Lean cuts of meat.
- Limit red meats and processed meats.

Why? Decreased intake of saturated fats decreases the risk of cardiovascular disease.

5. Use healthy liquid plant oils.

- Use olive, sunflower, soybean, corn, safflower and canola oils.
- Replace tropical oils (coconut, palm and



palm kernel), animal fats (butter and lard) and partially-hydrogenated fats.

Why? Decreased intake of saturated fats decreases the risk of cardiovascular disease.

6. Choose minimally-processed foods instead of ultra-processed foods.

- Ultra-processed foods contain added salt, sweeteners, fat, artificial colors and flavors, and preservatives that promote shelf stability, preserve texture, and add flavors.
- Ultra-processed foods include commercially-made cookies, cakes, pastries, candies, chips, many frozen meals, chicken nuggets, hot dogs, sausages, pre-made burgers, fish sticks; and salted, pickled, smoked or cured meat and fish.

Why? High intake of ultra-processed foods is strongly associated with increased risk of overweight and obesity, Type 2 diabetes, and cardiovascular disease.

7. Minimize intake of beverages and foods with added sugars.

- Added sugars include the table sugar added to beverages or cooked cereal.
- Added sugars also include corn syrup, honey and maple syrup.
- Limit added sugars to no more than 6% of total daily calorie needs.
- For most American women, that's no more than 100 calorie a day or 6 teaspoons of sugar. For men, it's 150 calories per day or 9 teaspoons.

Why? Added sugars are consistently associated with elevated risk of Type 2 diabetes, coronary heart disease and obesity.

8. Choose and prepare foods with little or no salt.

- The primary sources of salt are processed foods, packaged foods and restaurant foods.
- Also limit the use of salt in cooking and at the table.
- Limit sodium intake to 2300mg of sodium per day.

Why? There is a direct relationship between the amount of salt consumed and the risk of high blood pressure, which is a key risk factor for stroke.

9. Limit alcohol consumption and don't start if you don't drink.

- If you choose to drink, consume no more than one drink per day. Do not drink alcohol in binges.
- Many people believe that red wine may be good for the heart because it contains antioxidants, such as resveratrol. But resveratrol can also be found in peanuts and blueberries.

Why? As alcohol intake increases, so does risk of stroke and atrial fibrillation.

10. Apply this guidance regardless of where food is prepared or consumed.

- Make healthy food choices at homes, at other peoples' homes, at restaurants or when taking out.

Why? Healthy habits is a lifestyle for decreasing chronic disease.

References:

2021 American Heart Association Guidelines
Tufts Health & Nutrition Letter February 2022 Vol. 39, No. 12
foodandhealth.com January 12, 2022



events by FSC

On September 1, 2020 we had the misfortune of having to close our catering division due to the Coronavirus. With no events on the horizon we just couldn't keep it going.

We are happy to say we have reopened our catering division with a new name Events by FSC and a new direction and menus. We have had many positive comments from our clients about the changes. Here are various samples of some of the menu items we have served.





events by FSC





events by FSC





Odds & Ends

\$100 Recruitment Bonus

We are always looking for good employees, and the best source for that is with our present staff.

As an incentive to help recruit new people, we will pay a \$100 bonus to any present non-salaried employee who brings in an applicant that is subsequently hired and completes 90 days of employment. The employee will also receive \$100 bonus after completing 90 days of employment.

Applicants may apply by email to susan@foodserv.org or fill out an application on our website www.foodserviceconsultants.org.

Dave Phillips Memorial Scholarship Fund

Food Service Consultants awards ten scholarships annually in the amount of \$500 each. Any employee with a son or daughter enrolled in one of our high schools or universities in which we provide food service is eligible. The winners are selected by random drawing at the beginning of each school year and they are always ecstatic when they receive a phone call saying they won.

Start Spreading the News!

If you would like us to include stories about your school or business, please let us know. The information can be sent to Susan Parisi (susan@foodserv.org) or mailed to Food Service Consultants, 8534 Watson Road, St. Louis, Missouri 63119.

If sending photos, it is best to send in digital format.

Newsletters are published as follows:

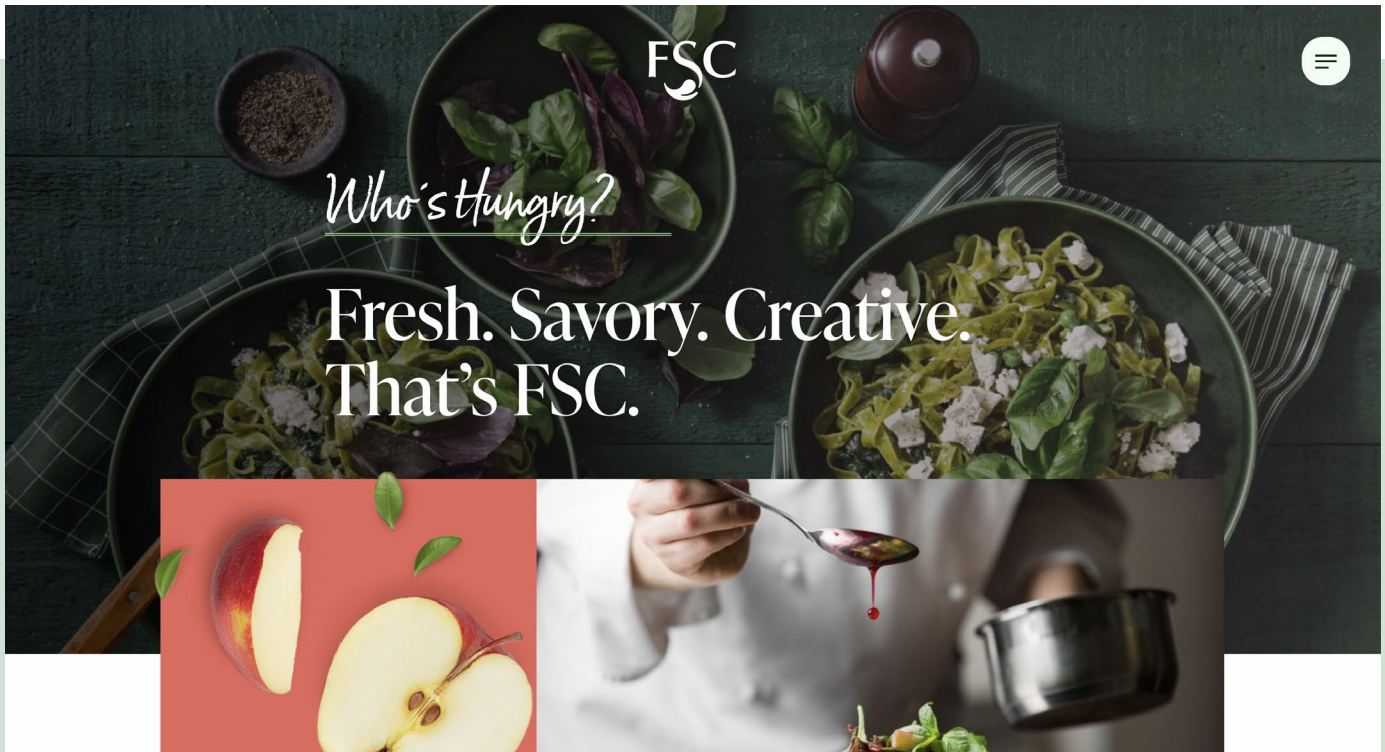
Newsletter Date	Deadline for Info
February	January 15th
May	April 1st
October	September 15th

Some of the information in this newsletter was taken from articles originally published in other media.

We are pleased to say this edition of the insider is printed on post consumable paper.



Odds & Ends



Digital Edition

To expand our Going Green program we are offering a digital version of the FSC Insider. If you would prefer this version over the printed version, please email susan@foodserv.org. Once the digital version is available, you will be sent a link to view the document. *Thank you.*

Be sure to visit our updated website!

www.foodserviceconsultants.org