



Duchesne Sophomore Develops Prosthetic for Playing Baseball

Logan Murrish can add inventor to his resume.

As a sophomore at Duchesne High, he created a device to help individuals who are missing a hand due to amputation or congenital anomaly participate more fully in playing baseball.

Murrish plays for Duchesne and the Adidas Baseball club and teaches tee ball through the local parks department. He's been playing since the age of 3.

During the first months of the COVID-19 pandemic, Murrish and his family purchased a 3D printer, which stimulated his interest in robotics and engineering. He is also a member of Duchesne's STEM Scholars Academy. As such, he was assigned the task of using science, technology, engineering or math to help better the lives of others. His idea - a mechanical prosthetic batting glove - came to him at a baseball showcase in Florida over President's Day weekend.

"I met a player on my team who had a hand deformity that caused him to be unable to swing fully with two hands," Murrish explained, "Sometimes it would cause him to hit pop-flies. I thought there might be a way to use



*Logan Murrish with his robotic glove.
(Source: Duchesne High)*

technology to help him."

Murrish began by looking at what pieces would be needed to create a unique batting glove. Those efforts were followed by designing, testing and refining each piece; then, determining how they would fit into the entire project. *continued*



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Murrish was aided by his dad, who taught him how to code properly to 3D print his pieces. He also worked with Duchesne STEM teacher Glennis Ziegler and a teammate to address issues as they arose. Using a web application called TinkerCad, Murrish designed the 3D printed pieces. He said he found it easier than expected because most of the designing consisted of cutting and resizing simple shapes to make each component of the glove. However, the connection piece between the player and the glove proved not as simple.

“At first I was going to use a very malleable 3D printing filament called TPU,” explained Murrish. “I researched and found that TPU is difficult to print with and still very rigid, so the size of the piece would have to be almost perfect to fit the player. Instead I used a sliding mitt and attached the hardware of the glove to it via Velcro.”

The glove prosthetic works as three separate components: the fingers, the palm (where all the hardware is located) and the flex sensor, which is worn on the player’s non-affected hand. When a player prepares to swing, the sensor sends a signal to an Arduino circuit board, which then sends a signal to a small motor located inside the palm of the prosthetic glove. The motor pulls on fishing line connected to the glove’s fingers, allowing

them to grip and stabilize the bat for the player.

Murrish said the mitt is very malleable, so it will fit comfortably on the wrist of most players. He is hoping his project will help build confidence at the plate for existing players who need prosthetic help and give new players the chance to play baseball.

“Logan’s final project represents the best of what Duchesne and the STEM Scholars program stands for – experimentation, design, creativity and service to others,” Ziegler said.

Working on the glove has helped Murrish discern a possible career path.

“I’m very interested in STEM and I hope to continue this project and possibly pursue a career in an engineering field. It’s a choice to make a little down the road but this project has made me consider studying engineering over business,” he said.



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Master Chef, Look Out!

These Cooking for Spartans campers know their way around a kitchen! They spent a week learning food prep techniques and trying out recipes to create the lunch menu they served to family and friends:

- Mexican Street Tacos
- Summer Spinach Salad
- Chicken Involtni with asparagus and rice pilaf
- Fried hand pies (apple and peach)

Special thanks to Chef Scott Phillips '88, Chef Steve Price, and Mr. Scott Krietemeyer of Food Service Consultants for making this awesome camp possible.





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Boy Scout Camps

FSC has teamed up with the St. Louis Area Boy Scouts Summer Camps. Our staff was the “Hungry Scout Feeding Crew”.

Some facts about the Greater St. Louis Area Council, Boy Scouts of America include:

- They serve over 25,000 youth in Missouri and Illinois.
- They provide summer programs for 5–20-year-olds that include swimming, target sports, boating, sailing, rock climbing, STEM, leadership training, and outdoor skills like fire building, knife safety, pioneering, and much more.

- They camp approximately 6,000 youth (including day camps) and employ about 250 seasonal staff.
- They welcome campers from as far away as Texas, Michigan, and Louisiana.
- Their most popular camp features patrol cooking, where the youth prepare the meals themselves on charcoal stoves, and even do their own dishes!





We Serve *Great People!*



FSC Family Features



Adam Sanders and Emily McKee were engaged on July 21st. Adam is the son of our Purchasing Director, Al Sanders and his wife Nancy. We wish the happy couple the best!



Al and Nancy Sanders celebrated the birth of their first grandchild to their son Andrew and his wife Teresa. July was a happy month for them!



Alexis (Sallwasser) Eagan and James had Eloise Victoria Eagan on August 1, 2023. Alexis used to work in catering. She is the daughter of Cindy Sallwasser, who is the Manager at Messiah Lutheran, and Gregg Sallwasser, who works for our catering division.



Kristina Jackson, manager at Ascension in Chesterfield, enjoyed camp so much she named her new puppy Sakima. It is the same name as the patrol camp that Kristina was the lead for at S-F Scout Camp.

Café Fun

One of the students at St. Stephen Protomartyr drew a cute picture of our Cafeteria Manager, Sarah.



Sports



The LuSo baseball team was awarded the 2022-23 Team Academic Excellence Award by the American Baseball Coaches Association for earning a cumulative GPA of 3.0 or higher for the entire year.

The award, presented by Sports Attack, was given to 300 high school teams nationwide. Lutheran South was one of only two St. Louis schools recognized for academic achievement.



FSC Family Picnic

It was a beautiful day as our employees and their families gathered for our annual picnic. It is our way of thanking everyone for their hard work throughout the year. It also gives us a chance to see how our employees' children and grandchildren have grown over the years.

Nestle Purina Farms in Gray Summit, Missouri has been kind enough to let us hold our event at their amazing venue for many years. We cannot thank them enough for providing the perfect backdrop for the festivities.

The Purina Farms staff treated the attendees to wagon rides and an entertaining dog show. Everyone was able to visit the Pet Center where dogs live and features a 20-foot multi-level home for cats. There were also activities at the Barn and play area which houses domestic farm animals.

Melodic music was provided by The Amberwood Band. Everyone enjoyed them. This year we added a facepainter, balloon twister and caricature artist. They were very talented and were a fun addition for the kids!

We want to thank our vendors that provides food, dining supplies, raffle prizes and many fun items for the children's goodie bags.

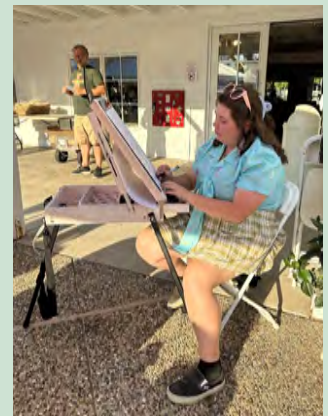
Al Sanders, Director of Purchasing and Susan Parisi, Office Manager, did a great job planning this event. Many supervisors helped out and Ken Foland and his *Events by FSC* staff served a delicious meal. We extend our sincerest gratitude to everyone who pitched in to make this one of the best picnics ever!



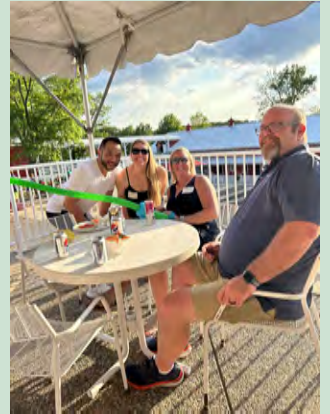
FSC Family Picnic



FSC Family Picnic



FSC Family Picnic





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.

- Scott Phillips, 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, Lisa Baragiola presented a Food Sanitation workshop.
- Al Sanders, 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.
- David Hamm from Midstate Produce Company discussed the new program we have with them for milk, bread and produce.
- Debbie Hill and Marlon Merrill discussed menus for the upcoming year.
- Susan Parisi discussed general office information and procedures.
- Matt MacLaughlin reviewed accounting department information.
- Scott Krietemeyer talked about upcoming catering functions and requirements.
- Service awards were given to our employees that have given from five to thirty-five years of service to our company. We applaud their longevity and thank them for their dedication.
- Katie Long of Barlow Productions photographed our group of managers and service award recipients. They always do a wonderful job.
- Delicious food was provided by Ken Foland, Mike Deutschmann, Robert Mirabile and his crew at SLUH . We all enjoyed it!





Service Awards

Food Service Consultants is proud to have a number of employees that have been with the company for many years. The employees listed below received awards for their years of service at our annual managers' meeting in July.

Five-year Award Recipients

- Dominici Bolden
- Cassandra Brown
- Tarron Brown
- Christy Brutcher
- Tina Conti
- Juanita Valadez Davis
- Barbara Drennen
- Lisa Ellis
- Karen Hart
- Antoinette Healy
- Shannon Hoersch
- Deana Holman
- Percilla Huelsman
- Debra Meine
- Amy Mueller
- Shelby Perkins
- Virginia Smith

10-year Award Recipients

- Amy Bauer
 - Michael Bono
 - Linda Crist
 - Sarah Lane
- ## 15-year Award Recipients
- Cynthia Sallwasser
 - Christopher Titus
 - Laura Kramer
 - Cynthia Manott
 - Shirley O'Brien
 - Clydie Webb
 - Millicent Williams

20-year Award Recipients

- Teresa Stuckel
- Laura Kramer
- Cynthia Mannott
- Shirley O'Brien
- Clydie Webb
- Millicent Williams

25-year Award Recipients

- Mary Brickey
- Gwendolyn Cole
- Marva Smith

35-year Award Recipient

- George Schmidt



Scott Phillips, Michael Bono, Amy Bauer, Michael Kumpf



Scott Phillips, Cynthia Sallwasser, Michael Kumpf



Scott Phillips, Shirley O'Brien, Laura Kramer, Michael Kumpf



Phillips, Gwen Cole, Marva Smith, Michael Kumpf



Scott Phillips, George Schmidt, Michael Kumpf

Food Talk



By: Lisa Baragiola

Teen Nutrition for Fall Sports

Fall is a great season for stop-and-go sports such as soccer, football, and basketball. Your teen athlete needs power for quick, strong moves and endurance for practices and games. But how do you make sure that your active teen gets the necessary nutrients to fuel both? Here are four nutrition tips to keep in mind.

Food Is Fuel

You wouldn't put cheap gas in a luxury car, so why put calories from unhealthy fats and added sugars in your teen athlete's body? Individual calorie needs vary depending on age, sex, type and amount of activity, as well as other factors. Because young athletes are still growing, their food intake needs to include enough calories to fuel their activity level and to support growth and development.

On average, active teenage boys need 3,000 to 4,000 calories a day, while teenage girls who are active may need 2,400 to 3,000 calories daily. Choose quality calories from fruits, vegetables, whole-grain breads and cereals, low-fat dairy, lean protein foods and heart-healthy fats. These foods provide the nutrients athletes need.

- Breakfast is a great time for whole-grain cereal with low-fat milk and fruit or whole-grain waffles with peanut butter, banana and yogurt.
- Prior to lunch at school, review the cafeteria's menu and help your teen choose performance foods. Bean and beef burritos topped with salsa, or grilled chicken sandwiches with coleslaw, deliver nutrients needed for afternoon practices

- For dinner, spaghetti with meat sauce accompanied by a salad or vegetables and whole-grain Italian bread with olive or canola oil spread plus low-fat milk is a great recovery meal.
- Keep nutritious snacks handy – fresh fruit; veggies and hummus; low-fat cheese and yogurt; and low-fat microwave popcorn.

Carbs Are King

Carbohydrates are the most important fuel for an athlete. Carbs are stored as fuel inside muscles and athletes need full carbohydrate stores before activity. Carbs also are needed after a workout to get ready for the next day's events. Carbs are the only fuel that can be used for power moves – a slam dunk, a sprint to the goal line or an overhead smash all need carbohydrates.

- Eat a light snack before practice (especially if your teen has an early lunch period), such as half a turkey sandwich or an orange and string cheese, along with 1 to 2 cups of water.
- After practice or a game, refuel with a sports drink or low-fat milk, a banana and a handful of trail mix *continued*



Build Muscle with Protein from Foods

Eat real food and shun expensive protein supplements. Muscles can get all the protein they need from foods!

- Lean meat, chicken, turkey, fish, eggs, low-fat milk, cheese, yogurt, and tempeh are excellent protein sources.
- Tofu, edamame, beans (such as black beans), chickpeas, lentils, and several nuts and seeds are also good sources of protein.
- Include some protein in every meal to help muscles recover.

Pack Snacks

Active teens need snacks to boost calories. Here are some backpack-friendly snacks:

- Sports drinks or 100% juice boxes
- Trail mix
- Peanut butter crackers
- Granola bars
- Fig bars
- Dried fruit or fruit puree pouches (such as applesauce)

Reviewed August 2021
www.eatright.org

We Serve Great People!

Lutheran South established a Distinguished Alumni Award to honor graduates for outstanding careers and life achievements. Its purpose is to recognize alumni who, through success in their professions or service to their communities, have made a significant impact on the world around them.

We are proud to announce this year's 2023 Distinguished Alumni Award winners. They range from inventors to musicians and doctors to military officers, as well as one of Lutheran South's longest-standing coaches.

2023 Distinguished Alumni Award Recipients

- Scott Leiendecker '95
- Jim Mayer '79
- Linda McQueen '76
- Terry Palisch '82
- Dr. Sharon Quick '80
- Capt. Ted Schroeder '85
- Richard Schuessler '69
- James Trulaske '72

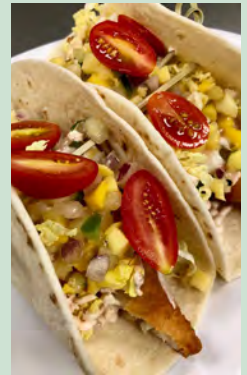




events by FSC

events by FSC

Events by FSC is available to assist with all of your catering needs. Simply contact mjohnson@foodserv.org and she will help you.





events by **FSC**

**We always enjoy working the auction
at Academy of the Sacred Heart.
The decorations are always well done!**





Kudos!

The “Dave Phillips Memorial” Annual Scholarship Program



FSC has had the long-standing tradition of awarding scholarships to our employees. The company awards ten (10) scholarships annually in the amount of \$1,000 each. Any employee who is the parent or legal guardian of a full-time student currently enrolled in any of the schools for which we provide food service is eligible. The scholarship recipients are selected by random drawing at the beginning of each school year.

The objective of our Scholarship Program is:

- To assist our employees with the cost of education in private schools
- To improve employee retention and aid in employee recruitment
- To encourage parents to provide their children with education in a private school

The lucky winners this year were:

Employee	Location
Wendy Buehrig	Holy Infant
Autumn Burr	Seton Regional
Jennifer Greifzu	St. Charles Borromeo
Francesca Hernandez	Ascension Catholic School
Deana Hollman	Ascension Catholic School
Kathleen Kenney	Holy Infant
Robert Mirabile	SLUH
Amy Mueller	Immaculate Conception Dardenne
Brittany Powderly	St. Charles Borromeo
Al Sanders	FSC Office

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 employee who brings in an applicant who is subsequently hired and completes 90 working days of employment. We will also reward the newly hired employee with a \$100 bonus after completion of 90 working days of employment.

Applicants may apply by email to susan@foodserv.org.

Retirees

This May we celebrated our employees that were retiring this year at our Managers Meeting.

The celebrants were Felicie VandeRiet, who was with FSC since it's inception in 1985, Kathy Robtoy, who became our employee in 1992 and Tom Herides who started with FSC in 2016. We wish them all the best with their new endeavors.



Scott Phillips, Felicie VandeRiet, Tom Herides, Kathy Robtoy, Michael Kumpf

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:

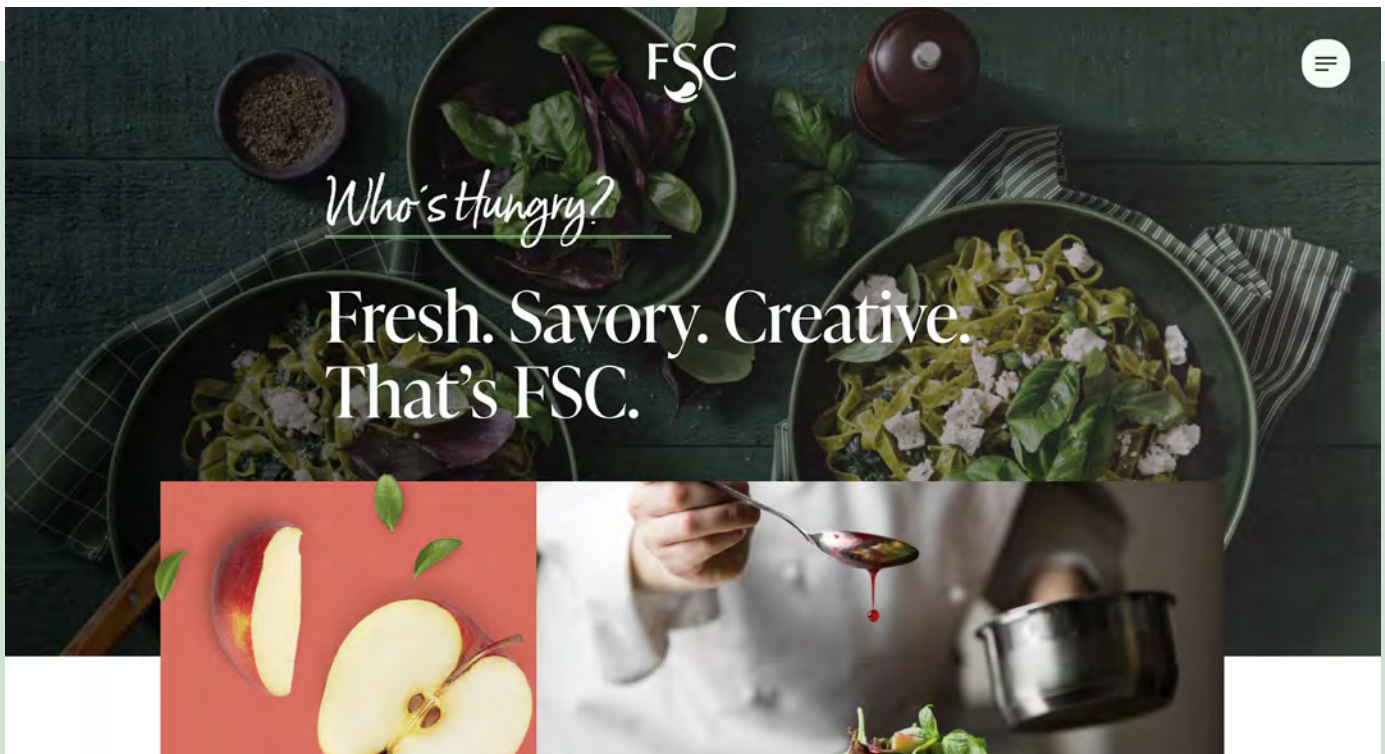
Newsletter Date	Deadline for Info
October	September 11th
January	December 15th
April	March 22nd

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