

'berg focus

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[more than just great food]

Dining services has always been a part of the college experience.
See how it has impacted students' lives in unexpected ways.

inside this issue

- The first year of "new" Seegers
- Meet Executive Chef Michael Brack
- Awa Faye recognized nationally
- And more!



what's new with culinary?

by Jon Middleton, Director of Culinary Operations

Welcome back! We have exciting things planned for the upcoming year. We're focused on fresh, wholesome food, prepared right in front of you – full disclosure, no hidden ingredients. Be daring with your taste buds and explore great food, expertly prepared under the direction of Executive Chef Michael Brack:

- We've enhanced our fresh vegetable selections at Wild Fire Grille with simple, wonderful, fresh, seasonal grilled vegetables, as a flatbread sandwich or a side. At Basic Kneads Bakery you'll find fresh baked, grilled and fried breads along with other freshly prepared goods. Fresh desserts will be featured at each station in the Wood Dining Commons; hand-filled cannoli at Mangia Mangia, fresh baked cookies at Chew Street Deli and our own Jewish apple cake at the Noshery, just to name a few.

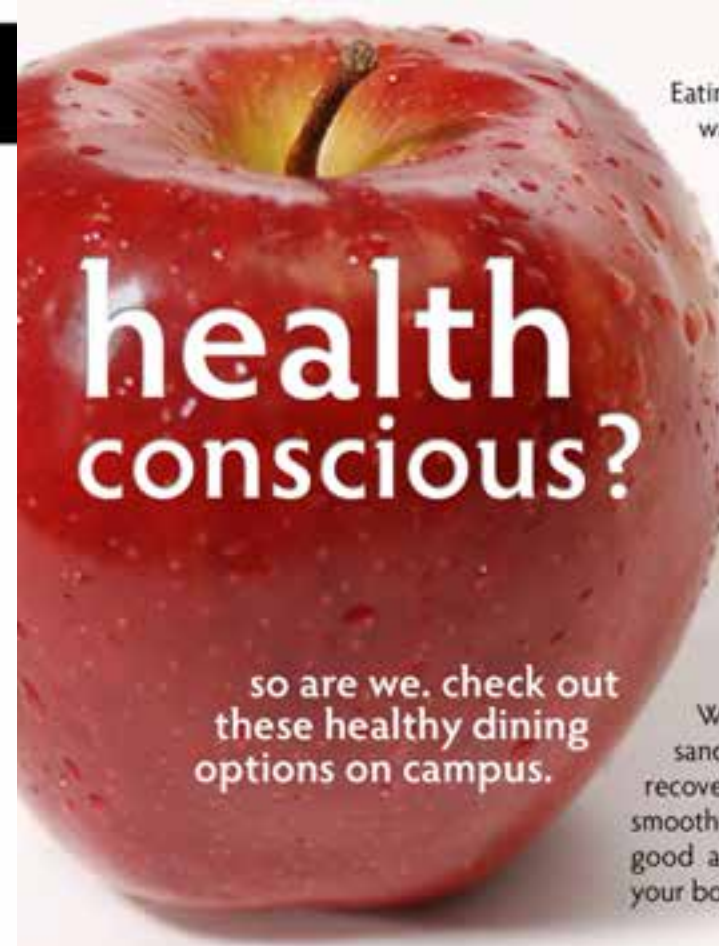
- All of our Pesto is prepared in-house from fresh basil grown right down the road at Butter Valley Harvest Farm. The basil is hydroponically grown, which means it's available to us all year round.

- This year we will be peppering our menus with foods from the Mediterranean: Italy, the Grecian Isles, Spain, Portugal and the rest of the road trip. We're also featuring true American down-home favorites: Cajun, Carolina, New England, Texas and California. Your old staples (The Meatloaf Stacker, Deb's Mule-Kickin' Fried Chicken and Fish & Chips) are still on the menu as well.

- We will be featuring some great new Kosher cuisines this year: Chinese, Italian and Thai, along with some surprises – Israeli style-Muhlenberg "Schwarma". And how does Israeli Pizza strike you?

- Remember, most customers think it's "cool to hang with the chefs" – so please talk with us when you see us. Let us know what you like and what you would like to see added to the menu. When you're in a hurry, leave us a note on the Napkin Board.

We're excited for another great year of serving and comforting you.



health conscious?

so are we. check out these healthy dining options on campus.

Eating healthy isn't just a trend. It's a way of life. Muhlenberg Dining does its best to ensure that the 'Berg community can live healthy on-campus by offering wholesome, nutritious options each and every day.

In order to curb an alarming trend of obesity among college students, 'Berg Dining will post nutritional information for all of its locations on its web site and on its Facebook page. It is a commitment to students, faculty, staff and the community to support the health conscious.

Whether you're enjoying a flatbread sandwich at Sandella's with friends or recovering from a workout with a smoothie at the LSC Café, you should feel good about your choice and so should your body.



ATTENTION OFF-CAMPUS RESIDENTS



Q: What is missing in this picture?

A: If you don't have a meal plan, then chances are it's you. Off-campus residents don't have to eat all of their meals on campus, but with the Cardinal Membership Meal Plan they don't have to miss out on seeing their friends, either.

The Cardinal Membership. \$570 per semester. 70 Meal Blocks. \$50 Dining Dollars. More time with friends. For more information, visit <http://www.muhs.edu/dining/plans.html>. To order the meal plan, visit the Controller's website.

michael brack

get to know the new Executive Chef in the Wood Dining Commons

Executive Chef Michael Brack joined the Muhlenberg Dining culinary team in April 2010 with a vision. "My goal is to bring the campus dining experience to the level of your choice restaurants and to expand the menu to feature some of my favorites," said Chef Michael.

Growing up in the Manhattan suburb of Demarest, NJ, Michael began cultivating his culinary skills at a young age. "I had the same mentors as every great chef, my mom and grandmothers. So growing up I was always surrounded by great food. It was central to my upbringing."

After graduating in 1994 from The Restaurant School in Philadelphia, the self-described 'New American style' chef moved to New York City and launched his career working at Bouley and the Soho Grande Hotel. Not long after, Michael opened the Smith Street Kitchen, a global seafood bistro in Brooklyn.

Michael relocated to Allentown in 2001, working at a restaurant in Easton before joining the Sodexo team at a local college. When the opportunity became available at Muhlenberg, Michael pounced on it. "I'm super excited to be here," exclaimed the usually reserved Chef. "I want to use the best, local, fresh ingredients we can source so you'll never miss your mom's cooking while away from home."

As always, students are encouraged to reach out to Chef Michael with any questions or suggestions regarding the menu.



[more than just great food]

how past & present students have benefitted from working with Muhlenberg Dining

By Laurie Kostyk
2000 Wescoe School Graduate
Sr. Director of Business Development, Sodexo

There are many avenues for learning and growing as a student at Muhlenberg. The opportunities outside the classroom can provide experiences that are as rewarding and enriching as the formal curriculum taught inside the classroom. Competing in athletics, joining a sorority or participating in student government each offer lessons in how to communicate, negotiate and establish goals.

But, have you ever considered how Muhlenberg Dining can also contribute valuable skills and knowledge to your college experience? Several current and former Muhlenberg students have discovered just that. Their working relationship with Dining Services has had a positive impact on how they are managing their new roles and future career paths.



Jon Falk, '10 participating in a culinary event during Reality MC 2010

Jonathan Falk '10 is no stranger to Muhlenberg Dining. Prior to graduating, Jonathan was actively involved in the development and planning for what is now the Wood Dining Commons. Since then, Jonathan has become the Hillel Program Director at the Johns Hopkins University in Baltimore.

When asked to reflect on his experience as a student leader and trusted advisor for Muhlenberg Dining, Jonathan acknowledged, "The Seegers Union expansion project helped me to understand many of the facets of Muhlenberg's dining services. At Hopkins, we often partner with the campus dining service as well as having a full meat and dairy kitchen in our Hillel house. Knowing how college dining service works and how a kitchen facility should look and operate has been a huge asset as the Hillel Program Director."

Working as a Presidential Assistant, Erica Lang '09 partnered with Dining Services on a regular basis and, along with Jonathan, played a key role during the renovation process. "It was one of the best times of my

college career," exclaimed Erica. "Being able to have that professional experience with Dining Services helped me understand how the behind-the-scenes operations work." Erica's involvement also allowed her to stay a part of the Muhlenberg family. "I've been back since I graduated and still feel very connected to the community. It's really cool to know that I was part of such a large project."

The ability to see a long-term unifying vision, ask direct and probing questions, and understand that the small details are essential in a large-scale project are important skills that both Jonathan and Erica have honed in their work at Muhlenberg and, most importantly, will be an asset as they look ahead to their respective careers.

Margaret Vallone '12 is in her second year as the Nutrition and Culinary Intern for Muhlenberg Dining Services. This new position is a first among more than 700 campuses that Sodexo serves across the country. Margaret has been instrumental working on projects such as researching gluten free menu options and developing Slow Food events for Dining Service. Margaret explains, "All of these projects have enhanced my ability to independently handle multiple tasks. I have also been given a taste of what it is like to be a Registered Dietitian."

"In the future, I hope to be a leader in Public Health to help change our current food system." Through her work as the Nutrition and Culinary Intern, Margaret is not only gaining experience that will help achieve her long-term goals, but she is also having a direct impact on the Muhlenberg community. She established a relationship with Butter Valley Harvest, a local hydroponic farm in Bally, Pennsylvania just 35 minutes from Muhlenberg.

Butter Valley Harvest grows its produce without soil or pesticides, and recycles the water used to grow the plants. Muhlenberg Dining now receives deliveries of tomatoes, lettuce and basil from this local grower. As part of her commitment to increase sustainability at Muhlenberg, Margaret says, "I've set a goal to connect with at least one local farmer or producer each year. This new connection supports the Slow Food values of knowing who grows our food and how it gets to our plates."

The passion and enthusiasm of students is what makes the Muhlenberg community unique. The opportunities to engage exist throughout campus. The best ones are often found in the most unexpected places like Muhlenberg Dining. It's something worth remembering when you dine in a warm and inviting room (thanks, Jonathan and Erica) on a fresh tomato and basil salad (kudos, Margaret).



Erica Lang '09



Margaret Vallone '12

Students caught mid-"Macarena" at Midnight Breakfast, which moved from its former home in the Garden Room to WDC this year.



"new" seegers union one year later

In Fall 2010, Wood Dining Commons opened its doors to the Muhlenberg community as a state-of-the-art dining facility. But, in that past year the WDC has become so much more than just another place to eat. According to tour guide Erin Litsch '13, the WDC is one of the most popular destinations during campus tours. "First, they [prospective students and families] seem genuinely in awe with the overall layout and spacious seating arrangements," explained Litsch. "Then they are completely won over by the outside patio and indoor fireplace

areas. Most admit that they have never seen anything like the Commons at any other school and that they would be excited to have this as their dining hall."

While being the reason for oohs and aahs on campus, the WDC is also earning Muhlenberg local and national attention. In just its first year in operation the WDC has garnered praise in business journals, magazines, newspapers and newsletters as it has been the focal point for at least six separate articles. In an Aug. 24, 2010 article in the local news-

paper, *The Morning Call*, it was the kosher kitchen that was applauded; "It's almost an oddity: A small liberal arts college of just more than 2,200 students in Allentown with a kosher kitchen that puts rabbinical schools to shame."

And while for most it's a great place to sit down and enjoy a delicious meal, for others it provides a rare opportunity. "I just graduated from culinary school in August of 2010," said WDC culinarian Ralph Gardner. "I am very fortunate to be working in a beautiful, state-of-the-art facility with top-notch equipment. It's not something that many people in the industry get to do."

Other than minor cosmetic remodeling to the Garden Room, the WDC addition is the first expansion to the main dining hall in Seegers Union since it was built in 1964. According to Sonya Martinez-Hunsicker '06, it is a perfect fit on campus. "The decision to build the new restaurant, and the execution of the final project, has been very important to our admissions success," asserted the Assistant Director of Admission. "This gives us a dining facility that is on par with many of Muhlenberg's other first-rate facilities."

seniors say...

"As a student with a restricted diet, I think that the new [WDC] is such a step up from the old GR! The gluten-free, vegetarian and vegan options are much more accessible and clearly labeled in the new [WDC]. Plus there are just more, better-tasting options in general!" - Deborah Ward, '12

"I love Wood Dining Commons because of the spacious areas to enjoy time with friends. Whether sitting in the nooks in the corner or curling up with fro-yo by the fireplace, there are endless seating facilities to spend time away from the bustle of classes, meetings, and the real world" - Rachel Jakubowicz, '12

"The new dining hall has a welcoming atmosphere where you can reconnect with friends over dinner or just grab a quick lunch between classes. My favorite part is that it is now open throughout the entire day. I love to be able to read my newspaper and have tea or coffee after my morning classes without feeling rushed." - Elena Voonasis, '12

a national award winner!

Congratulations, Awa!

Wood Dining Commons cashier Awa Faye was recognized for her "natural customer service ability" as the recipient of the May 2011 Campus Division Sodexo Experience Award. Awa's friendly smile and positive attitude helped her customer service skills stand out as the best among Sodexo employees in Campus Dining across the *entire nation!* She beat out nominees for the award from more than *700 colleges and universities* across the country.

Awa is known as "the face of Muhlenberg Dining." Several students have remarked that she brings a "breath of fresh air" to their dining experience and instantaneously uplifts their day. Awa takes her job very seriously to make sure that everyone has an enjoyable experience each and every day.

In addition to her Sodexo award, she was also chosen for recognition by the sisters of Phi Sigma Sigma as a person on campus who represents excellence in service to the students at a ceremony held on April 28, 2011.



intern spotlight: phil & nickie

Muhlenberg Dining is proud to welcome Senior Philip Weisgold to its team as its new Pepsi Intern. A Business Administration major from Lafayette Hill, PA, Phil is excited to further progress his skills through real-life experience in marketing and promotions.

Beyond his internship and classes, Phil holds a number of titles in organizations on campus, including Vice President of Programming for Sigma Phi Epsilon, Vice President of the Student Government Association, member of SOAP Committee and tour guide. He has also been inducted as a member of *Who's Who Among Students in American Universities and Colleges* and is a recipient of *The Pennsylvania Iota Chapter of Sigma Phi Epsilon Award*.

As his time as a student at 'Berg winds down, Phil has a plan in place as to how he will use all of his knowledge and experience once he graduates. "I would love a career where I can interact with people and help them every single day... I am definitely a people-person and can't see myself behind a desk everyday closed off from the world."



Joining the Muhlenberg Dining team this year as its Sustainability Intern is Sophomore Nicole Camissa. Originally from Woodcliff Lake, NJ, Nickie is a double major in Biology and Environmental Science. She is also a peer tutor and a member of EnAcT and the Biology Club.

To help 'Berg continue to take steps toward being a "Greener" College, Nickie is excited to make her ideas become a reality. "I want to follow up with the ground work that has been laid down. I'd like to bring a local farmer's market to campus; try to incorporate more organic and local foods into our day-to-day dining; foster our relationship with the Community Garden, EnAcT and the Environmental Science department. And of course, I'd love to hear suggestions!"

With three years still ahead of her at Muhlenberg, Nickie has already started to plot out her career road map. "Ultimately, I would like to find a job that combines some form of environmental research and working with people to make their living situations healthier and more sustainable."

Muhlenberg Dining Services offers four internships per academic year. For more information, e-mail erehrig@muhlenberg.edu.



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