



### The first week finds us in the “Windy City”

The following "windy city" explanation is from the *Freeborn County Standard* of Albert Lea, Minnesota, on November 20, 1892<sup>[2]</sup>:

*Chicago has been called the “windy” city, the term being used metaphorically to make out that Chicagoans were braggarts. The city is losing this reputation, for the reason that as people got acquainted with it they found most of her claims to be backed up by facts. As usual, people go to extremes in this thing also, and one can tell a stranger almost anything about Chicago today and feel that he believes it implicitly.*

But in another sense Chicago is actually earning the title of the “windy” city. It is one of the effects of the tall buildings which engineers and architects apparently did not foresee that the wind is sucked down into the streets. Walk past the Masonic Temple or the Auditorium any day even though it may be perfectly calm elsewhere, and you will meet with a lively breeze at the base of the building that will compel you to put your hand to your hat.

## BE THE CHANGE

Spend time with a child in need, by volunteering with Big Brothers, Big Sisters ([www.bbbsnews.org](http://www.bbbsnews.org)) and Boys and Girls Club ([www.bgcgggb.org](http://www.bgcgggb.org)). Visit the Step It Up Guide or their websites for more information and volunteer opportunities.

## T.R.I.P.S. CHICAGO

Over winter break, 12 St. Norbert College students traveled to Chicago, IL to work within urban schools through the TRIPS program. While they were there they volunteered at Academy of St. Benedict the African where they each were assigned a classroom for the week. Each group member gained something different from the experience. For instance some gained a passion for teaching in urban schools. Some gained a deeper desire to commit themselves to a year of service like the Amate volunteers, whom they stayed with, did. Others gained a stronger passion for service. It really was the children that they worked with that taught them the most throughout the experience. The students of St. Benedict's were so welcoming and happy about our presence in their school. Along with working at St. Benedict's each day, they attended mass at St. Sabina's church where they were struck by the completely different church environment. Everyone there was so welcoming, and we didn't feel like we stuck out at all. Overall, the time they spent in Chicago taught them about themselves, the world, and how service can fit into everyone's life. **Thank you, Katie Webster for your reflection.**

# Recipe of the Week

Thank Chef Glenn for his Chicago entrée!

## Chicken Vesuvio

### INGREDIENTS:

3 new potatoes, quartered

2– 6 oz chicken breasts, boneless, skinless

1 t olive oil

2 t fresh rosemary

S/P to taste

1 t minced garlic

2 T green onion, chopped

2 T pitted black olives

1/2 cup mushrooms, sliced

### DIRECTIONS:

1. Place potatoes and chicken in a casserole dish. Drizzle with olive oil and lemon juice. Sprinkle with rosemary, garlic salt and pepper. Cover. Refrigerate at least 30 minutes.

2. Preheat oven to 400 degrees F. Sprinkle green onions over chicken.

3. Bake, covered, in a preheated oven for 30 minutes. Remove, add olives and mushrooms. Return to oven and bake for 30 minutes. Transfer chicken and veggies to platter and pour pan juices on top. Serves four.

**This is the Chicago featured entrée in the cafeteria today, February 18.**

**Copies of the recipe are available in the serving area. Check it out!**

## Healthy Eating Tip

By Melissa Da Pra R.D., C.D., Manager of Union Dining

Serve lean proteins that are 2-3 ounces or the size of a deck of cards. Fill 1/4 of your plate, fill 1/4 of your plate with whole grains, and the remaining 1/2 plate with fruits and veggies. This recipe plus a large green salad is a great example. For more info on this visual way of eating, check out the New American Plate method online.

## REMINDERS

- We still have a few team members who need to pick up their pedometers! So, come on over!
- Captains turn in your team step total for Week 1 by Wed., February 24, to be eligible for the weekly drawing.

## MAKE A TEAM BUTTON

For more information go to [www.snc.edu/health/programs/walking/](http://www.snc.edu/health/programs/walking/) and click *Step It Up: TRIPS Guide Book* on page 8. The Guide Book is full of walking tips. So take a look! The *TRIPS Itinerary* will guide you on the 7 week journey. It offers information on each TRIPS city and local volunteer agency.

*The Ferris Wheel at Navy Pier- the 150-foot Ferris wheel at this #1 Chicago attraction.*



## CHECK IT OUT

The Center for Disease Control article

“How much physical activity do adults need?”

[www.cdc.gov/physicalactivity/everyone/guidelines/adults.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

The WOW (We're Out Walking) team Website and links

<http://wow.depere.com/>