



**T.R.I.P.S.  
NEW YORK CITY**

When one goes to New York it's usually on a mission to see all the different sites the "City That Never Sleeps" has to offer.

Now while the New York Trip did get to see some sites, our mission was of a different focus: for one week we went to New York City to do service and interact with people afflicted by HIV/AIDS and Poverty. I would say that the most challenging part of this trip was to disregard the stereotypes and get to know the people of New York who were affected terrible setbacks and heartbreaks (poverty and HIV/AIDS). One of our favorite sites was the Rivington House, an assisted living home for people with HIV/AIDS because it allowed the participants on the trip to gain personal experience with people who had a terminal illness. The surprising thing wasn't that these patients were incoherent or angry (though some were) but that they were joyful! Their laughter rang out as they enjoyed life in the present. The impact was that these special people taught us that in the face of trouble or death, there is still something to be happy about - and the only thing that one can do is laugh.

**Thank you, Margaret Deneen, for your reflection.**

**Ever wonder how New York City got the name "The Big Apple"?**

In the early 1920s, "apple" was used in reference to the many racing courses in and around New York City. Apple referred to the prizes being awarded for the races -- as these were important races, the rewards were substantial.

Based on the research of Barry Popik, the use of "Big Apple" to refer to New York City became clearer. Popik found that a writer for the *New York Morning Telegraph*, John Fitzgerald, referred to New York City's races "Around the Big Apple." It is rumored that Fitzgerald got the term from jockeys and trainers in New Orleans who aspired to race on New York City tracks, referring to the "Big Apple." In the late 1920s and early 1930s, New York City's jazz musicians began referring to New York City as the "Big Apple." An old saying in show business was "There are many apples on the tree, but only one Big Apple." New York City being the premier place to perform was referred to as the Big Apple. A 1971 campaign to increase tourism to New York City adopted the Big Apple as an officially recognized reference to New York City. The campaign featured red apples in an effort to lure visitors to New York City. It was hoped that the red apples would serve as a bright and cheery image of New York City, in contrast to the common belief that New York City was dark and dangerous. Since then, New York City has officially been The Big Apple.

**Why is New York City called the "Big Apple"?**

By [Heather Cross](#), About.com Guide

**LOCAL VOLUNTEER OPPORTUNITIES**

The AIDS Resource Center of Wisconsin @ [www.arcw.org](http://www.arcw.org) or the Altrusa House @ [www.greenbayaltrusa.com](http://www.greenbayaltrusa.com)

**Watching Your Weight?**

Explore the choices offered in this website. Watch the video, calculate your BMI, and learn about making healthy choices.

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=25>



## The Statue of Liberty

The exterior copper covering of the Statue of Liberty is 3/32 of an inch thick (less than the thickness of two pennies) and the light green color (called a patina) is the result of natural weathering of the copper.

[www.statueofliberty.org/Fun\\_Facts.html](http://www.statueofliberty.org/Fun_Facts.html)

Photo

[http://images.google.com/imgres?imgurl=http://z.about.com/d/architecture/1/0/\\_/i/Statue\\_of\\_Liberty\\_FREE](http://images.google.com/imgres?imgurl=http://z.about.com/d/architecture/1/0/_/i/Statue_of_Liberty_FREE)

## Why are New York Yellow Cabs yellow?

Because John Hertz, the company's founder, read a study that concluded yellow was the easiest color for the eye to spot.

## Recipe of the Week

### Chicken Riggies

Thank you Chef Glenn

#### INGREDIENTS:

1-16 oz package whole wheat rigatoni  
3 T olive oil  
24 oz chicken breasts, S/P to taste  
1 onion diced

sprinkle parmesan  
3 cloves garlic, minced  
1 cup hot/red peppers, chopped  
1 -28 oz can crushed tomatoes  
1/2 cup half and half

#### DIRECTIONS:

1. Boil pasta 8-10 minutes until al dente.
2. Heat olive oil over medium high heat. Brown the chicken breasts until no longer pink in middle, about 7 minutes. Remove chicken from pan.
3. Add onion peppers and garlic to pan. Cook until onions soft, about 4 minutes. Add crushed tomatoes. Bring to simmer.
4. Stir in heavy cream and cooked chicken. Simmer 2-3 minutes. Add pasta and sprinkle with parmesan cheese to finish.

**This is the Step It Up: T.R.I.P.S featured entrée for this week.**

**It is being served today at the Union!**

**Come and enjoy a taste of New York City!**

## Healthy Eating Tip of the Week

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

Chicken Riggies is a prime example of how to modify a favorite recipe into a healthier option. Use whole wheat pasta, lower fat dairy (half and half in place of cream) and use cheese as a garnish instead of a main component. Finally we doubled the amount of veggies in the recipe, but decreased the overall portion size. Compliment with a mixed green salad and enjoy

### Congratulations PAC Pacers!

You are the "Random Drawing of the Week" winners!

**Thank you to all the teams who logged in their steps this week!**

### Keep those cool team button designs coming!

Refer to last weeks' newsletter for details.

### REMINDERS

To be eligible for next weeks'

"Random Drawing of the Week" log in your steps by March 3<sup>rd</sup>.

### BOOM BOX AND CD'S

Are available for check out at the campus center desk