CONGRATULATIONS NINETEEN NEBRASKA SCHOOLS!!!

The following schools have been certified by the Education Foundation of the National Restaurant Association as Nebraska ProStart Schools.

BEATRICE HIGH
CRETE PUBLIC
FREMONT HIGH
GRAND ISLAND SENIOR HIGH
HEMINGFORD HIGH SCHOOL
KEARNEY HIGH SCHOOL
LINCOLN EAST
LINCOLN HIGH
LINCOLN NORTHEAST
LINCOLN SOUTHEAST
LINCOLN SOUTHWEST
LPS TECHNICAL CAREER ACADEMY
MILFORD SENIOR HIGH
NORFOLK HIGH
NORTH PLATTE HIGH
PAPILLION-LAVISTA SOUTH
PLATTSMOUTH HIGH SCHOOL
SCOTTSBLUFF SENIOR HIGH
SIDNEY HIGH

The combined ProStart enrollment for the seventeen traditional schools and 2 career centers is 1,527 students. Three hundred thirty four students are employed in the industry.

Certified ProStart schools must use the National Restaurant Association Education Foundation textbook, Foundations of Restaurant Management and Culinary Arts. Fourteen of the schools offer Level I and Level II classes, four schools offer Level I classes and one school offers Level II classes. All of the schools teach culinary arts with 73% of the schools teaching management. Forty seven percent of the schools teach ServSafe. Eighty four percent of the schools will compete in a Nebraska ProStart Competition.

SUMMER INSTITUTES DATES & LOCATIONS

The 2018 Summer Institute Dates and Locations have been released and are available at https://chooserestaurants.org/Programs-and-Scholarships/Professional-Development/Summer-Institutes. More information on the 2018 sessions, including sample agendas for each level and descriptions for the Spotlight Series sessions (previously known as Level 4) are also available at ChooseRestaurants.org. Hotel and travel recommendations for each site will be available here as well. Registration for the Summer Institutes will open March 1st. Questions? Email SLevents@restaurant.org.
**BOARD OF DIRECTORS**

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**WELCOME NEW HEF BOARD MEMBER, LINDSAY HIGEL**

Tell us about your position with Central Community College.
I started working at CCC, Hastings campus in the Fall of 2001 in the Hospitality Management and Culinary Arts Department. I am the Program Director and oversee operations and curriculum and planning.

**How did you get started in the business?**
I knew from a young age I wanted to be in this industry in some capacity. I have literally always loved to cook and plan events. My first job was at Sehnert’s Dutch Oven Bakery in McCook where Matt Sehnert instilled in me a passion for people and customer service.

**What is your favorite thing to do on a day off?**
I love to cook, read and plan my next home improvement project.

**If you could have a super power, what would it be?**
Teleportation. I have 4 kids, and a full-time career, which means I am busy!

**What is your favorite color?**
Yellow

**What are you most proud of?**
Watching our students succeed and better themselves no matter what level they come to us.

**What is the best piece of advice you’ve ever received?**
Love people, not things; Use things, not people.

**If you could choose only one descriptive word to be remembered as, what would it be?**
Helpful

**What is the biggest challenge you’ve faced professionally?**
Not being able to help a student in the way I know I could because of policy or procedure.

**What is your favorite movie or TV show?**
The Grinch with Jim Carrey

**What talent would you like to have?**
I can whistle a tune, but I want to be able to whistle like people do when they want to get someone’s attention.

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**EDUCATOR GRANT APPLICATIONS ARE OPEN!**

Educators interested in applying for a professional development grant to attend a Summer Institute may do so at https://chooserestaurants.org/Programs-and-Scholarships/Professional-Development/Educator-Scholarships. The application process is completely online and will close on February 28, 2018. The application is hosted through a different website URL this year and all applicants will be required to create a new application account. Last year, roughly one in four educators were able to attend a Summer Institute through our Professional Development Grants for Educators (PDGE). Questions? Email scholars@nraef.org.
**FEATURED MONTHLY RECIPES**

**MOROCCAN CARROTS**

**INGREDIENTS**
- 12 Ounces Carrots, Fresh, Peeled
- 1 Garlic Clove
- 1 ½ TBSP Fresh Lemon Juice
- 1 TBSP Parsley, Chopped
- 1 TBSP Extra Virgin Olive Oil
- ¼ TSP Paprika
- ¼ TSP Ground Cumin
- ⅛ TSP Cinnamon
- Pinch of Cayenne
- TT Salt & Black Pepper

**DIRECTIONS**
1. Wash and peel carrots. Cut into rondelle, diagonals or dices.
2. Peel and fine mince garlic.
3. Wash lemon. Squeeze juice.
4. Wash and coarse chop parsley.
5. Steam carrots until tender crisp—5 to 8 minutes.
6. Heat the oil over medium heat. Add garlic, paprika, cumin, cinnamon & cayenne. Cook stirring, until fragrant, 1 to 2 mins.
7. Add the carrots, lemon juice, parsley and salt to the spice mixture. Stir to combine.

**MANGO PORK TENDERLOIN**

**INGREDIENTS**
- 2 Medium Ripe Mangos
- 1 Pork Tenderloin (12 to 16 Ounces)
- 2 TSP Extra Virgin Olive Oil
- TT Salt & Black Pepper
- Few dashes of Hot Pepper Sauce

**DIRECTIONS**
2. Remove silverskin from tenderloin. Slice into 1 inch thick medallions.
3. Place medallions between plastic film. Flatten slices lightly with hand.
5. Season with salt and pepper to taste.
6. Reduce heat and cook until 145°F. Remove to plate and cover.
7. Add mashed mango to sauté pan, scraping pan to remove brown bits of pork.
8. Add hot sauce and diced mango. Toss to heat through.
9. Spoon sauce over pork medallions.

**CALENDAR OF EVENTS COMPETITIONS**

**State Culinary Showcase**
Saturday, March 3, Great Plains Culinary Institute at Southeast Community College, Lincoln

**Regional ProStart Culinary Team Competitions**
Friday, February 23, Institute for the Culinary Arts, Metropolitan Community College, Omaha

**State ProStart Culinary Team Competition**
Friday, March 2, Institute for the Culinary Arts, Metropolitan Community College, Omaha

**State ProStart Management Team Competition**
Saturday, March 3, Institute for the Culinary Arts, Metropolitan Community College, Omaha

**FUNDRAISERS**

**Chick-fil-a**
Tuesday, March 13th, 5:30pm - 7:30pm, Lincoln

**StarCity Baconfest**
Sunday, April 22, The Cornhusker Marriott, Lincoln

**Raising Cane’s Fundraiser**
Wednesday, April 25th, 5:00pm - 8:00pm, All Lincoln locations

**HEF Golf Tournament**
Monday, June 18, Quarry Oaks, Ashland

*It will be a busy year. We look forward to seeing you at the events & appreciate your support.*

**STUDENT SCHOLARSHIP NEWS**

We’re currently accepting scholarship applications for undergraduate students. College seniors who will be pursuing restaurant, hospitality, or foodservice related degrees can apply for a 2018-2019 academic year scholarship at www.chooserestaurants.org/scholarships.

Applications for most scholarship opportunities will close on April 1, 2018.

Questions? Email scholars@nraef.org.

Click & view the ProStart Promo video below & share it with your students!

Your education can prepare you to leave a mark on the world. And we’ll do everything we can to make your experience here more affordable. The Art Grant offers you an opportunity to do just that. Also, there may be additional scholarship opportunities, including merit, competition, and need-based. Full and partial scholarships are available to new and current students.

The tuition scholarships listed below are applicable at recruiting Art Institutes locations. Ask your local high school representative about additional scholarship opportunities that may be available in your state and region. Questions? Contact scholarships@aai.edu.

**ART GRANT**

The Art Grant can earn new and current students a grant award toward your tuition on average of up to 20% for Bachelor’s degree programs and up to 15% for Associate’s degree programs. For every 12 credits earned, as you maintain continuous enrollment and satisfy other eligibility criteria, you can earn an Art Grant to be applied to tuition. The Art Grant is offered at all Art Institutes schools except for The Art Institute of Pittsburgh—Online Division. Amounts vary by location. Check with the school you’re considering attending for exceptions and details.

**FUTURE BUSINESS LEADERS OF AMERICA NATIONAL SCHOLARSHIP PROGRAM**

Three $10,000 nationwide tuition scholarships will be awarded to high school seniors graduating in 2018 who are FBLA members; students with a first-year GPA of 3.0 may earn an additional $5,000 tuition scholarship.

**ART GRANT & SCHOLARSHIPS**

The scholarships listed to the right are applicable to those interested in the following areas of study:

- Visual Design
- Interior & Product Design
- Marketing
- Animation & Effects
- Film & Production
- Gaming & Technology
- Fashion
- Culinary

**GO TO ARTINSTITUTES.EDU/SCHOLARSHIPS FOR COMPLETE DETAILS.**
The scholarships listed to the right is applicable to those interested in the following areas of study:

- **PROSTART STATE SCHOLARSHIPS**
  - State level ProStart Scholarships are awarded to high school students who are first-place winners in ProStart Culinary Arts and/or Culinary Management competitions. The number of scholarships awarded varies by state. First-place award is a $3,000 tuition scholarship, renewable for up to 4 years.
  - **1ST PLACE:** $3,000 tuition scholarship ($12,000 maximum)
  - **2ND PLACE:** $2,000 tuition scholarship ($8,000 maximum)
  - **3RD PLACE:** $1,000 tuition scholarship ($4,000 maximum)

- **SKILLS USA CHAMPIONSHIP**
  - Open to high school and post-secondary students who are members of SkillsUSA and participate in competitions in the categories of Advertising Design, Culinary, and Photography (6 nationwide scholarships available in each category), as well as 3-D Visualization & Animation, Web Design, and Television Production (12 nationwide scholarships available in each category).
  - **1ST PLACE:** $10,000-$20,000 tuition scholarship*
    - *amount varies depending on the program in which the student enrolls
  - **2ND PLACE:** $5,000 tuition scholarship
  - **3RD PLACE:** $2,500 tuition scholarship

- **C-CAP**
  - One nationwide, full-tuition scholarship will be awarded to a high school senior graduating in 2018 who is enrolled in a C-CAP program. Full-tuition scholarship valued at approximately $38,000 to $95,000.

- **PROSTART (Advance Placement Credits)**
  - High school seniors graduating in 2018 who complete the ProStart program with a C average or above and obtain a certificate of achievement may receive Advance Placement credits to any Art Institutes school. We encourage you to speak with your Chef’s Chair at your campus of interest.

- **Go to artinstitutes.edu/scholarships for complete details.**

  The Art Institutes is a system of over 45 schools throughout the United States. Programs, credential levels, technology, and scheduling options vary by school and are subject to change. Not all online programs are available to residents of all U.S. states. Several institutions included in The Art Institutes system are campuses of Argosy University. Administrative office: The Art Institutes, 210 Sixth Avenue, 33rd Floor, Pittsburgh, PA 15222 © 2017 The Art Institutes. All rights reserved. Our email address is materialsreview@aii.edu.

  See aiprograms.info for program duration, tuition, fees and other costs, median debt, salary data, alumni success, and other important info.

Check with your campus to see what additional local scholarships may be offered.
The Nebraska Restaurant Association Hospitality Education Foundation provides scholarship opportunities for qualified students that plan to pursue higher education within the state of Nebraska in the fields of culinary and hospitality.

Scholarship(s) will be awarded, at the discretion of the committee, of up to $4,000.00.

PART A:
Name: ______________________________________________________________________________
Cell Phone: __________________________________________________________________________
E-Mail: ______________________________________________________________________________
Current Address: ________________________________________________________________________
City: ___________________________________ State: ___________ Zip-Code____________________
Current High School or Career Academy___________________________________________________
   GPA__________________________

Post-Secondary School Information
Post-Secondary School_______________________________________________________________
School Address________________________________________________________________________
City: ___________________________________ State: ___________ Zip-Code____________________
Major: __________________________________
GPA: __________________________

Will earn a(n):       Associates _______  Bachelors _______  Certificate _______

Are you a previous NRAHEF/NRAEF Scholarship winner?    Yes ___________  No_____________

Employment Information
I am currently working in the restaurant/foodservice industry:    Yes _______  No_______
My current position is____________________________________________________ I am working Full-time ____ Part Time_____
I have participated in a Nebraska ProStart Culinary or Management Program:    Yes_______  No_______
PART B:
On a separate piece of paper attached to this application, in 250 words or less, tell us why you selected the culinary or hospitality field, and how this scholarship might help you achieve your dreams.

PART C:
Additional Contact Information (Please list all 3)
Please provide the names and phone numbers of at least three people who will know how to contact you in the next six months or more (e.g., parents, siblings, friends)

Name/Relationship                     Phone Number
__________________________________  _____________________________________
__________________________________  _____________________________________
__________________________________  _____________________________________

Please e-mail or mail this form by April 15th to:
Nebraska Restaurant Association
Attn: Brandy Nielson
1610 South 70th Street, Suite 101
Lincoln, NE 68506
EMAIL: bnielson@windstream.net

If you are selected for a scholarship you will be required to give us your social security number.

Thank you for applying for a scholarship through the Nebraska Restaurant Association Hospitality Education Foundation.
Sunday, April 22nd
4:30pm – 7pm
Cornhusker Hotel

Proceeds from this event will provide scholarships for culinary students in Nebraska.

Order your tickets online at StarCityBaconFest.com.

Tickets: $25
Children 12 and under are FREE