

Dowell applies theories to real life situations

When Lindsay Dowell graduates from the University of Kentucky in August, she won't just know the theories of food management. She will understand their applications.

Dowell, a fifth-year dietetics student, is one of several students participating in a 10-week internship program offered by Food Services and the UK College of Human Environmental Sciences' Department of Nutrition and Food Science.

The internship lets students put their classroom studies to work while they learn new hands-on lessons. During the internship, students do everything from running cash registers to assisting with purchasing.

"There are so many things that I wasn't aware of," Dowell said. "I've learned a lot through the hands-on training."

"For instance, I know now how to work with employees and understand how important it is to have open communications."

Dowell works in the Kirwan-Building Commons under the mentoring of DeWitt King, assistant director of food services.

"This internship program gives the students a perception of what goes on in the daily business of food

service," King said. "It helps them see if they do or don't want to pursue this aspect of a food service or nutrition career."

King said the interns also help keep UK Food Services running properly.

Should a regular employee be unable to come to work, he knows he can count on the interns to help out. Recently, he asked Dowell to fill in for the regular Commons supervisor who was out sick.

"We try to seize the opportunities to learn as they arise," he said. "It is great to have a person on hand who can do all the tasks at any time."

The varied experience will be a bonus to Dowell, who will pursue a career in clinical dietetics after graduation.

Whether in a hospital, nursing home or other facility, she will know how to work with food service operations to offer her clients their best options.

"I'll have this experience behind me and that will help me understand what different food service operations do and the procedures they have to follow," she said.

"This internship has certainly made me respect food service workers more."

Rockcastle County Middle & High School Menu

May 22-27, 2000

*Breakfast will be served each day.

Monday: Chef salad or pizza or sandwich, tossed salad, french fries, milk and choice of desserts.

Tuesday: Chef salad or Salisbury steak, whipped potatoes, green beans, roll, milk and choice of desserts.

Wednesday: Cook's Choice Day.

Thursday: Grab Bag.

Friday: Chef salad or lunchmeat, cheese sandwich, potato chips, lettuce/tomato/pickles, fruit, milk and choice of desserts.

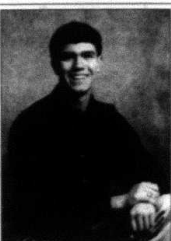
Saturday: Last Day of School.

Rockcastle County Elementary School Menu

May 22-27, 2000

Breakfast

Monday: Long john or cereal, toast/jelly, juice and milk.



John Warf, grandson of Freda Warf of Orlando, son of Don and Irene Warf of Cincinnati took first in the nation in the Time Warner Cable/ESPN2 Sports Figure Contest. John and two other students from Anderson High School entered the contest to fulfill a class requirement in their Advanced Physics course. Their video "Drag and You" explained Frictional, Wave Drag and Surface Drag as it applies to swimming. Warf wrote the "Drag and You" script, and edited the video submitted for local competition. The video won state and national as well. The national prize includes \$3,000 grant for the high school. Further the "Drag and You" video will be used as the basis for a future sports figure episode to be aired later this year on ESPN2. Congratulations John, Love, Granny

Tuesday: Nutri-grain bar or cereal, toast/jelly, juice and milk.
Wednesday: Toasted cheese sandwich, cereal, toast/jelly, juice and milk.
Thursday: Cereal, pop tart, juice and milk.
Friday: Honey bun, juice and milk.

Saturday: Last Day of School.
Lunch Monday: Pizza or sandwich, tossed salad, french fries, milk and cookie.
Tuesday: Salisbury steak, whipped potatoes, green beans, roll,

milk and frozen juice bar.
Wednesday: Cook's Choice Day.
Thursday: Grab Bag.
Friday: Lunchmeat, cheese sandwich, potato chips, lettuce/tomato/pickles, fruit, milk and cookie.
Saturday: Last Day of School.

MVES and Pentatones collect 1,800 cans of food!



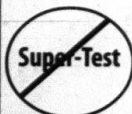
The Mt. Vernon Pentatones presented their spring concert last Friday, May 12th. The concert, entitled "Lend a Helping Hand" was in correlation to a food drive the chorus was holding. The Pentatones, along with the entire MVES student body, as well as members of the public, contributed over 1,800 cans of food! The chorus, along with Mrs. Cornelius, appreciates the hard work that everyone did to help with this drive.



Student intern Lindsay Dowell learned a lot through hands-on training with UK Food Services and mentoring from DeWitt King, assistant director of food services.

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Mt. Vernon Elementary

invites all parents
to attend the

Title I Annual Meeting

in the cafeteria
immediately following the

DARE Graduation

Which will be held
At 9:00 a.m.

On Tuesday, May 23, 2000