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## Dinner: Impossible Features Area Culinary Students

Posted Wednesday, September 10, 2008 ; 10:49 PM

Updated Thursday, September 11, 2008 ; 12:02 AM

**They had the chance to be a part of the taping in Grafton.**

Story by Dani Brake

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GRAFTON -- Four culinary students at the Pierpont Community and Technical College were featured on the Food Network show, "Dinner: Impossible."

Lucinda Vance and Kenny Poling actually got the chance to work in the kitchen alongside Chef Michael Symon. Vance rolled 600 meatballs, and Poling worked on the apple desserts before helping to roll another 400 meatballs.

The challenge for the show was to feed 500 people at the celebration of the 100th Anniversary of Mother's Day in Grafton. Symon had about six hours to do everything from shopping for ingredients to actually preparing the meal from scratch.

That's where the students came in. They were in a culinary program called ProStart at Grafton High School and were recruited by Symon to help out when he got in a pinch.

In case you missed that first airing, the show will be on again on September 20th at 10 p.m., and the 21st at 11 p.m.

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September 23, 2008 Abilene, Kansas

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## COMMUNITY

### Area teacher attends beef culinary seminar

Special to Reflector-Chronicle

Friday, Sep 05, 2008

TOPEKA — Seventeen Pro-Start teachers from across the state attended a beef culinary training Aug. 5 sponsored by the Kansas Beef Council and hosted by Cargill Meat Solutions.

Attending locally was Sonya Anders, ProStart teacher at Chapman High School.

Chef Pete Geoghegan with Cargill's Research and Development Center led the training.

During his presentation, he covered various topics about beef cuts, including discussion on where the cuts come from on the carcass and how that affects tenderness and palatability.

Additionally he focused on underutilized cuts of beef with primary focus on the flat iron steak and shoulder tender from the chuck, plus the culotte and tri tip from the sirloin.

Chef Pete demonstrated how these cuts can be made into dishes suitable for serving in high-end restaurants.

ProStart is a curriculum set by the National Restaurant Association Foundation and designed for high school students pursuing a career in the foodservice industry upon graduation from high school.



Sonya Anders is pictured in the back row at left. Courtesy photo

Abilene, KS - 8:53 AM  
 69°  
 Fair  
 Humidity: 78%  
 Wind: S 13 mph

web services provided by

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September 4, 2008

## New program offers eatery experience

The Troy School District is implementing a new food curriculum this year.

The ProStart® Program, developed by the National Restaurant Association Educational Foundation, is designed to teach high school students the management skills needed for a career in the restaurant and food service industry.

Food service is one of the nation's fastest-growing industries, currently employing 11.7 million workers, and is expected to grow to 13.3 million employees by 2012, with many of those positions in management, according to a press release.

"There are so many different opportunities for young people in the restaurant and food service industry," said Amy Olsen of the Terrace Café in Athens High School. "The ProStart program will help us prepare students for those opportunities and establish a foundation for further learning whether the students immediately pursue food service careers or go on to hospitality management or culinary programs at the college level."

The Terrace Café is a community restaurant that is operated by Troy School District students at Athens High School. It is open to the public during the school year.

The ProStart program gives 11th- and 12th-grade students the chance to explore career opportunities and gain the skills needed to manage a food service operation by pairing classroom learning with on-the-job experience.

As part of the ProStart program, Troy students will combine academic classroom work with mentored internships at local restaurants.

During the internships, students will get hands-on experience in different areas of food service. They will work directly with industry professionals, who serve as mentors. The mentors make sure students are getting as much as possible out of the work experience and have the chance to practice what they learn in the classroom.

"The Troy School District is excited to partner with Troy businesses to offer student internships," said Olsen.

The ProStart curriculum was developed by the NRAEF, with guidance from educators and representatives of the restaurant and food service industry and is currently being implemented by more than 950 schools in 41 states.