



"We enhance the careers of our members through professional and personal growth"

## Life on the Weil Side!

Richard F. Weil, CFE Chairman of the Board

#### **Summertime and Food Service**



In many parts of the country and here in Colorado included we are looking forward to the warmer weather for summer and the activities this brings about. For some operations, summer can be a lull and depending upon where you are located, can be a boom. No matter, summer brings about the growth and prospects of great opportunities. From the seashore, to the lake shore, mountains, we as foodservice operators and professionals have many multiples of things to consider and look at our check list of things to do.

No matter if you are working as an independent restaurant, volume foodservice operations or all points in between summer is a great time of year to get to the core of your business to make sure things are operating correctly. The same holds true for IFSEA and we continue as an Executive Committee to check off our boxes of important things to do. Our International Treasurer David Kinney has a great one to check off our list and his update on IFSEA once again having our 501c6 tax exempt status reinstated is a huge thing for us. Why huge? It validates our organization again as a tax-exempt group and allows us to move our certification revenues and other revenue sources to be applied within the tax codes of non-exempt status.

The next item on our check list is Ed Manley's article from the National Restaurant Association. I would like to congratulate Ed and our board member and long-time supporter Colonel Rock Henry in completing their transition with the Veterans Support Network (VSN). Colonel Henry you and Ed will do great with Dave Zander to further the work and recognition and support of our military. I am attaching the recent Navy Ney Award program from the May presentation that continues to recognize IFSEA as the backbone of the Navy Ney Award. We should all continue to be very proud of our long history with the military foodservice award programs with all branches of the military.

Other items on our check list for the summer. Call and reach out to your

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### SOMETHING TO THINK ABOUT

It's the friends we meet along the way that help us appreciate the journey.

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#### 2019 IFSEA OFFICERS and DIRECTORS

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#### **Summertime and Food Service**

friends, IFSEA friends, colleagues, make a difference in someone's career, become a mentor, or simply contribute to IFSEA and our programs. \$25 or even \$10 is a way to check this off your list. The link to make this donation is within this newsletter and be the person who "pays it forward".

Finally, we are going to take July off for the Newsletter and be back in August, so wishing you all a safe and wonderful 4th of July and then some. Keep checking things off the list!



## IFSEA – OUR ROLE, YOUR ROLE, OUR CITIZENSHIP ROLE.....

Greetings IFSEA members,
This is a message, seeking your support, from your Executive Committee,
Richard Weil, Ed Manley, and David Kinney.

You may not be aware that IFSEA became a partner in the competitions that Ed first did with the Military Hospitality Alliance, and then moved it to the Veteran's Support Network so donations would be tax eductible. This VSN-IFSEA partnership provides promotion of the IFSEA name and furthers our core values which are to support the military, students and certifications. The Kae de Brent Hodges Fund has provided financial help the last 2 years as well.

The Military Culinary Competition and the Enlisted Aide Award, both created in 2003, have MUST DO and NICE TO DO line items. MUST DO – food, tents, tables, space fee to the festival, oven rental, plaques, medals, education program, etc. NICE TO DO - prize money of \$10,000 normally, the last 2 years \$5K. Another nice to do is ACF sanction, which is about \$5K for fee, medals & judge travel. Survey says the troops LOVE the prize money, so, we just created a GoFundMe to get the prize money. We anticipate finding corporate sponsors for those hard costs.

Maybe you or your friends would like to kick in \$25 or even \$5, it all helps PLUS our task will be more pleasurable knowing we have your support. Corporate money has largely dried up for various reasons, so, we are trying a different way to skin the cat and keep the prize money flowing for the active duty military that we profess to love – so show them your love.

Maybe an idea for you - Longtime sponsor, R. L. Schreiber, Inc. (spices & bases) is planning to send this out to their many customers, along with a message that their customers (and staff) can sign up for Amazon Smile and designate VSN as their charity, which gives ½ % to the charity and costs the customers nothing, so why not. So there's a no cost way for a company to help.

Paste this into your social media pages or send to your friends, or employer/employees. Most companies have a charitable entity which has to give money to someone, so why not VSN.

#### https://tinyurl.com/Support-Military-Chefs

Another note from Ed Manley: A nice story of paying it forward - recently I got a call on the IFSEA line, from a REALTOR whose office is near a not so great neighborhood and he wants to help the kids there to get certified so they can get jobs in the fast food industry, so he is paying and facilitating them getting trained and certified. He has "ZIP" nothing to do with food service, just recognized that's where the jobs for young people are, and how could he help them get those jobs. There ARE lots of people out there like that, we just need to find them.

THANKS FOR ANYTHING YOU CARE TO DO!

# IFSEA DEVELOPMENTS THE DIRECTOR OF DEVELOPMENT ED MANLEY, MCFBD, MCFE, CHP



#### **MEMBERS – DO YOU CARE ENOUGH TO HELP?**

This note is a report of my activities at the NRA show. An asterisk means YOU might be able to help with that item. I hope you WILL as we NEED more involvement to continue the 118-year history of IFSEA.

\*Scholarships and Memberships – We had \$25,000 to give out from the Worthy Goal Fund, and only gave out \$12,000 – everyone who submitted got a scholarship. Last year, I spent a chunk of 2 days talking to colleges at the show, to no avail. So, this year I spent 3 hours visiting every school that had a booth – "we've got money, here's my card, if you had put in for our scholarship you would have gotten one. Bye." I did add that student membership is only \$25 and as low as \$10 for corporate memberships. Maybe you have connections with those I visited, if so, follow up – De-Paul, Kansas State, Mercyhurst, New Mexico State, Purdue, U. of Houston, U. of Illinois, U. of N. Texas, U. of South Florida & Walnut Hill College.

Sponsorships – Might have secured \$4,000 worth of sponsorships for the military competitions that IFSEA now shares with Food Service Institute (FSI). Ecolab already provided \$5,000 for VSN and \$1,000 for IFSEA.

\* I'm asking suppliers to send notices to their customers indicating their corporate support of the military competitions, and suggesting their customers can also support by signing up for Amazon Smile and select VSN as their charity (they donate one-half % to the charities; and they could contribute to our GoFundMe. You could post that to your social media friends, post this address – GF.ME/U/SYARQ2. With 5,000 FB friends, thus far in 3 weeks we raised \$50 (thanks Bill May & Dick Weil). We can do better if we put our money where our mouth is and contribute to the culinary and enlisted aide competitions. Don't just read this, do something that matters for our military, our organization, our industry. <a href="https://tinyurl.com/Support-Military-Chefs">https://tinyurl.com/Support-Military-Chefs</a>

Military Awards – I am on a mission to get IFSEA's name reconnected with the awards we created and ran for over 40 years, which are now run by the NRA, without mention of IFSEA.

Army – I previously met the Quartermaster General, and just invited him to be a judge in the next military culinary competition. When I introduced him to my new FSI President, Col. Curtis Rock Henry, turned out they knew each other from when they were both Colonels and Rangers. Small world. We are working on getting our certifications into Army COOL. This looks very hopeful

ACF – I spoke with the ACF Executive Director and plan to follow up and see where we can join forces. She knows IFSEA and welcomes that opportunity. ACF is partnering with a company that

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# IFSEA DEVELOPMENTS THE DIRECTOR OF DEVELOPMENT ED MANLEY, MCFBD, MCFE, CHP



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#### **MEMBERS – DO YOU CARE ENOUGH TO HELP?**

does online culinary certification training that earns credits from ACF and up to Chef de Partie from the World Association of Cooks. My company will be working with them after engaging them at the show.

NRA – The NRA trade show is the place to see and be seen. You should go if you've never been, or go again, lots of new things. I saw at least 40 IFSEA members from the past and current, and over 50 military friends. We are working on the possibility that we might work with them and our IFSEA-Global Foodservice Institute (GFI) certifications, as well as providing military travelers and maybe work with our competitions.

\*Certification approvals – I've put together a dozen restaurants that looked at one of our certifications and said, yes, that is a good and relevant set of test questions and we would consider this certification in a hiring decision. At the NRA I engaged some of the top restaurateurs in the country to do the same. If you own or have a favorite restaurant, ask them to contact me to join the list.

IFSEA helped 2 companies to huge military sales – Rational and New Chef owe their military sales success to IFSEA – many years ago IFSEA Board member Chef Aidan Waite met military people AND Rational at the IFSEA trade show. Rational had no military business. Now you can't walk into a ship or base that does not have Rational ovens BECAUSE they connected at IFSEA. Similarly, New Chef provides chef jackets to all services in huge numbers. He told Col. Henry the other day that all that is because Ed Manley introduced him to everyone at the IFSEA trade shows – he would not have that business if not for me. So, we did, and we still do, have value to our membership.

That's what I'm doing, what are YOU doing to help IFSEA, students, and active duty and veteran military?

#### FROM THE IFSEA CFO

David Kinney, MCFE IFSEA International Treasurer



### **IFSEA IRS STATUS**

As many of you already know, when the current leadership took over IFSEA in late 2017, it was discovered that IFSEA had not filed timely annual tax returns for four years. The lack of filing for these years by statute forced the IRS automatically to remove IFSEA from exempt status as a non-profit organization. The new Executive Committee including myself immediately prepared the missing years on form 990 which is a short form nonprofit can use. However, the IRS responded that these were not acceptable because we were no longer exempt and that we (IFSEA) had to fill out a regular long form for nonprofits that are non- exempt. We proceeded to first reapply for exempt status, and second work with the new IFSEA accountant to prepare the correct long forms. This took some time to catch up the back log of information and in mid-2018, we submitted the necessary paperwork to reinstate IFSEA as a 501c6 with the appropriate application to the IRS. We were told it would take six months to nine months to receive a response. In January (the six-month mark), the federal government shut down further delaying any response. Then on May 18, 2019 I received word from the IRS that IFSEA has been reinstated as a 501c6 nonprofit corporation. As a further update to our membership, current 2018 tax returns and all past due tax returns have been completed and sent to the IRS. I promise this type of situation will not ever be allowed to occur again as long as I am treasurer.

Dave

By Hayley, Facty Staff

source of alpha-hydroxy acids. AHA helps in removing the buildup of dead cells layer from the skin and rejuvenates the cell tissues, making them thicker and firmer.

Christopher Columbus said papayas were the 'fruit of the angles', so true! For every myth surrounding this ambrosial delight, there are double the benefits. The nutrient density is so high that it is considered to be suitable for angels. This tropical fruit is available all year round, so it's fair that everyone should make use of it. Its versatile nature makes way various culinary innovations.

If you have dull skin or are feeling dehydrated, or just want to lose some weight, all you have to do is eat some papaya! It's the nature's medicine that can cure almost all of your health problems.

#### Good Eye Health

Papayas are loaded with Vitamin A an antioxidants, which helps in improving eye health. Vitamin A protects the corneas whereas the antioxidants reduce the degeneration of the retina. The delectable fruit provides an all over vision protection and even improves it to a certain extent. A healthy consumption of papaya can actually prevent your eyesight from deteriorating, and keep your vision perfect.

#### Aids digestion

With the amount of water and fiber content in the fruit, it would be surprising if it didn't aid digestion. Other than that, papaya also contains numerous enzymes which help break down the foods and protects the tissues that line the digestive tract. Eating papaya an hour before or after a meal can aid in healthy digestion and help your body run smoothly.

#### Anti-ageing

Skin is the largest organ of your body and it reflects the inner workings of your body. For healthy and glowing skin, include papaya in your daily diet. It's packed with Vitamin A, Vitamin C, plus Vitamin E which provide quite a huge antioxidant dose. It makes the skin tighter and brighter, therefore, preventing wrinkles, sagging and dull skin. This wonderful fruit can do wonders for your skin and is a natural

#### **Boosts Immunity**

Papayas are brimming with nutrients, and a collective advantaged of them is the boost in immunity. The 200% of the recommended Vitamin C present is the main contributor in boosting the immune system, therefore, making your body thrive while fighting all types of infections and illnesses.

#### Helps in weight loss

Papaya is very low in calories and the fiber present in it helps you feel full for longer. With a healthy digestive tract and immune system, papayas help in all-round weight loss. The natural fibers detoxify the body and cleanse it, thus, keeping the body healthy and fit. Other than that, the seeds found within the fruit prevent your body from absorbing fats, therefore, a handful of papaya seeds can aid in weight loss too.

#### Better kidney health

The potassium present in the fruit is a huge supporter of kidney health. It cleans out the toxins deposited in the kidneys and reduced the accumulation of uric acid in the blood. Payapa seeds also play an important part in keeping the healthy. The presence of flavonoids in it helps in keeping the cells from degenerating and prevents the kidney from dysfunctioning.

#### **Great for diabetics**

Although this tropical fruit is known for its sweetness, it's great for people who have diabetes or want to reduce the risks of getting it. The sweetness is natural and unlike other fruits, it has low sugar content as well as low glucose levels. It's filling nature ensures a satiated mind and body, and in the long run, stops you from craving foods that can be harmful to diabetic patients. With high-quality nutrients and various health benefits, it maintains blood sugar levels and cholesterol.



#### Masngo Papaya Salad serves 6



1 large mango - peeled, seeded and halved

1 medium papaya - peeled, seeded and halved

1 avocado - peeled, pitted and diced

3 tablespoons balsamic vinegar

1 tablespoon butter

1/4 cup blanched slivered almonds

1 teaspoon brown sugar

1 head romaine lettuce, torn into bite-size pieces salt to taste

#### Directions

Place half of the mango and half of the papaya into the container of a food processor or blender along with balsamic vinegar. Puree until smooth, and set aside.

Melt butter in a small skillet over medium heat. Add almonds, and cook stirring constantly until lightly browned. Add brown sugar, and stir to coat. Remove from heat, and pour candied almonds onto a piece of waxed paper, separating any clumps. Set aside to cool.

Just before serving, place romaine lettuce in a large serving bowl. Cube remaining mango and papaya halves, and toss gently with avocado and lettuce. Drizzle the pureed fruit over the salad and lightly salt. Sprinkle with candied almonds, and serve immediately.

#### Papaya Bruschetta serves 8



1 papaya

5 roma (plum) tomatoes, diced

1/2 red onion, diced

1 red bell pepper, seeded and diced

1/4 cup chopped fresh basil leaves

2 tablespoons white sugar

1/4 cup red wine vinegar

1/4 cup vegetable oil

1/2 teaspoon mustard powder

2 green onions, chopped

1 French baguette, cut into 1/2 inch pieces

#### Directions

Cut papaya in half and remove seeds. Reserve 2 tablespoons of seeds for the dressing. Peel and dice the papaya, and place in a medium bowl. Add tomatoes, red onion, red pepper and basil, and set aside.

In a food processor or blender, combine the papaya seeds, sugar, wine vinegar, oil, mustard and green onions. Process until smooth and thick, and most of the seeds have broken up. Pour over the papaya mixture and stir to coat all of the ingredients. Serve with slices of baguette.



### Papaya stuffed Chicken with Basmati Rices serves 4

4 skinless, boneless chicken breast halves

1 papaya, peeled, seeded and sliced

1 pinch ground cinnamon, or to taste

1/3 cup melted margarine

1 cup crushed buttery round crackers (such as Ritz(R))

1 tablespoon margarine

1 cup basmati rice

1 1/2 cups water

1 tablespoon margarine

1 cup orange juice

1 (8 ounce) can crushed pineapple in its own juice

1 tablespoon brown sugar

1/2 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1 pinch cayenne pepper

salt and ground black pepper to taste (optional)



Preheat an oven to 350 degrees F. Line a baking sheet with aluminum foil.

Lay a chicken breast flat onto your work surface. Use the tip of a sharp boning or paring knife to cut a pocket in the chicken breast through a 2 inch slit in the side. Repeat with the remaining chicken breasts. Place the slices into the pocket of each chicken breasts, then sprinkle papaya slices with cinnamon to taste. Dip the chicken breast halves one at a time into the melted margarine, then the cracker crumbs.

Heat 1 tablespoons of margarine in a skillet over medium-high heat. Arrange the chicken breasts in the skillet and cook until golden brown on each side, about 10 minutes. Place browned chicken breasts on the prepared baking sheet.

Bake in the preheated oven for about 20 minutes, then flip each chicken breast. Continue baking until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F.

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Meanwhile, melt the remaining 1 tablespoon of margarine in the same skillet used to brown the chicken over medium-high heat, scraping up any browned bits. Stir in the orange juice, pineapple, brown sugar, 1/2 teaspoon of cinnamon, nutmeg, cayenne, salt and pepper. Reduce heat to medium and simmer until reduced, about 30 minutes. Reduce the heat once more to low and continue simmering until the sauce is thickened. Serve the chicken breasts over the rice with the pineapple sauce spooned on top.



### Papaya and chile Chocoalte Bark serves 36



2 cups chopped bittersweet or semisweet chocolate (or chips)

1/3 cup pepitas (see Tip), toasted

1/3 cup finely chopped dried papaya

1 teaspoon ancho or New Mexico chile powder, divided

Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.) Place chocolate in a medium microwave-safe bowl; microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. (Alternatively, place in the top of a double boiler over hot, but not boiling, water. Stir until melted.) Combine pepitas and papaya in a small bowl. Stir half of the mixture along with ½ teaspoon chile powder into the melted chocolate. Scrape the chocolate onto the foil and spread it into a 9-inch square. Sprinkle with the remaining pepitas, papaya and chile powder, pressing any large bits in. Refrigerate until set, about 30 minutes.

Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1½-inch pieces.

#### Jamaican Jerk Shrimp serves 12



2 pounds frozen peeled, large cooked shrimp (with tails)

1 tablespoon Jamaican jerk seasoning (see Tip) 1 tablespoon cooking oil

½ 24 to 26-ounce jar refrigerated sliced papaya, rained and coarsely chopped (1¼ cups)

1 (8 ounce) can pineapple tidbits, drained and chopped

½ cup chopped roasted red sweet peppers

1/4 cup sliced green onions

1 teaspoon finely shredded lime peel

2 tablespoons lime juice

2 cloves garlic, minced

Green onions (optional)

Thaw shrimp. Place shrimp in a resealable plastic bag. Add jerk seasoning and oil to shrimp. Seal bag; turn to coat shrimp. Chill for 30 minutes. Meanwhile, in a medium bowl, combine papaya, pineapple, roasted peppers, sliced green onions, lime peel, lime juice, and garlic. Cover and chill until serving time. To serve, gently stir together shrimp and fruit mixture. If desired, garnish with whole green onions.

Tip: Look for jerk seasoning in the herb and spice section of a large supermarket. To make homemade jerk seasoning, in a small bowl, combine 1-½ teaspoons dried thyme, ½ teaspoon ground allspice, ½ teaspoon ground black pepper, ¼ teaspoon salt, ¼ teaspoon ground cinnamon, and ½ teaspoon cayenne pepper.

# June is...

June is the sixth month of the year in the Julian and Gregorian calendars, the second of four months to have a length of 30 days, and the third of five months to have a length of less than 31 days. June contains the summer solstice in the Northern Hemisphere, the day with the most daylight hours, and the winter solstice in the Southern Hemisphere, the day with the fewest daylight hours (excluding polar regions in both cases). June in the Northern Hemisphere is the seasonal equivalent to December in the Southern Hemisphere and vice versa. In the Northern Hemisphere, the beginning of the traditional astronomical summer is 21 June (meteorological summer begins on 1 June). In the Southern Hemisphere, meteorological winter begins on 1 June.[1]

At the start of June, the sun rises in the constellation of Taurus; at the end of June, the sun rises in the constellation of Gemini. However, due to the precession of the equinoxes, June begins with the sun in the astrological sign of Gemini, and ends with the sun in the astrological sign of Cancer.

The birthstone(s) for June are the Alexandrite, typically a reddish or green colored stone, the Pearl, and the Moonstone and the flower for June is the Rose.



## June is also ...



What sweeter way to kick off the first month of summer than by celebrating National Candy Month? Candy and treats get recognized all month long for their contributions to the way we celebrate our past times, mark special occasions and especial the ways we celebrate every day!

Whether its a box of Milkduds at the movies or hot tamales at the baseball game, there's a special treat that comes to mind when we get together for some fun times. A visit to the fair reminds us of a big cone of spun sugar, better known today as cotton candy. Fudge and saltwater taffy are a must have after visiting some of our favorite vacation spots.

We often add some sweetness to our trail mix throughout the summer for added energy on hikes or making a s'more while camping. Fresh mints brighten our day or even a wedding reception. There are so many ways candies and the candy industry adds to our lives.

When enjoyed in moderation, candy adds about 40 calories per day. According to the National Confectioners Association, for every one job created in the confectionery industry, seven more are supported in related industries. That includes the farmers, the processors, the distributors and so many more.

#### **HOW TO OBSERVE**

What's your favorite sweet treat? Do you celebrate with sprinkles on your ice cream or a bag of chewy turtles from the candy store? We remember saving our coins to buy our candy by the bag. What was it? Use #NationalCandyMonth to share on social media and thank someone in the industry for all their dedication and hard work.

#### **HISTORY**

National Candy Month was first observed in January of 1974. Sales of confections would often drop after the busy holiday season and new year resolutions would kick into high gear making sweets a restricted diet item for some time to come. The observance would later move to May and then settle into its current place in sunny June. It was founded by the National Confectioners Association.





## 2019 IFSEA Scholarships

NAME	SCHOOL	SCHOLARSHIP AWARD	
Brianna Beaton	Johnson & Wales Providence	John DeJong Memorial Scholarship	\$2,000
Lesha J. Pacheco	Johnson & Wales Denver	Faulstitch family Scholarship	\$2,000
Camryn O'Dell	SUNY Morrisville	South Carolina Palmetto Branch	\$2,000
OK Kyung Wi	University of Nevada, Las Vegas	Reno Tahoe Branch Scholarship	\$1,000
Israel Gutierrez Hernandez	MiraCosta College	Aloha Hawaii Branch Scholarship	\$2,000
Brennah Caffrey	SUNY Morrisville	Guam Branch Scholarship	\$1,000
Amanda Marshall	SUNY Morrisville	Lowe Family Scholarship	\$1,000
Stanley Rozenblit	Cornell University	Detroit Branch Scholarship	\$1,000
Gretta Miller	York College of Pennsylvania	Dunsmoor Family Scholarship	\$1,000