

Food for Thought Café offers a taste of the restaurant business

BY DONNA RHODES
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BELMONT—The Food for Thought Café has become a hot spot for noontime culinary delights in Belmont, where students of the Lakes Region Community College have the opportunity to share their knowledge of classic and world cuisine and serve it all up in fine style.

The café, a comfortable and quaint room on the top floor of the Belmont Mill, first began operations in 1998, when the college received a grant to build the facility for students of the hospitality management program. Over the years, they have evolved into a two-year culinary arts program with associate degrees and certifications available in Culinary Arts, Restaurant Management, and Baking and Pastry.

“Our students take (general education) courses in math, science and the humanities, and can get their associate degree and become certified in two of the areas of study in as little as three years if they

work hard at it,” said program coordinator Patrick Hall.

Others, he said, prefer to take a bit longer to get all they want from the program as their personal schedules allow.

Hall and Chef Instructor William Walsh work with a maximum of ten students each semester to teach them every aspect of the restaurant industry. First semester students start at Food for Thought each fall with more basic recipes, then move on to World Cuisine dishes, such as Calamari Ripieni (stuffed squid), Paniscia (bean and vegetable soup), chicken or beef Chimichangas and homemade Tamales. The pastry program provides the desserts for the café. Everything prepared in the fully equipped kitchen is made from scratch each day, and no menu is ever repeated.

“We want them to graduate from here having experienced a whole variety of foods so we’re always presenting something new every day,” Hall said. “It would be boring

if all they learned to make was pot roast or baked had-dock.”

This semester alone, the students will have the chance to prepare 450 different menu items from around the world.

Clint Dymont of Loudon is one of the students currently studying at LRCC, and he said the choice to study at the local college was simple. While other culinary arts schools charge thousands of dollars each semester, Dymont found he could get the same education at LRCC for half the price. Not only is the education on par with those colleges, he said, but the experience is priceless.

“This is realistic. The café is our classroom, and we get to learn what we’ll be doing for the rest of our lives right here,” Dymont said.

Fresh out of the Marine Corps, he said the training is personal, and he has gotten the full experience of what it’s like to work in a restaurant.

Students take turns working not just out back in the kitchen, but as waiters and waitresses, as well. They set



DONNA RHODES
Program Coordinator Patrick Hall and Chef Instructor William Walsh head up a first class culinary arts program for Lakes Region Community College where students can demonstrate their skills to the public in the Food For Through Café at the Belmont Mill.

tables, take orders, serve the meals and clean up every day. In doing so, Dymont said, they get a clearer picture of what goes on outside the kitchen, and get added hands on learning that translates into real life.

“I’ve waited tables before, but learned so much now about different styles of waiting that I never would have known otherwise. My mom, who’s been a waitress for

years, didn’t know a lot of what they’ve taught me here,” said Dymont.

Besides the café, students also cater and make cakes and pastries for special events throughout the Lakes Region through their Hospitality Club. Monies earned, along with their tips from the café, are pooled for one special trip each year.

“They all go on a cruise to Bermuda, which is really an

education in itself,” Hall said.

Having sent students on the trip for many years, Hall has come to know the chef on board, who takes the students behind the scenes to show them how large scale operations prepare and present their meals. They tour the galley, sample their recipes and get a lot of time to network with others already working in the industry.

“We get our students exposed to as much as possible in their two years here, and it’s gotten them a lot of jobs because of that experience,” said Hall.

Food for Thought Café is open from September until May 1 on Tuesdays, Thursdays and Fridays from 11:30 a.m. to 1 p.m. The entire meal, including soups, salads, entrees and dessert, is \$9 per person. The café is located on the fourth floor of the Mill Street building, and is handicapped accessible.

“It’s just a great place to eat, and we often see that people who have been here once come back and bring others with them the next time,” said Walsh.

Final preparations underway for Pet Expo

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NORTHFIELD — Plans are being finalized for the Tilton-Northfield Rotary’s second annual Pet Expo, scheduled to be held from 9 a.m. until 1 p.m. on Saturday, April 21, at the Pines Community Center in Northfield.

Dr. Robert MacDonald of MacDonald Veterinary Services in Laconia will once again be on hand throughout the event to administer rabies vaccines for \$10. To receive a three year vaccine, proof of prior vaccines in the form of a certificate and past

rabies tags, should be brought to the clinic at PCC that day. Those animals who do not have that documentation will receive a one-year vaccine.

This year’s Pet Expo will include added demonstrations for the public to enjoy, such as Seeing Eye dogs, companion/therapy dogs, police dogs, New England K-9 Search & Rescue dogs and agility demonstrations. There will also be pony rides available for a nominal fee along with plenty of great food and pet-related vendors with a variety of items for

sale.

The Rotary is currently running its annual pet photo contest, and results of the voting will be announced during the Expo. Votes are being accepted in the form of a \$1, \$5 or \$10 donation to the rotary until April 21, and may be placed in person at the final day of the Tilton Winter Farmers’ Market on March 31 or online at www.tnrotary.org.

For more information on the Pet Expo, please contact Don Carpenter at 520-1625 or Dave Fox at 286-4168.

TILTON POLICE LOG

TILTON — The Tilton Police Department handled 205 calls for service during the week of March 19-25.

The following people were arrested during that time period.

Tyler Grace, 32, Tilton, simple assault.

Angie Hernandez, 37, Franklin, driving after

suspension.

Brandy Romprey, 29, Belmont, electronic bench warrant for failure to pay fines.

Crystal Sawyer, 29, Belmont, electronic bench warrant for failure to pay fines.

William Hildreth, 58, Tilton, possession of a controlled drug, Marijuana.

A 14 year old male juvenile, unlawful possession of tobacco.

Other calls handled were criminal threatening, theft, assault, property checks, burglar alarms, well being checks, sex offender registrations, pistol permits, DVO service, traffic stops, and four MV crashes.

Farmers’ Market prepares to wrap season

TILTON — The Tilton Winter Farmers’ Market is wrapping up a successful season on Saturday, March 31 from 10 a.m. – 2 p.m.

Stop by to stock up on your favorite produce, pre-

pared foods, meats and breads. We have about two months before the Summer Markets begin. Thank you to AutoServ Dealerships for providing this spacious and convenient location

this Winter. Keep an eye on the Web site and Facebook for updates (www.tilton-winterfarmersmarket.com).

Hall Memorial Library Happenings Tilton/Northfield

Monday, April 2
Chess Club, 4-7 p.m.
Trustees Meeting, 5 p.m.

11:30 a.m.
Friday, April 6
Sit & Knit, 2-5 p.m.

Wednesday, April 4
Story Time, 10:30 and

New Books
“Unwanted” by Kristina

Ohlsson
“One Blood” by Graeme Kent
“Nice Girls Don’t Bite Their Neighbor” by Molly Harper
“African American Almanac: 400 Years” by Lean’tin Bracks
“The Gilly Salt Sisters: a novel” by Tiffany Baker
“Arcadia” by Lauren Groff

Weirs United Methodist Church hosting Easter Sunrise Service

LACONIA — On Easter morning, April 8, at 6:30 a.m. at the Weirs town docks, the Weirs United Methodist Church will hold its annual Sunrise Service.

Leading the service will

be the Weirs Church pastor, Rev. Dr. Festus Kavale. This longstanding ecumenical service has become a favorite Easter tradition for many Lakes Region families.

Following the Sunrise Service at 7 a.m., all are invited to enjoy breakfast at

the Weirs United Methodist Church. This is a free community breakfast serving up scrambled eggs, potatoes, sausage, homemade muffins, and coffee.

The church is located on Tower Street, within easy walking distance of the service.

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