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February 28th, 2015
-March 8th, 2015

Staying in Ann Arbor?

Go to one of the campus museums
University of Michigan Museum of Art
525 South State Street, Ann Arbor, MI 48109

University of Michigan Museum of Natural History
1109 Geddes Avenue, Ann Arbor, MI 48109

Ann Arbor Hands-On Museum
220 E Ann St, Ann Arbor, MI 48104

University of Michigan
Kelsey Museum of Archaeology
434 South State Street, Ann Arbor, MI 48109
February 28th, 2015
-March 8th, 2015

Staying In Ann Arbor?

Fly a Kite
Take a yoga class
Go to a sporting event

Go to the botanical gardens
Go to Kerrytown
See a movie at the State Theater
Leaving Ann Arbor for Spring Break?

Take a look at these travel services!

**AirRide**
http://www.myairride.com

**Michigan Flyer**
http://www.michiganflyer.com

**Custom Transit-Ann Arbor Shuttle**
http://www.customtransit.com/airport
Need a hand with groceries this month?

Hey there!
Do you like free food?
Especially fruits, vegetables, and assorted breads?

Stop by the
U of M Food Pantry
Wednesday, February 25th from 6-9PM

Location: First Baptist Church of Ann Arbor
(across from Buffalo Wild Wings)

https://www.facebook.com/michiganfoodpantry
Make Banana Tortilla Snacks in the Residence Hall

1 flour tortilla or wheat lavash
2 tbsp. peanut butter
Honey, to taste
1 banana

Lay tortilla or lavash flat on plate. Spread with peanut butter and drizzle with honey. Place banana in the center and wrap the tortilla around the banana.
Make a Vegetarian Mediterranean Wrap in the Residence Hall

1 flour tortilla or wheat lavash
1 scoop hummus
1/4 cup lettuce mix or spinach

Red onion
Cucumbers
Black olives
Feta cheese

Lay tortilla or lavash flat on plate and spread hummus evenly. Top hummus with lettuce, onions, cucumbers, olives, and cheese. Roll up wrap tightly, securing fillings.
Make a Buffalo Chicken Salad in the Residence Hall

2 chicken tenders or 1 small grilled chicken breast, sliced
1 tsp hot sauce, to taste
1 plate lettuce blend
4 grape tomatoes or 1 scoop chopped tomatoes
1 stalk celery, chopped
1 ladle regular or low-fat Ranch dressing

In small bowl, toss chicken with hot sauce. Top lettuce with grape tomatoes, celery, chicken, and dressing.
A Saint Patrick’s Day Dinner

SHEPHERD’S PIE

Ingredients

- 2 pounds ground beef
- 2 cans (12 ounce each) homestyle beef gravy
- 2 cups frozen corn
- 2 cups frozen peas and carrots
- 2 teaspoons dried minced onions

Directions

1. In a Dutch oven, cook beef over medium heat until no longer pink; drain. Add the gravy, vegetables and onion. Spoon half into a greased 2-qt. baking dish or four oven-safe 2-cup dishes. Top with mashed potatoes. Drizzle with butter and sprinkle with paprika.

2. Bake, uncovered, at 350° for 30-35 minutes or until heated through. Place the remaining beef mixture in a freezer container and freeze for up to 3 months.

3. To prepare frozen casserole: Thaw in the refrigerator; transfer to a greased 2-qt. baking dish. Top with potatoes, butter and paprika; bake as directed. Yield: 2 casseroles (4 servings each).

4. Originally published as Shepherd's Pie in Quick Cooking May/June 1998, p34
Staying in, Staying fit

Dorm Room Exercise Tips

What can I do without exercise materials?

Planks

Sit ups

Push ups

Jumping Jacks
## Schedule of Events

- **March 1--8** — Spring Break/Vacation
- **March 9** — Class resume
- **March 10** — Roundtable Event
  - LSA Internship; LSA Scholarship;
  - Graduate Programs; Ginsberg Center;
  - CGIS; Sweetland Writing Center
- **March 19** — Coffee Hour
- **March 17** — St. Patrick Day
- **March 27** — Medical School Tour
- **March 28/29** — “Into The Woods” MUSKET Performance

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