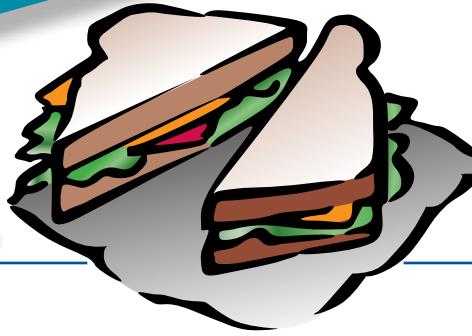


For your next lunch you could order: a tray of 3 types of meat pinwheels matched with mixed fruit or salad

Quick



Bites

from **IN the BAG**
Corporate Cuisine

www.inthebag-lunches.com or call or fax us at 222-9338



April 2010

Throw a party for Administrative Professionals Week



Each year employers celebrate the conscientious contributions of the people who keep our organizations humming. This year Administrative Professionals Week is April 18 through 24, and Wednesday, April 21 is Administrative Professionals Day. Time to start planning the party.

This year don't waste time waiting for a table at a restaurant, then have to rush back to the office. Don't try to visit with key people over the din of the lunch crowd. Let **IN the BAG** help you honor ALL the admins in your department or company.

Take a look at our menu at www.inthebag-lunches.com and choose from our 32 hot buffets to treat your group. If it is a theme you want for you gathering, consider using our expressions bags to liven things up. Our Taco and Nacho Bar could be paired with an expressions bag full of fun novelty items with a Mexican Flair. The Hawaiian Chicken buffet could be brought with **expressions** leis to be worn by the crowd! Loosen things up and let your creativity go! We want to help you celebrate and have fun!

Using **IN the BAG** means no muss, no fuss for you. The food will be fabulous, so the focus can be on saying, "Thanks for all you do so well," to the admins who keep things running smoothly for so many others in your company.

This year, think outside the box. Think **IN the BAG**.

Adopt a racing duck

The **YESS Duck Derby**, sponsored by Professional Solutions and NCMIC Group, will quack up the young and the young-at-heart, and raise money for YESS (Youth Emergency Services & Shelter).

Twenty thousand numbered, yellow rubber duckies will be released into the lake at Jordan Creek Town Center at 2 p.m. on Saturday, May 1. They'll "race" across the lake, propelled by natural and man-made currents. The first 10 ducks to find their way to the finish line will win prizes. First prize this year is \$10,000 cash. Wouldn't that be just ducky?

You, your company or your

friends can form teams to "adopt" ducks for \$5 each, and there are discounts for buying "flocks" of ducks. All the info and a video of last year's race is on-line at www.YESSduckrace.org.

Kids' activities, autograph session with Miss Teen and Miss Iowa, food, music and more will surround the lake at this special family event from noon to 3.

Proceeds from the Duck Derby will benefit the young children, adolescents and families who turn to YESS for emergency shelter, crisis nursery care, and family counseling services. The agency, established in 1973, is a one-of-a-kind, 24/7 service that

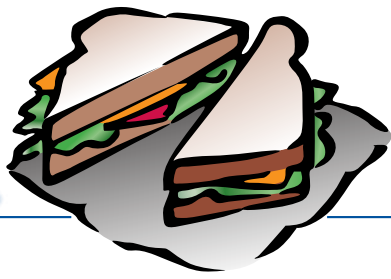
keeps children safe when they need a time out from home, then works to bring families together again.

Any child or family may turn to YESS for assistance. Each year, there are more than 1,000 admissions of children, newborn through age 17, to YESS' emergency shelter and crisis nursery. You can help care for these kids in crisis. Adopt a Duck. Help a Child.

Visit www.YESSduckderby.org to learn more about YESS and the Duck Derby.



Quick Bites



from **IN the BAG**
Corporate Cuisine

The **IN the BAG** Guy!



Mike Taylor



Corporate Cuisine

A well rounded person is one who can entertain himself, entertain guests, and entertain ideas.

www.inthebag-lunches.com or call or fax us at 222-9338

Food for Thought from . . .

Customer: Debra Gray has been the Senior Administrative Assistant for the office managing partner at KPMG for 7 years. The firm is one of the Big Four accounting firms in the U.S.

How she found us: I heard about you when I was working at Tones' 10 years ago.

How she uses us: I probably call you 3 to 5 times a month for different meetings. We have partner, manager and training meetings of 10 to 20 people. I order trays, bags or buffets depending on the type of meeting and how many attend.

We've also used you for a Tail Gate party on the Friday before the Iowa-Iowa State game. We decorate the training room with team colors, everyone wears their fan gear (we give a Best Dressed Fan award) and you bring burgers, brats and all the sides for lunch. It's a great party.

She appreciates most: You make it so easy for me. It's quick and easy to order, and the food is great.

Never change: The cookie and brownie recipes. Those cookie



Debra Gray

trays are a big hit around here.

Favorite Sandwich: I love the Chicken Salad (#6). It's crunchy with apples and almonds. Who thought of that?

Favorite buffet: I like the Baked Potato Bar with salad. It's a great break from sandwiches.

Favorite tray: You always do a combo platter for me with half sandwiches and half wraps. It's a mix of chicken, roast beef and ham sandwiches, and two or three different kinds of wraps.

Sign Up Now!



Eagles' Wings river retreat

Owned by **IN the BAG**, this house is high on the bank of the Des Moines River, just 5 minutes from downtown.

Call for your 45-minute tour, for up to 8 people from your office. Schedule any afternoon between 1:30 and 4:30 pm from March 1 thru April 15.

Come see how your company can use our serene, wooded retreat house for:

- Confidential or private meetings with clients, Board, or employees,
- Off-site retreats for planning or visioning,
- A perfect party site for wine and hors d'oeuvres,
- A quiet place to think and be at peace.

Eagles' Wings includes formal and informal conference rooms, breakout rooms, outdoor areas, a full kitchen, and a massage room.

IN the BAG — 515/222-9338

+Health Bites

Get rid of that pain in the neck

Your neck does a lot of the work supporting your head, so neck pain isn't uncommon. Fortunately, you can help prevent neck pain by doing stretches but, most effectively, by doing neck-strengthening exercises. Here are some to try:

Exercises

Do each one daily with three or four repetitions. Increase to six or eight repetitions over the course of two or three months.

Neck flexion

With your neck bent slightly forward, place your hand under your chin. Attempt to bend your head and neck down, but resist the motion with your hand. Hold eight to 10 seconds.

Rotation

With your chin level and your head turned slightly to the left, place your hand on the left side of your head. Attempt to turn your head to the left, but resist the motion with your hand. Hold eight to 10 seconds. Repeat this on the right side.