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Newsroom

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Georgia Southern University Launches Creative Cooking School

JUNE 2, 2010

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**GEORGIA
SOUTHERN**

Say good bye to eating out, heating up leftovers and hearing the clang of frozen hamburgers on the grill. Georgia Southern University is launching The Creative Cooking School designed to provide you with innovative and healthy cooking ideas.

The new school is initially offering a series of three classes this summer, but will continue to expand with additional classes currently being planned for the fall.

"The Creative Cooking School at Georgia Southern University will give wannabe cooks the inside dish on how to turn the everyday task of making dinner into a fun and creative event," said Rhonda Flathman, assistant program development specialist at Georgia Southern University. "Whether you want to get the girls together for a fun night or learn to create a healthy dinner for two, these classes will give you the opportunity to enjoy a variety of cuisines while learning from experienced chefs who have made their living turning plain into great."

Two of the planned classes feature instructor Chef Brian Hancock, food operations manager for the department of food catering services and certified Chef D' Cuisine at Georgia Southern. The School presents a creative approach to home entertaining. During Healthy Cooking 101, the first in the planned series, Chef Hancock will teach aspiring at-home chefs how to utilize key ingredients to make fast, simple and delicious meals with optimum health benefits. "Healthy doesn't mean that it has to taste different. You don't have to sacrifice flavor to cook healthy," says Hancock.

Hancock will also be the featured chef for Girls' Night on Sept. 7, 2010. This unique event is just for "the girls" and will be the perfect alternative to the typical get together. During this class, you will learn how to make your next dinner party a hit with quick and easy recipes for decadent party food while enjoying delicious complimentary hors d'oeuvres. "This is the perfect class for young professional women and moms that have busy schedules and families. Let your husband watch the kids (mine will be) and join us for some fun. I plan to leave my calorie and points counter at home," says Flathman.

For the first time, Georgia Southern will be teaming up with chefs Carrie Vescio and Amiee SanNicolas to offer a special Italian cooking class at Mangiamo restaurant located in Statesboro, Ga. "We are pleased to team up with the talented chefs at Mangiamo. Their presentation will be informative not to mention a lot of fun," said Flathman.

"We are excited to launch the Creative Cooking School at Georgia Southern University and believe that it will attract not only local residents, but generate interest throughout the region."

Georgia Southern University Creative Cooking School
Summer 2010 Schedule

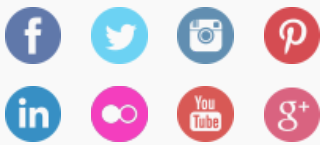
June 15, 2010
Healthy Cooking 101
6:00 p.m.-8:00 p.m.
Nessmith-Lane Building
Georgia Southern University, Statesboro, Ga.
Cost: \$45 per person

June 19, 2010
Italian Cooking
10:00 a.m.-12:00 p.m.
Mangiamo Italian Restaurant
19 South Main Street, Statesboro, Ga.
Cost: \$40 per person

September 7, 2010
Girls' Night
6:00 a.m.-8:00 p.m.
Nessmith-Lane Building
Georgia Southern University, Statesboro, Ga.
Cost: \$50 per person

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"O Christmas Tree, O Christmas Tree..." 🎄🎵#TBT to circa 1964, when a tree in front of the Williams Center was decorated for the holidays.



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