**February 28, 1953, Watson and Crick discover chemical structure of DNA.**

On this day, Cambridge University scientists James D. Watson and Francis H.C. Crick announce that they have determined the double-helix structure of DNA, the molecule containing human genes. Though DNA was discovered in 1869, its crucial role in determining genetic inheritance wasn’t demonstrated until 1943. In the early 1950s, Watson and Crick were only two of many scientists working on figuring out the structure of DNA. On the morning of February 28, 1953, they determined that the structure of DNA was a double-helix polymer, or a spiral of two DNA strands, each containing a long chain of monomer nucleotides, wound around each other. According to their findings, DNA replicated itself by separating into individual strands, each of which became the template for a new double helix. In his best-selling book, *The Double Helix*, Watson later claimed that Crick announced the discovery by walking into the nearby Eagle Pub and blurting out that “we had found the secret of life.” The truth wasn’t that far off, as Watson and Crick had solved a fundamental mystery of science—how it was possible for genetic instructions to be held inside organisms and passed from generation to generation.

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### Easy Clam Chowder

**Ingredients:**
- 4 slices bacon, diced
- 2 tbsp. unsalted butter
- 2 cloves garlic, minced
- 1 onion, diced
- 1/2 tsp dried thyme
- 3 tbsp. all-purpose flour
- 1 cup milk
- 3 tbsp. unsalted butter
- 4 slices bacon, diced
- 2 tbsp. chopped parsley
- 1 bay leaf
- 2 russet potatoes, peeled and diced
- 1 cup vegetable stock

**Directions:**
1. Heat a large stockpot over medium high heat. Add bacon and cook until brown and crispy, about 8 minutes. Transfer to a paper towel-lined plate, reserving 1 tbsp. excess fat; set aside.
2. Melt butter in the stockpot. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute.
3. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable stock, clam juice and bay leaf, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.
4. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes. *S
5. Stir in half and half and clams until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.
6. Serve immediately, garnished with bacon and parsley, if desired.

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### TAC Lunch Menu

**February 29th is National Clam Chowder Day.**

#### Easy Clam Chowder

- 1 cup vegetable stock
- and diced
- 2 russet potatoes, peeled
- 1 cup milk
- 3 tbsp. all
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tbsp. unsalted butter
- 4 slices bacon, diced
- bacon and parsley, if desired.

**Serve immediately, garnished with desired consistency is reached.**

**Soup is too thick, add more half and half as needed until**

**February 24**

**Monday**

- **Soup of the Day**
  - Beef Barley

- **Entrées**
  - French Fries
  - Steamed Green Beans
  - Spanish Rice

- **Desserts**
  - Banana Bars
  - Apple Crisp

**February 25**

- **Soup of the Day**
  - Wild Rice Chowder

- **Entrées**
  - Roast Beef & Gravy
  - Chili Dog on a Bun
  - Farmer’s Strata

- **Desserts**
  - Chocolate Chip Cookie
  - Texas Pecan Cake

**February 26**

- **Soup of the Day**
  - Italian Wedding Soup

- **Entrées**
  - Pork Tenderloin Sandwich
  - Lemon Parsley Baked Cod
  - Chicken Alfredo over Penne Pasta

- **Desserts**
  - Cream Puffs
  - Yellow Cake with Chocolate Frosting

**February 27**

- **Soup of the Day**
  - Chicken & Dumpling Soup

- **Entrées**
  - Grilled Chicken Breast with Honey and Lemon Glaze
  - Sloppy Joe
  - Stuffed Baked Potato w/Chili or *Ham and Broccoli*

- **Desserts**
  - Peach Pie
  - Banana Cream Pie

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**Cafeteria Hours**

Mon-Fri 6:00am-10:00am
Lunch 11:30am-12:45pm
Afternoon 1:30pm-2:30pm

**Offered daily:**
- Salad Bar with Fresh Vegetables
- *Product includes Pork*
- Caramel Apple Cheesecake
- Dream Bars
- Caramel Apple Cheesecake Dream Bars

**Taking your lunch “to go”?**

Ask for a paper plate and plastic cutlery so you won’t need to return the dishes!