

The Best Omelettes on the Planet!™

~EggHead EggZaminer~

10060 Donner Pass Road
Historic Truckee, California
Across from the Train Depot
530-587-9814

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Northwest Reno, Nevada
At McCarran, 1/2 mile no. of Mae Anne
775-787-2700

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363 Days a Year
Squeezeln.com

Squeeze In on Food Network?!



Have you heard the amazing news?

The Squeeze was contacted well over a year ago by the Food Network and we've been helping them develop a piece called "For the Love of Food" to be aired Valentine's week... or so we thought...

They came to do the special feature with us the blizzard-kickoff-weekend of December 5, 6 and 7 and well, we got a Throwdown! That's right, the Iron Chef himself, Bobby Flay, showed up to do a cook-off — his omelette against ours! OMG, we were shocked, stunned and stoked!



Kim Swearingen, Squeeze In Controller, with Bobby Flay

Wanna know who won? Well, you'll have to watch the nail biting, thrilling conclusion when it airs on Inter-Galactic television early in 2010. Once we know the air-date, we'll let you know too. It was a blast and you'll have fun seeing your favorite restaurant family

on TV! We can't wait! Check out Bobby's signature on the wall at the Reno Squeeze! Check out the super cool guests at the Truckee Squeeze, and check out the cooking demonstration we did at our house here in Glenshire!

Meanwhile, if you haven't tried omelette #37, the Racy Tracy, you might want to order it soon, it's the star of the show!

EggHead Excellence Turning Tables!

You remember that cool story from a couple newsletters ago about Steve Scheetz and the amazing tables he made for us? Well, he outdid himself and DID IT AGAIN! Wait till you eat at Steve's newest table in Truckee! Embedded in the half recessed door are the coolest things: beer pop tops, money, videos an iPhone (YES!!! an iPhone!!) and way more. Thank you Steve for loving us so much (and for sharing Mary with us, we ADORE her too)! BTW this table is the other half of the table in Reno, so, now, it's like a puzzle that's been completed. Future newsletters will have prizes for trivia about the tables, so take a good look — and maybe a picture with your phone!



Misty Young and Steve Scheetz

Happy 2010!!

Happy New Year EggHeads! We just love all of you so much and we are grateful to be starting off another year with our EggHead family. You may remember us asking for your New Year's stories in last month's EggZaminer, and thanks to all of you who entered. The one that stuck with us the most came from Reno staffer, Andrew Lydiard's fiancée, Evie Majusiak who's won a champagne brunch for two at the Squeeze!

Here's Evie's sweet story:

"My most memorable New Years Eve of all time was in 2008. I was with my beautiful mother and charming fiancé in London. It had been an unusually cold winter for England, with temperatures lower than in Antarctica! Lucky for us, a Beefeater informed us of the warming benefits of vodka. Lifesaver!! The three of us pre-partied (maybe a little too much for Mom) in our hotel room with vodka and local beer before heading out to ring in the New Year under Big Ben. I don't think I've ever seen so many people in my life — the streets of London were absolutely flooded with people of all kinds. We had a great time waiting for midnight. Andrew lost a bet to Mom and now he has to take care of her when she is old and decrepit (as if that would ever happen). It was great knowing when the fireworks started and Big Ben chimed that we were the first people in the world celebrating 2009, together. And somehow, we never even noticed the cold!"

—Evelyn Majusiak, (Andrew's Fiancée)



Reno Squeeze's Andrew Lydiard, and Mary & Evie Majusiak

Glenshire Santa Breakfast

The Squeeze is stoked to have been the title sponsor of the Glenshire Elementary School Santa Breakfast again this year! We'd like to give a special shout out to our fabulous suppliers — Calvada and Odwalla! Together we donated ALL the sausage AND premium orange juice for the entire breakfast! PLUS, we donated 500 gift certificates to the kids at the breakfast for a FREE "Teddy Cake" pancake from the Squeeze — a bear-shaped pancake with a fresh fruit face. The Squeeze was happy to support this wonderful event again!

Squeeze in the News!

Sometimes we wake up and find cool stories about us in the most unusual places! Like Sunday, December 20, 2009, when we discovered the Squeeze was the first mention in a story about Gold Country dining in the **San Jose Mercury News**! Not only the first mentioned, but the **ONLY** mention from Truckee! And two days later, the **Reno Gazette-Journal** featured the Squeeze and the new Healthy Obsession Program menu on the cover of their "Local Life" section! Way to go Squeeze! Check it out!

SAN JOSE MERCURY NEWS, 12/20/09

Striking foodie gold in Northern California's Gold Rush region

By Keven Ann Willey
Dallas Morning News

It's not as well known as Napa or Sonoma, but the Mother Lode region along the western side of the Sierra Nevada is just as rich in scenery, food and wine.

The natural beauty of this area stretching from Lake Tahoe south to Yosemite National Park is unsurpassed. And there are accommodations of all types, from comfortable campsites and budget hotels to quaint B&Bs and splashy resorts.

Foodies will find special treats in the heart of this Gold Rush region, among them, working generally north to south:

SQUEEZE IN: In downtown Truckee, 13 miles northwest of Lake Tahoe, this tiny hole-in-the-wall features a phone-book-size menu of creative omelets ranging from the special (spinach, black olive, red pepper, feta, pesto) to the bizarre but surprisingly good (peanut butter, apple, banana and honey).

Variations of pancakes and French toast also are featured. If you get there as we did about 9:30 on a Sunday morning, expect to stand in line. It's well worth the wait. Squeeze In: 10060 Donner Pass Road, Truckee; 530-587-9814; www.squeezein.com.

RENO GAZETTE-JOURNAL, 12/22/09

A healthy Squeeze: Restaurant family sheds pounds, adds healthy dishes to menu

By Geralda Miller

Kaylin Young spent six months away from family and friends this year with the goal of shedding unwanted pounds.

Not only did she do that, but it became a family affair with the family of four losing a total of 160 pounds.

"I was really big and really unhappy," the 17-year-old Young said. "Having so much extra weight on my body just always brought me down. I was so unhappy with my image.

"I was constantly being made fun of. I was depressed. I didn't have good grades."

Ready for a change, on Jan. 4, Young went to the Wellspring Academy of California, a residential weight-loss program in Reedley, Calif. After working out four to five times a day and going through plenty of intensive therapy, Young said, she lost 60 pounds.

"I was a size-18 jean when I left, and I'm a 9 now," she said.

She also finished her high school courses and ended up graduating high school early with a 3.7 grade-point average. She's now attending the Sierra College branch located in Truckee.

Young said the weight-loss program, for young people grades 8 through college, uses cognitive behavioral therapy, which goes through your past and identifies negative emo-

tions, questioning why you have that negative emotion, what caused it and what caused the effect.

"So, you're analyzing your past in order to help prevent things in your future," she said. "Like comfort food, eating for the sake of being sad."

Her parents, Gary and Misty Young, visited her while she was there and participated in the parent workshop. It motivated them also to lose weight, she said.

"My mom, while I was there, lost about 15 pounds," Young said. "The second I got home, she lost the rest of the weight. And my dad started really getting at it."

Then, they got the family businesses involved.

Gary and Misty Young own the Squeeze In restaurant in Truckee, while sister, Shila Morris, and her husband, Chad, own the northwest Reno location. The restaurants have become known for their vast selection of omelettes.

Young, who said she helps out her parents, designed an alternative menu for both locations called the Healthy Obsession Program.

The menu has heart healthy selections for breakfast and lunch. The SoCal Low Cal, a jumbo flour tortilla wrapped around scrambled egg whites, sautéed mushrooms, fat-free turkey breast and homemade salsa, is Young's favorite.

"No cheese," she said. "You won't find egg yolks. You won't find grease. Everything is sautéed fresh without any oil, just low-fat stuff."

Shila Morris said she's proud of the new healthy menu.

"I think all the items are really tasty, and I think that it's really cool that we're putting something out there that says you can go out and be healthy, and it not be super pricey," she said. "And it seems to be going over really well."

Morris, who said she has teeter-tottered with her weight for years, has lost 30 pounds.

"It's not enough to just have the tools," she said. "You have to implement them, make it a habit and do it every-day. Now, I'm really happy with where I'm at, and I'm staying active."

The decision to lose weight and eat healthily should start now, Morris said.

"You don't have to wait to the New Year's to resolve," she said. "You can resolve right now to change. It's today. Today is tomorrow."



Kay and Shila at the Nutcracker

A Bear in My Car

By Kaylin Young

It was a cold Winter's evening
chills ran up my spine
It was ever so silent
or so I thought in my mind

Until I heard a curious rustle
so I got up to see
An 800 pound bear
sitting in my back seat

So silent with fear
I paused our TV
I went to scare it off
but the neighbor beat me

The bear looked up
as the neighbor yelled "HEY!"
As it exited the car
and went on its way

I ran to my car
praying for no damage
On the way though I noticed
my friend's jeep needed a bandage

The bear was obviously hungry
it took a chunk of her back seat
It had unzipped the back window
This bear could not be beat!

I slunk over to my car
awaiting my bear's sentence
Simply to find my door open
the damage was absent

My big furry friend
had crawled into my vehicle
not looking to hurt it
but what he got made me chuckle

My purse was ripped in half
as you can obviously see
He only wanted my lip gloss
that I guess smelled yummy

So the bear got away
with sparkly chops
However, I need a new purse
At least I get to shop!

*Editor's note: this bear story is true
and took place the week before
Christmas, 2009 in the Donner
Lake area of Truckee, California*

Get Complicated! Get What You Want!

By Shila Morris

I've been serving at the Squeeze
In for 6 years now, and I can't
believe I've already spent 1/4 of
my life at the family restaurant!
As a server, I have always noticed
people apologize for making modi-
fications to their orders and for the
last 6 years I've been responding
the same way: "Don't apologize,
you go out to eat to get what
you want, you should get exactly
what you want!" I'm sure at least
a handful of EggHeads have heard
me retort this to you, or a table
nearby.

The whole family (employees
included, because yes, they are
part of the fam) agrees too. As
you can imagine, since food,
and all things related to the
preparation, serving and quality
of it, is kind of our thing, we love
to go out to eat.

Well it has become apparent to me
over the last few months since my
dear sister has been home from her
healthy lifestyle education program,
as to why people are always apolo-
gizing for their special requests.
When we go out, and it's her turn
to order, she, with as much polite-
ness and etiquette as a Victorian-era
queen, requests her meal exactly
how she would like it prepared. I
swear you would think servers out
there get flogged for special orders
based on the daggers they stare at
her and the resulting poor attitude
and service (and because we're
restaurant people, we usually tip
really well!). **The lousy responses
we've seen has given me all the
more reason to encourage all of
you out there to get complicated!!**

Whites, light cheese, sliced tomatoes,
dry toast, ingredient swaps... bring

it on! We refuse to make people
feel bad about getting what they
want, that's the reason you go out,
and WE WANT YOU TO GET
WHAT YOU WANT! Pretty much
any substitution or addition we will
make happen for you, and though
we may charge you for certain ad-
ditions, we'll do it all with a smile
on our face, and a happy attitude.

You may have noticed that our
new H.O.P. (healthy obsession
program) menu does say no substi-
tutions, but this is only so that the
calorie counts remain correct, easy
enough, to remove any ingredients
from those menu items with no
hassle.

So to all of you out there who
start off your order with "Sorry
I'm complicated" – come to the
Squeeze and quit apologizing!

It's Back!!!

For those of you who
have been part of our
family for the last
couple years, undoubt-
edly you remember the
super-cool, super-fun "No Peeking"
promotion.

It's a sealed gift certificate envelope you'll receive
after dining with us at either Squeeze. It's easy: You
bring it back on your next visit and **open in front
of your server** to win the prize inside.

Here's the coolest part. **They ALL have prizes, every
single one of 'em!!** Last year we gave away a prize
purse of nearly \$30,000 worth of food and swag and
we are gearing up to do it again!

Prizes range from free coffee or juice and meals to
\$50 gift certificates and cool Squeeze swag. Every
time you come in you'll get an envelope to use the
next time, no limit! So come in often to win more
stuff and remember... NO PEEKING!

And don't "get all 007 about it" trying clever ways
to figure out the prizes... last year the Hot Sweaty
Busboy saw people driving around holding their
envelopes up to the sun to see what they won!
Don't worry, they're all winners! Who hooks you
up, baby? Squeeze In!!

No Peeking!

The Aftermath

By Misty Young

When the Food Network went home, we went
to Disneyland! Yes, it's true, Gary, Misty and Kay
took a well-deserved trip to SoCal, catered a party
and enjoyed the warm weather. Gary body surfed
three days before winter and we hiked, biked,
went to the gym and Disneyland – it was perfect
(no lines the week before Christmas break!!)

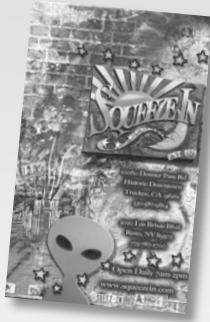
Well, here up north, the snow was flying the
whole time, Kay's flights got delayed, then
cancelled, then rebooked, then missed, then
she finally made it home in time to take her
finals at Sierra College!!!!

When we arrived, we found 4 feet of freshly
fallen stuff, and a frozen berm from hell to deal
with at the end of the driveway. Our incredible
next door neighbor, **Dick Grundy** (the best
neighbor we have EVER had) came over every
day and fed our fish, brought in the mail and
the paper, and kept the place from falling apart,
thank you Dick! When Gary was out battling
the berm, lo and behold, through the icy street
comes our other incredible neighbor, **Steve
Hollabaugh**, with his snowblower to tackle the
berm in tandem with Gary. Wow! We've been
blessed with neighbors from heaven. Thank you!



Menu Meltdown?

Overwhelmed by our huge menu or stuck in a I-always-get-the-same-thing rut? Ask your server for some 'menu guidance or menu debriefing' as we like to say, and any one of us would be delighted to point out the most popular, the most crazy and our personal favorites.



Often times during our menu rundown with a guest, another Squeezer, or staff member will start shouting out their favorites and great battles of which is better ensue.

All the servers pretty much know what's in every item on the menu and are happy to direct you towards your specific preferences. For instance you could say "I'm looking for an omelette with spinach" and we would be happy to point out 8, 22, 33, 34, 40, 46, 60 and 63. Since we all get to have delicious Squeeze food all the time, we know which ones will rock your socks and we are all eager to share!

P.S. You can view and download the menu at SqueezeIn.com!

Britni's a Leader!

Reno staffer Britni Tallerico volunteers several times a week feeding the homeless in downtown Reno. Last month she requested that we start saving the heels from our bread so that she could take them to the homeless where they wouldn't go to waste.

Britni, you are an inspiration to all of us and we are thrilled to have you on our team, even if it is only on Sundays. Keep up the good work and we'll keep saving those heels for you!

Also a big thanks and shout out to your dad, Troy, who helped shovel the snow in front of our restaurant one snowy morning in December, when the snow removal company was swamped and running late.



Britni, Gary, Nicole, and Erin at the Squeeze holiday party

From a to z you guys are a great family and an excellent example of human compassion!

You Guys Rock!

For the holidays, we asked our EggHeads to donate to two causes for the holiday season: Christmas on the Corridor to help families in Reno, and Truckee Community Christmas, helping families and seniors in Truckee.

Boy did you donate! The response was overwhelming and heartwarming. We had to get our bin for Christmas on the Corridor emptied **three times** from the Reno location and the Truckee location gathered a huge pile of stuff to donate to the Truckee Community Christmas!



We want to give a huge "thank you" to all our incredibly generous EggHeads who donated to people in need.

People like you helped make hundreds of families in our communities have a better holiday season, and we appreciate the acts of good will from the EggHead nation.

The headline says it all: **You guys rock!!**

"It's fun and easy!"
— Anna Anderson, Sparks

"Best breakfast in town!"
— Ashley Greenwood, Truckee

"We love the choices, the food is always great! The service is always friendly and prompt. Fun place to eat!"
— Heather Bennett, Reno

"We love the atmosphere and seeing all our friends from town!"
— Edward Hilton, Truckee

"I love that you have vegetarian options."
— Monica Flores, Truckee

"The amount of food for the money. Wow, I will always bring people here."
— Robert Myers, Truckee

"Cozy, eclectic, delicious — a treat for all my senses."
— Shendy Thom, Reno

"The variety of omelettes and quality ingredients. The service was great."
— Wronda Manderville, Reno

"We've been coming to Squeeze In since the early '70s. Truly these are the best omelettes — world wide! The secret? The sauces! In addition, the atmosphere is warm and personal."
— Sandy McDwitt, Truckee

"What do you love about the Squeeze?"

Here's what some of you have to say to the question:
We love our guests, and they love us!

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